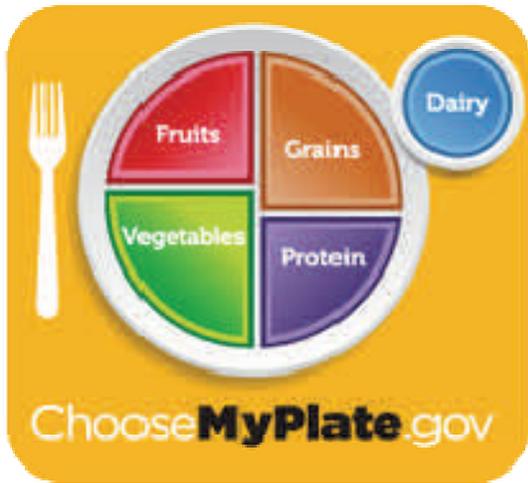


NO SCRAP BEHIND TIPS!

What Should I Eat?



- Look for staple items in the **bulk section** like oatmeal, grains, and beans.
- **Frozen** veggies and fruits last longer and are nutritious.
- Check the “**day old**” bread section.
- **Re-use** yogurt , cottage cheese, & glass containers to store leftovers.
- Plan meals and make a grocery list – don’t buy items you won’t eat that week!

How much is one portion?

VEGETABLES  1 cup = Baseball	MEAT  3 ounces = Deck of cards	PASTA  ½ cup = Tennis ball	ICE CREAM  ½ cup = Two golf balls	FISH  3 ounces = Checkbook	PANCAKE  4-inch compact disc
BAKED POTATO  Computer mouse	CHEESE  1½ ounces = Four stacked dice	MUFFIN  A large egg or light bulb	BUTTER  1 teaspoon = Thumb tip	PEANUT BUTTER  2 tablespoons = Ping-pong ball	BAGEL  Hockey puck

Peanut Butter and Jelly Granola Bars

Makes 12. Heat the oven to 350 °F. Butter or oil an 8" x 11" baking pan.

If you have a different size pan, that's fine—it'll just change how thick the bars are.

Pour the oats into a large bowl. You can use quick oats if they're all you have, but I prefer the bite and chew of rolled oats. For a different texture, you can also substitute a cup of oats with a cup of Rice Krispies, but the bars are great either way. Add the peanut butter, half the jelly, the water, and the salt to a small pan. Stir over low heat until it's smooth. Mix the peanut butter and jelly concoction into the oats until all the oats are coated and you have a sticky mass. Dump the mixture into the oiled pan and press it into an even layer. Spread the remaining jelly over the top. Pop the pan into the oven for 25 minutes, until it's toasty and brown around the edges. Mmm. Crunchy. Leave the bars in the pan until they cool completely, about an hour, then slice into 12 bars.



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3 cups rolled oats (or 2 cups oats and 1 cup Rice Krispies)

½ cup peanut butter

½ cup jelly or jam

¼ cup hot water

¼ tsp salt butter or vegetable oil

Additions: nuts coconut dried fruit honey



Check Out These Free Smartphone Apps!

Fridge Pal— helps you track what items are left in your fridge and expiration dates.



Food Planner—create your weekly shopping list, keep track of items, and build recipes.