

# Feeding Your Family On a Budget

WIC Helps You Help Your Family Save Money!

Tips!

## for Saving Money at the Store...

1. Check what foods you already have at home.
2. Decide on a set amount to spend.
3. Bring a calculator on your trip to the grocery store.
4. Have a shopping list and only buy the items on the list.
5. Eat BEFORE shopping to avoid impulsively buying foods you may not need.
6. When items are on sale for a good deal, stock up on them if possible.
7. Plan your meals and snacks based on what is on sale, check advertisements.
8. Plan a few meals with lower cost protein foods like eggs, fish, and dry beans.
9. Snacks can be inexpensive and nutritious; dry cereal, peanut butter, fruit, hard-boiled eggs and whole wheat toast with cheese are all low cost WIC-approved foods.
10. Limit unhealthy items such as sugary beverages and foods high in fat/sugar; they tend to be more expensive and have no nutritional benefits.



Coupons can help save money, but it is a good idea to use them for items you already use, so that you do not end up buying things you don't really need just because you have a coupon.



# Breastfeeding Saves \$\$\$

## Every Little Bit Counts....

Breastfeeding is more than good for the baby and the mother; it's also good for your wallet. A family can save money for other childcare needs by breastfeeding their baby.

- \* Formula costs about \$2,000 to feed your baby for a year; WIC may not provide all the formula your baby needs and breastfeeding is FREE.
- \* Formula fed babies have an increased number of ear infections which leads to more doctor visits each year. Breastfeeding reduces ear infections, colds, and diarrhea and it is FREE.
- \* Formula fed babies sometimes need more expensive formula if they have allergies; breastfeeding is FREE.
- \* Formula fed babies' families' need to purchase bottles; nipples, and other equipment; breastfeeding is FREE.

By: Stephanie Whitney, State Breastfeeding Coordinator

## 10 Minute Chili

Serves 4, 1 cup per serving.



### Ingredients:

1/2 pound ground turkey  
1 small onion, chopped  
16 ounce can kidney beans  
16 ounce can tomato sauce  
2 Tablespoons chili powder

1. Cook ground turkey and onion together in saucepan then rinse in warm water and drain excess fat.
2. Add the rest of the ingredients with the turkey and onion in the saucepan.
3. Cook over medium heat until heated through, about 10 minutes.
4. Refrigerate leftovers.