



Bradford Tioga Head Start Inc.

Budget Cooking

When there is not enough money for all the bills, the food budget often suffers. Cooking on a budget does not mean serving the same boring dishes.

Budget cooking begins with the wise use of leftovers. When you can, buy a large cut of meat and cook it all at once. Use a portion of it at one meal. Then use the rest in other recipes. For example, if beef is left from a roast, use it next in beef chop suey, stir-fry or chili.



Find new recipes for foods left over. Use chicken chunks in a pasta salad or ground beef in tamale pie. Grind leftover turkey for meatloaf, or use pork cubes on a homemade pizza. Mash bits of fruit and add them to fruit juice. Then freeze into popsicles.

Handle leftovers with care. If they spoil, money is wasted. Don't leave food out of the refrigerator for more than two hours. Cover food, chill, then use or freeze within two days.

Meat is often the most costly part of a meal. To stretch meat dishes, add grain products, such as bread, macaroni or rice. For example, serve a chicken stir-fry over rice or creamed turkey over noodles. The grain in these dishes stretches a small amount of meat to make a meal.

Vegetables and fruits also extend meat dishes. Add lettuce, green peppers, tomatoes or celery to small amounts of tuna, chicken or turkey to make salads. Combine fruits, such as apples and pineapple, with meat to make such dishes as ham and fried apples, or sweet and sour pork. Extend soups, casseroles and stews by adding lentils, pinto or navy beans.

Eggs and cheese will also replace or extend a small amount of meat. Add shredded cheese to soups, sandwiches or casseroles, and hard-boiled eggs to salads.

To lower food costs:

- Plan menus. Plan several days or a week of menus. Then you can read newspaper ads for weekly specials, cut coupons and buy foods in season.
- Make a shopping list. Use coupons only for foods you're going to use in your menus.
- Avoid shopping when you are hungry. Stick to your list unless you find a product just as good that costs less. Buy store brands when possible. Limit grocery trips. The more you shop, the more you are tempted to buy things not needed.
- Buy fewer ready-to-eat foods, bakery items, snack foods and soft drinks. These foods usually cost more. Homemade is often less expensive.

Spaghetti Pie



What You Need:

- 6 ounces spaghetti, uncooked
- 1 tablespoon margarine
- 1/3 cup grated Parmesan cheese
- 1 beaten egg
- 1 pound lean ground beef
- 1/3 cup chopped onions
- 1 cup canned tomatoes, diced
- 1 (6-ounce) can tomato paste
- 1 teaspoon sugar
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1/4 cup lowfat cottage cheese, drained
- 1/2 cup mozzarella cheese, shredded

How To Fix:

1. Cook spaghetti and drain. Stir margarine and Parmesan cheese into hot spaghetti. Set aside.
2. In large bowl, combine egg, beef and onion. Form into small meatballs. Cook in small skillet.
3. In sauce pan, combine tomatoes, tomato paste, sugar, oregano and garlic. Cook 10 minutes.
4. Put spaghetti in bottom of baking dish. Add sauce and then meatballs. Combine cottage and mozzarella cheeses. Spread on top. Bake at 350° F until melted. Serves 8. (367 calories and 21 fat grams per serving)

Hives

Hives are an allergic skin reaction. They appear on the skin as raised white areas surrounded by reddened areas. Hives itch severely. Hives can occur suddenly and last a few hours to a few days, or be chronic and last for years. Many children have hives only once. If hives occur often, it may be wise to search for their cause.

Hives can be caused by many factors. The most common foods that may cause hives are nuts, eggs, shellfish, milk and cheese. Drugs, such as vitamins and aspirin, cause hives in

some children. Children even get hives from too much sunlight and exposure to cold. Infections (nose and throat infections especially) can trigger hives. And sometimes strong emotions, such as anger and stress, cause hives.

Contact your health care provider if you or a family member develops hives. An antihistamine may be prescribed. Try to relieve the itching with calamine lotion. Sometimes intense scratching of the area causes a skin infection.

Pregnancy and Folic Acid

Pregnant women can greatly lower the risk of having a baby with neural tube birth defects by consuming folic acid before and during pregnancy. The embryo neural tube develops into the brain and spinal cord. Spinal bifida is a neural tube defect. The neural tube develops before women know they are pregnant.

Most women of childbearing age in the United States, don't get the amount of folic acid needed to reduce the risk of spinal bifida and other neural tube birth defects.

Food sources of folic acid include:

- Green leafy vegetables
- Eggs (folic acid is in the yolk)
- Whole wheat bread
- Citrus fruits and juices



Overcooking destroys much of the folic acid in foods. Poor eating habits, alcohol use and smoking also affect folic acid absorption. Health care providers strongly suggest that all women of childbearing age take a vitamin with folic acid daily.

Is Breastfeeding Going Well?

It's common for new moms to worry about their baby getting enough milk. Most breastfeeding moms make enough milk.

Signs baby is getting enough milk:

- Baby is nursing at least eight to 12 times in 24 hours by the fourth day.
- Baby is nursing at least every two to three hours during the day. More often is okay if baby still seems hungry.
- Milk has "come in" by the fifth day.
- Mom can hear baby gulp or swallow when breastfeeding.
- Baby has at least six wet diapers each day after the fourth day.
- Baby has at least three yellow stools each day by the fourth day. This should last until at least four weeks.
- Mom doesn't have pain that lasts all through the feeding.

If you have any questions or need help, call your health care provider. Or call La Leche League at 1-800-La Leche to find a leader near you.

Quiet Games

These games help children learn to listen, follow directions, wait for their turn and share with others.

- Guess which animal I am.
- What foods do you like best and why?
- Guess what song I'm humming.
- Name three ways to travel.
- Name three birds or flowers.
- What do you like to buy at the grocery store?
- Choose a simple word and tell me all the words that rhyme with it.
- Choose pairs of opposite words (up and down, black and white).

