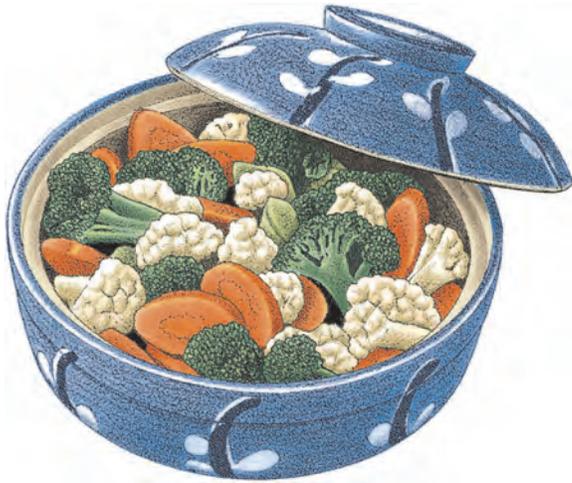




SMART SHOPPER TIPS & RECIPES

Oven Roasted Vegetables

This is a great Easter recipe - Delicious with ham



Ingredients:

- Vegetables of your choice
- Oil and vinegar salad dressing such as Italian or Greek

Make Your Own Salad Dressing:

- 3/4 cup of oil
 - 1/4 cup vinegar of your choice (e.g., Balsamic)
 - 1/4 tsp. black pepper
 - 1/4 tsp. garlic powder
 - salt to taste
- Stir and serve or use in this recipe

Suggested Vegetables:

Root vegetables such as: carrots, turnip, potatoes, onions, parsnips, yams

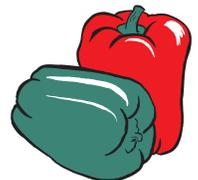
Other suggestions include: cauliflower, broccoli, squash, cabbage, brussels sprouts, green beans

Instructions:

- Cut vegetables into small cubes.
- In a bowl, toss cubed vegetables with salad dressing using enough to ensure the vegetables are well coated.
- Place vegetables in a large casserole dish piled no more than two inches high.
- Bake covered at 350°F for 60 minutes or until desired tenderness.

Did You Know

- Raw turnip is great on its own or with dip
- Cabbage can be cut in strips and served on a vegetable platter
- Red peppers have four times as much Vitamin C as oranges.
- Broccoli, brussels sprouts, green peppers, oranges, apple juice and cantaloupes are all good sources of Vitamin C.



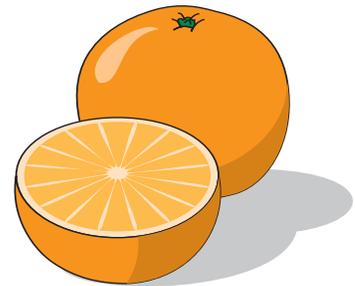
Smart Shopping Tips

- No-name and generic brands of vegetables are usually cheaper than name brands even when the name brand is on sale
- Buy vegetables in season and blanch and freeze them for later.
- When buying an item, look at the price per unit (e.g., price per 200 g versus 500 g) and compare to see which is the best deal. Two smaller items might be a better deal than buying the larger size.
- Avoid impulse buys by bringing a list of items you plan to buy and enough money to pay for only those items.
- Single serving sized items are usually expensive. Buy larger packages of items and break them down into smaller packages at home for lunches and easy snacks.
- Buy spices at your bulk food store. They are less expensive than packaged spices purchased at the grocery store.



What You Need to Know About Vitamin C

- It helps heal cuts and wounds.
- It keeps gums, teeth and bones healthy.
- It helps absorb more iron from the foods you eat.
- It does not prevent colds but may reduce how long you have a cold or how bad your cold gets.



Cooking and Storing to Get the Most Vitamin C

- Eat raw, fresh vegetables and fruit more often.
- Avoid overcooking vegetables.
- Stir fry for two minutes.
- Keep canned and frozen juices cool in a non-clear container.