

Family Issues

March/April 2009

Smart Supermarket Shopping

Many Americans are facing new challenges when trying to make ends meet. Shopping smart when purchasing food can help stretch a tight budget. Try some of these tips to help you save at the supermarket:

- **Keep a grocery list** – it will help you stick with what is really needed and save trips to the store for forgotten items
- **Avoid shopping when hungry** – this will help eliminate purchasing snacks, for eating on the way home, and items not on your list
- **Coupon common sense** – use coupons only for foods you normally would eat, rather than for “extras”
- **Check expiration dates** – to eliminate waste avoid buying food that is past its prime.
- **Store brand savings** – try the store brand as it is often less money but comparable in nutrition and taste
- **Shop the specials** – plan your menus around sale items, especially more expensive items such as meat
- **Brown Bag it** – if you normally eat out at lunch, take planned leftovers and save
- **Stock up on staple foods** – invest in staple foods when they are on sale such as tuna, tomato sauce
- **Think before you buy drinks** – buy a refillable water bottle and use it instead of purchasing expensive bottled water, soft drinks, and fancy coffees.
- **Avoid “checkout” temptation** – don’t add extras as you stand in the checkout line.



(Adapted from Alice Henneman, RD, University of Nebraska Extension, 2008)

The savings will add up if you follow these tips and shop smart when at the supermarket.

Marsha Lockard

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Family Issues is published six times a year. This newsletter provides current information in the areas of family development, leadership skills, nutrition, food safety, money and time management.

Boost Your Metabolism & Burn Off Calories!



Metabolism is the process by which your body converts food into the energy needed for all of the activities that occur in your cells, tissues, and organs. The number of calories used during energy production

affects whether you gain, maintain, or lose weight.

Food is the fuel that keeps your metabolism going. Both what you eat and how often you eat affect your metabolic rate.

Eating strategy

To boost your metabolism eat something every 3 to 4 hours. You will also burn more calories digesting some food than others. Proteins require as much as 30 percent of the calories they contain to be broken down, while fat needs as little as 2 percent.

Carbohydrates fall somewhere in the middle with nutrient-dense, complex carbs (whole grain, vegetables) burning more calories than simple carbs (white flour). To increase your metabolism, increase your protein intake slightly from lean meat, skinless poultry, fish, nuts and legumes, and cut back on simple carbs, choosing instead those with whole grains and fruits and vegetables that are high in fiber and nutrients.

Increase muscle mass

As you get older, your lean body mass or muscle mass decreases. Muscle is more metabolically active than fat, so your metabolic rate will decline without preventive measures.

Exercise is the best way to increase metabolic rate. If you don't exercise you have less muscle mass and muscle burns more calories than fat. Build muscle by lifting weights, using resistance bands, working out on fitness machines, or doing exercises that use your own body weight to provide resistance.

What you can do

- **Eat breakfast** – your metabolism slows down while you're sleeping and it needs a jump-start in the morning.
- **Increase the amount of activity in your daily routine** – take a walk or a bike ride, and don't stay at your desk or on your couch for long periods.
- **Include an ounce or two of protein in your snacks** – nuts, low-fat cheese, and peanut butter are good choices.

Source: Cornell Food & Fitness Advisor, February 2009.

Because You Asked:

Q. Are nuts a good snack choice?

A. Nuts are becoming more popular because they're high in healthy mono and poly unsaturated fats, low in cholesterol, and packed with protein, fiber and vitamins. Research shows that people who eat nuts regularly have a lower risk of heart disease. Nuts are a good snack option, but limit your consumption to one or two ounces a day since they're high in calories. Oil-roasted nuts contain slightly more fat than dry-roasted and raw nuts. Also select those that are unsalted.

Source: Cornell University Center for Women's Health

Q. What are "super fruits"?

A. While all fruit is good for you, the "super fruits" are those that contain elevated levels of vitamins, fiber and antioxidants. Some superfruits that you may not be familiar with are acai berries, goji berries, and noni fruit, which are expensive and hard to find, others that are more familiar are berries, pomegranates, grapes, apples and bananas.



Source: Cornell University Center for Women's Health

Small Expenses Add Up

In today's economic environment, most of us are looking for ways to reduce expenses and increase our emergency savings fund. So, if you're trying to save money, there's a very good chance that you can find a way—if you start with little steps each day, often by changing your habits.

Every time you spend money on one thing, you make a choice to not spend it on some other item/service, or worse yet, to not save it. Only you can decide whether what you desire to buy is worth what you're giving up.

Changes in spending can free up money for things you need rather than just want, or for paying bills and saving for your future. Small changes can make a bigger difference than you think. This table lists some of the small expenses that add up over time. If you eliminate these expenses for a year, you'll have hundreds of dollars for debt payment or savings. Think about the small purchases you make each day and be certain they're worth it to you! Would the money you are spending on these small items be better spent on other purchases or bills or used of adding to your emergency savings account?



Source: Adapted by Marilyn Bischoff, U of I Extension Specialist from Procter, B., McKinnon, S. Weagley, R.O. (October 17, 2008) Little Things Add Up. Financial Tip of the Week electronic newsletter, Office of Financial Success, University of Missouri-Columbia.

Note:
Table prices are accurate for the Boise area as of 10/24/08

Expense	Savings over one year if expense is eliminated
Movie & Game Rentals	
Rent 3 DVD movies each week @ \$2.99	\$466
Rent 1 new release movie each week @ \$4.65 each	\$242
Rent 1 videogame each week @ \$4.99	\$259
Videogame (one) one day late fee each week @ \$2.00/day	\$104
Soda, Candy, Cigarettes & Coffee	
One can soda per day from vending machine @ \$1.25 each	\$456
One bottle 1-liter soda or water per day @ \$1.50 each	\$548
One large candy bar per day @ \$.95 each	\$347
One large candy bar & soda/water per day @ \$2.20 for both	\$803
Cigarettes @ \$3.33 per pack, 3 packs a week	\$519
One Grande Latte Coffee at Starbucks @ \$3.29/cup, 5 days a week	\$855
Eating Out	
One meal per day @ \$5.00 each	\$1,825
Lottery Tickets	
One Idaho Powerball per day @ \$1.00 each	\$365
Two Idaho Powerballs per day @ \$2.00 each	\$730
One Idaho Cash Word per day @ \$3.00 each	\$1,092
Cable Television Extras	
One Premium Movie Channel per month @ \$12.00 each	\$144
One Pay-Per-View per week @ \$4.00 each	\$208
Personal Care Extras	
One tanning bed visit per month @ \$12.00 each	\$144
One manicure 2 times per month @ \$15.00 each	\$360

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RETURN SERVICE REQUESTED

Know Your Numbers!

The American Heart Association's *Go Red for Women* movement advises you to aim for these numbers to reduce your risk for heart disease:



Total Cholesterol	Less than 200 mg/dL
LDL ("bad") cholesterol	Less than 100 mg/dL
HDL ("good") cholesterol	50 mg/dL or higher
Triglycerides	Less than 150 mg/dL
Blood Pressure	Less than 120/80 mmHg
Fasting Glucose	Less than 100 mg/dL
Body Mass Index (BMI)	Less than 25
Waist Circumference	Less than 35 inches
Exercise	Minimum of 30 minutes per day

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