

Eating on a budget

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The battle of the budget is certainly a challenge in today's world. And the food budget is right up there on the front lines. As other expenses raise and seem less flexible, we try to make up the difference by cutting food costs or at least holding the line.

We all have to eat, which means we all have to shop for food. Many of us shop more frequently than needed because we don't plan ahead.

Planning saves you money. It helps assure that you'll eat until the next planned shopping trip—which is becoming a primary goal as budgets get tighter.

Here are some specific steps to help you get more for your food dollar:

1. Read the food ads in your local paper. This is usually a midweek issue. If you don't take the paper regularly, it's well worth the price to buy that issue from the newsstand.

Browse through the paper looking for food specials, coupons and special promotional ideas. The stores are doing battle, too, so they're getting creative in trying to get your business.

2. Plan your menus from these ads. If you actually take the time to write menus down you'll save money and time in the long run. If you haven't ever done this, start by planning your main meals and just stock up on a variety of breakfast and lunch items.

Having written menus helps you with the "blahs," "thaws" and can even add to your creativity. The "blahs" are those time when you just can't get inspired about fixing one more meal. You can't think of anything to fix, no one will give you suggestions and you're missing a key ingredient in the things that do come to mind.

The "thaws" happen when you start thinking about dinner at 5 p.m. and everything in the freezer is frozen exactly as it should be, which makes it harder to fix dinner.

Menus help you with your creativity because you can actually pick out a new recipe that "sounds good" and make sure you have all the ingredients needed. That way you don't get bored with the same old stuff all the time. It's also good for your family to face a few new dishes—they shouldn't be getting in a rut either.

3. Now that you know what you're going to fix, make a shopping list. If you're shopping at more than one store, group the sale items and their prices under each store name. That way if you run into one of the items that's cheaper you can make the purchase with confidence.

Have coupons and special promotional things ready when you're at the check stand so you can get checked through easily. You need to develop a system that works for you. Some people use an envelope for each store, others get an organizer that's similar to a check book with categories, and some just staple to the list for that store.

4. Stick to your list. It's good to watch for unadvertised specials but try to avoid a lot of impulse buying. If other family members help you shop, enlist them in the battle to hold the line on the food budget too. If you always come home with too many items bought on impulse when they're alone, you might want to leave them home.

The Oregon State University Extension Office near you has a variety of brochures with specific food buying information. That's a good source of bright ideas for getting more for your food dollar.

When you plan your menus, make good use of the advertised specials. Turkey parts are often on special now, so give these recipes a try.

BARBECUED TURKEY LEGS

Turkey hindquarters, thawed, thigh and drumstick separated

Sauce for 2 hindquarters:

- 1 cup ketchup
- 1/2 cup soy sauce
- 1/4 cup apple butter or a small jar of any baby fruit
- 1 tablespoon lemon juice
- 1 chopped onion or garlic, optional

Put turkey in a covered baking dish. Cover with sauce. Cook in the oven at 350°F. for about 1 1/2 hours.

LEMON TURKEY FILLETS

Turkey breast, raw, sliced 1/2" thick
1/4 cup soy sauce
Grated rind of one lemon
Juice from one lemon

Combine the soy sauce, rind and juice. Put in turkey slices to marinate for 20 minutes or longer. Fry in a small amount of butter for about 5 minutes per side. Remaining marinade may be added when slices are turned.

The remaining turkey breast can be cooked and made into sandwiches, casseroles and/or soup.



