

Quarterly Companion

AROUND THE TABLE

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SUMMER 2024

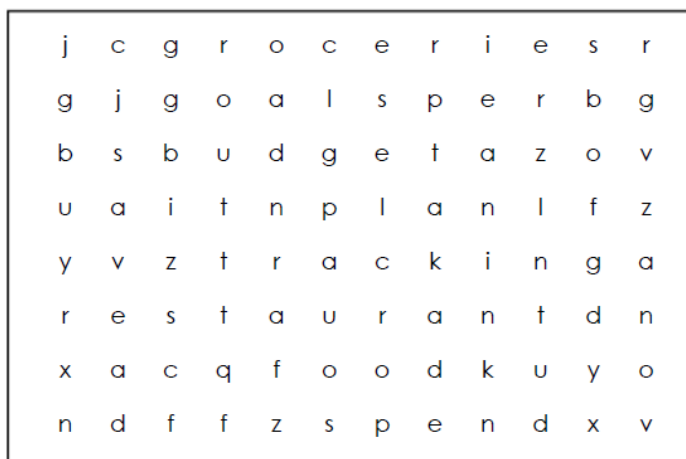
Buying Food on a Budget

As costs have been rising in recent years, one unavoidable expense is food, and the cost of buying food has noticeably increased over the last few years. In the past, eating at home was an easy money-saving solution. Eating at home may still be less expensive than going out to eat, but the cost of groceries has risen, and food is becoming a financial challenge.

Maximize your food budget with these effective tips:

- **Start with a food plan:** Meal planning helps organize meals for the week or month and can also help manage grocery spending.
- **Budget for food:** Create a specific food spending category. Detail exactly how you plan to spend that money on food.
- **Make a list:** Stick to your spending plan by making a grocery list. Compare prices and buy only what you need.
- **Plan for leftovers:** Meal plan based on required servings and plan to store or eat leftovers to prevent food waste.
- **Use what you have:** Check your pantry to ensure you use what you have before buying more.
- **Cost-effective meals:** Find healthy meals you enjoy that are cost-effective. Make these meals more often to fit your preferences and budget.

To help you plan and control your food expenses, visit go.illinois.edu/Grocery-Planner.



Find the following words in the puzzle above. Words are hidden → and ↓.

- | | |
|------------|-------|
| restaurant | goals |
| groceries | food |
| tracking | plan |
| budget | save |
| spend | buy |

Back to Nutrition Basics

We eat meals and snacks to enjoy food – and fill our bodies with nutrients. Humans need six nutrients to survive: water, vitamins, minerals, carbohydrates, fats, and protein. All foods have nutrients, but each food has its own mix. For example, fruits, like oranges and blackberries, have water, vitamins, minerals, and carbohydrates.

The amount we need for each nutrient changes based on age, sex, activity level, and health status. Instead of numbers, look at your plate the next time you eat:

- Fill half of your plate with fruit and vegetables.
- Most of the time, choose whole grains, like brown rice, oatmeal, whole grain bread, and pasta.
- Eat a variety of protein foods, including plant proteins like beans.
- Choose low-fat or fat-free dairy milk, yogurt (or lactose-free dairy or soy milk).

For each group of foods, identify what nutrient they have in common.

Turkey Soybeans Eggs	Avocado Pecans Cheddar cheese
Baking soda Beef bouillon Pizza	Clams Yogurt Breakfast cereal

Answer: Protein, Fat, Sodium (a mineral), Vitamin B12

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Lifelong Learning

Learning new things, regardless of age, can significantly boost your brain health and mood. As kids return to school this fall, challenge yourself to learn something new. Trying a new hobby, honing a skill, taking a class, or researching a topic that interests you can be enjoyable ways to challenge your brain and build cognitive reserve or your brain's ability to adapt to changes as you age. Another benefit of lifelong learning is that as you work on something new and a little tricky, you can develop new skills and a sense of accomplishment. As you continue to practice those new skills, you may also notice a boost in your confidence, resilience, and mood.

For more lifelong learning ideas, unscramble the words to complete the list below.

1. If you enjoy cooking or baking, you might consider making a new _____ (eriecp).
2. Maybe try a different form of _____ (iseerxce) like tai chi, pickleball, or dance.
3. If you're handy, maybe give _____ (gowdnkrowio) a try or look up how to repair something in your home.
4. If you've always wanted to be a musician, now is a great time to learn how to play an _____ (rsuitntnme).
5. Try a new _____ (factr) like sewing, knitting, or crocheting. Already doing this? Challenge yourself with a new pattern.
6. If you enjoy learning about other cultures, consider taking a class to learn another _____ (glgaeuan).

Answers: 1. Recipe, 2. Exercise, 3. Woodworking, 4. Instrument, 5. Craft, 6. Language



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