

TIPS FOR A HEALTHY DINNER



FRUITS/ VEGETABLES

- Add oranges, grapes, or strawberries to a tossed salad
- Add vegetables rich in color to include more vitamins and minerals to your meal



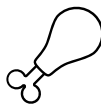
DAIRY

- Try plain yogurt instead of sour cream as a topping
- Switch to low-fat or fat-free dairy products



WHOLE GRAINS

- Use whole grain pasta for your family favorites recipes
- Check nutrition labels for the word “whole” and check fiber content



PROTEIN

- Make chili or stews with different beans like pinto, black, white, etc.
- Add lean meats like chicken or ground turkey to your meal



EAT HEALTHY ON A BUDGET

PLAN YOUR WEEKLY MEALS

- Choose meals you can easily prepare when you're short on time.
- Create a shopping list as you go.
- Check what foods you already have before heading to the store.

SHOP SMART

- Rice and pasta are budget-friendly grain options.
- Canned tuna, salmon, or sardines store well.
- Check the sell by date to buy the freshest dairy products.

PREPARE HEALTHY MEALS

- To make your next meal easier, chop extra vegetables, place them in a reusable container and freeze.
- Have all your ingredients nearby to avoid skipping steps.
- Double your recipe and save extra for later.

Learn more about [Healthy Eating on a Budget | MyPlate](#).

ACTIVITIES

- [Where Food Comes From Mini Book](#)
- [Have Fun With Fruits and Vegetables](#)

Sources: [California Department of Public Health](#) and [U.S. Department of Agriculture](#)

RECIPE CORNER

CHICKEN PICADILLO

INGREDIENTS

- 1 pound ground chicken
- 1½ cups chopped onion
- 1½ cups chopped chayote squash
- 1 cup chopped bell pepper or poblano pepper
- ⅓ cup chopped pimento stuffed green olives
- ¼ cup raisins
- ¼ cup water
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon cinnamon
- 1 (14.5-ounce) can diced tomatoes

PREPARATION

1. In a large nonstick pot or skillet, brown chicken over medium-high heat for 5 minutes.
2. Add all remaining ingredients and bring to a boil.
3. Reduce heat to medium-low and cover. Let simmer for 20 minutes.
4. Serve hot.

Makes 4 servings - 1½ cups per serving.

For more healthy recipes, visit [CalFresh Healthy Living](#).

RESOURCES

For more information about food assistance, visit [Women, Infants and Children \(WIC\)](#). WIC helps families get healthy food and much more. WIC is a federally funded USDA nutrition program that is administered by the California Department of Public Health.