

October 2007

## What's In Your Cupboard?

**Tips for staying well...** Wash your hands often - this is one of the best ways to prevent food-borne illness and can help prevent the spread of cold and flu germs.

**Back to school...** The USDA Department of Agriculture (USDA) funds programs that provide free or low cost meals to children, including the **National School Breakfast and Lunch Program**. Applications are usually sent home in the fall. To get a copy of the application or a monthly menu, contact your child's school.

**Eat well! Feel Good!**

### Strategies for Stretching Your Food Dollars:

- ✓ Make weekly menus - use a calendar! Check family schedules and think about what your family likes to eat.
- ✓ Coupons are great, but the store brand is often less expensive anyway (the ingredients are usually the same).
- ✓ Find a store with good prices - some stores charge lots more for the same items.
- ✓ If you see a good sale, stock up - but only if it is something you will use and you have room to store it.

### Learn about Nutrition, Food Safety, and Stretching Food Dollars

Eat Well for Less is a series of free, self-paced, web-based learning modules that offers ideas about how to meet some of the challenges of running a household.



<http://extension.oregonstate.edu/fcd/nutrition/ewfl/>

*Need a computer? Most libraries will let you use theirs.*



For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427