

Lunch Time

There are so many restaurants where you could eat a quick lunch.

Why would a person eat at home?

It's cheaper to eat at home.

You can often make the same meal at home for half the cost. A barbecue chicken pizza made at home can cost on \$5.00. The same pizza could cost \$12.00 in a restaurant.

Homemade meals can have more nutrition. Restaurant meals often lack fruits or vegetables. Try the Taco Pizza with lettuce and tomatoes. Serve with bananas, apples or grapes. Drink milk at mealtimes.

You can save time when eating at home.

Make a batch of soup. Soup can be kept in the refrigerator for up to 3 days, or in the freezer for up to 3 months. Warm some soup for lunch.

Eating at home can be less stressful.

You may have to wait for a table or wait for food which is hard with small children. And then you get the 'bill' which is always more than you expected.

Family meals at home create happy memories. Family members can help cook meals, set the table and serve foods. Children like to help at mealtimes. It is hard to just sit and wait in a restaurant.

Try cooking new dishes!

Do you have a favorite, sandwich, salad, pasta dish or pizza that you like to eat in a restaurant? You can probably make the same food at home for a lot less money.

Your family will learn that home cooked meals are the best.



Home Cooking

Cooking at home can save a lot of money! The price of most restaurant meals is 3 times what the food costs. For example, if a meal costs \$7.50 in the restaurant, you can buy the ingredients for \$2.50 in the grocery store.

If you cook 5 meals for a family of 4 at home, you would be eating 20 meals at home. That could save you \$100.00!

Chicken Burrito

3 raw chicken breasts, cut into strips
1 tablespoon vegetable oil
½ teaspoon Cajun seasoning
2 cups cooked rice or cilantro lime rice
1 (15 ounce) can black or pinto beans, rinsed
6 (8 inch) whole wheat tortillas
1 cup salsa
¾ cup shredded cheddar cheese
1 cup shredded lettuce

- 1 Heat the oil in a large skillet. Add the chicken breast strips and season with Cajun seasoning. Cook over medium-high heat until meat is brown and no longer pink.
- 2 Drain and rinse beans. Heat beans in skillet.
- 3 Divide the cooked chicken on the 4 tortillas. Top with rice, beans, salsa, cheese and lettuce. Roll up tightly and serve.



Cilantro Lime Rice

Mix 2 cups of cooked brown rice with 1 tablespoon lime juice and 1 teaspoon chopped fresh cilantro.



Refrigerator Cleanup

Keep your refrigerator cold!

The temperature should be 40° F or less.
Put a thermometer in the fridge to check it.

Check foods once a week.

Get in the habit of looking at the foods in your refrigerator once a week. Throw old old foods into the garbage can.

Check expiration dates on foods.

If foods are past their expiration date, throw them away. Remember - when in doubt, throw it out!

Keep condiments fresh.

Open jars of mayonnaise, mustard and other condiments can be kept up to 2 months in the refrigerator after opening.

Wipe up spills when they happen.

Your refrigerator will stay clean and have less bacteria.

Wash your refrigerator with hot soapy water.

Rinse and dry everything. Try to wash your refrigerator every 2 to 3 months.

Barbecue Chicken Pizza

- 1 pizza crust
- 1 tablespoon vegetable oil
- 1 pound boneless chicken breast, cut into small pieces
- ½ cup chopped onions
- ½ cup chopped green or red bell peppers
- ½ cup barbecue sauce
- 1 cup shredded mozzarella or cheddar cheese

- 1 Heat oil in a large skillet. Add chicken, onions and peppers. Cook and stir until meat is no longer pink.
- 2 Mix barbecue sauce with chicken mixture. Spread on top of a pizza crust. Top with shredded cheese.
- 3 Bake in a 400° oven for 15 to 20 minutes.

Taco Pizza

- 1 pizza crust
- ¾ cup pizza sauce
- 1 pound lean ground beef or ground turkey taco seasoning
- 1 cup shredded cheddar or mozzarella cheese
- ½ cup salsa
- chopped tomatoes, lettuce and black olives

- 1 Cook ground meat in a skillet until meat is no longer pink. Season meat with taco seasonings.
- 2 Spread pizza sauce on pizza crust. Top with meat and cheese. Bake in a 400° oven for 15 to 20 minutes.
- 3 Remove pizza from oven. Top with salsa, lettuce, tomatoes and olives.



What can you do?

- Cook more meals at home.
- Make the Chicken Burritos or Taco Pizza.
- Remove expired foods from the refrigerator at least once a week.
- Other: _____