Mess team cook, SP4 Dean Nelson, McMinnville, carefully prepares Salisbury steak for baking during competition. (Photo: SSG Dail Adams)

Guard cooks win national title

Led by Sergeant First Class Charles Knapp, the mess team of McMinnville's Company B, 162nd Infantry, 41st Infantry Brigade, Oregon Army National Guard, won the Philip A. Connelly Award for the top National Guard food service unit in the national finals judging. The B Company mess team, which has won competitions at every level in the 15-state Sixth U.S. Army area, was the Sixth Army representative in the National Guard category. They were competing against National Guard teams from New Jersey and Oklahoma representing

the other two continental armies, the First and Fifth, in the annual Connelly awards competition. On June 27th at Camp Rilea near Astoria, Ore., a committee of evaluators representing the U.S. Army Troop Support Agency, Ft. Lee, Va., scrutinized the unit in minute detail. They judged everything from field kitchen site selection and layout, through receipt and storage of rations, to preparation and troop acceptability of the meal. The committee, headed by Mr. Milton A. Vallen, Director of Food Service, Moss Rehabilitation Hospital, Phil-

adelphia and past president, International Food Service Executives Association, announced the winners on Friday, July 2nd.

Winning mess teams were named in the National Guard, Army Reserve and Regular Army categories. Winning units may send two representatives to the awards ceremony at the Reno, Nevada, MGM Grand Hotel on August 4. Guard and Reserve winners also may attend a special culinary arts course designed for them at the U.S. Army Quartermaster School also at Fort Lee.

Summer S-Brands Sale!

 <p>Chunk Tuna Sea Trader Oil or Water Pak, 6.5-oz.</p> <p>69¢</p>	 <p>Bel-air Pizza Assorted Varieties Crisp Crust, 11.75 to 12-oz.</p> <p>89¢</p>	 <p>Colby Cheese Lucerne Natural Mellow in Flavor, 2-lb. Loaf</p> <p>\$3.99</p>
 <p>Ice Cream Sherbet Vanilla Ice Cream Orange Sherbet Combo</p> <p>99¢ Limit 1 Lucerne 1/2-Gallon</p>	 <p>1-Liter Soda Pop Gragmont Assorted Flavors, Plus Deposit</p> <p>3 \$1 for</p>	 <p>Charcoal Briquets Scotch Buy Easy To Light, 10-Lb.</p> <p>\$1.99</p>



Chuck Steak

Safeway Quality Beef Steak.
Blade Cut. Great On The BBQ.

\$1.18 Lb.

SUPER SAVER

 <p>Fried Chicken Tyson's Ozark Family's Recipe 2 Pound Box</p> <p>\$1.98</p>	 <p>Beef Arm Roast Safeway Quality Beef Pot Roast Family Favorite</p> <p>\$1.78 Lb.</p>	 <p>Sliced Bacon Dubuque Royal Buffet 12 Ounce Pkg.</p> <p>\$1.28</p>
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Super Soft Bread	Mrs. Wright's White, Wheat or White Sandwich 24 oz. Loaf	2 for 99¢
Bel-air Dinners	Salisbury Steak, Chopped Beef, Meat Loaf or Turkey, 11-oz.	69¢
Lucerne Yogurt	Plain, Pre-Stirred, Sundae or Gourmet 6 to 8-oz.	4 for 99¢
Barbecue Sauce	Town House Hickory Smoke or Regular, 18-oz.	89¢
Jel-Well Gelatins	Assorted Flavors 3-oz. Pkgs.	5 for \$1
Salad Dressing	NuMade Assorted, Lo-Cal. or Regular, 8-oz.	69¢
12-Pak Heidelberg	Natural Beer 12 oz. Cans Plus Dep.	\$3.69



Cantaloupe

Famous San Joaquin Westside Whole Melons

19¢ Lb.

SUPER SAVER



Large Bell Peppers

5 for 89¢

 <p>Color Print Film Safeway Film, C110-24, C126-20 or C-135-24</p> <p>\$1.98</p>	 <p>Crest Toothpaste 6.4 Ounce Tube</p> <p>2 \$2.78 for</p>	 <p>Mobil Motor Oil All Season, 10W-40</p> <p>89¢ Qt.</p>
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Prices Effective Wed., July 14 Thru. Tues. July 20 At Safeway In the Portland Area. Sales Limited To Retail Quantities.

