

# Eat Right

Food, Nutrition and Health Tips from Kids Eat Right



## Simple Cooking Tips for Stretching Meals

Tips to Help Save Time, Money, and Food	Save Time	Save Money	Save Food
Cook in large amounts. Freeze leftovers in smaller containers for future meals. <sup>1</sup>	●	●	●
Buy foods that you often use in large amounts. (Buy in bulk.) <sup>1</sup>	●	●	
Share meals with other families. Or, take turns cooking and eating together.		●	●
Create a weekly meal calendar that uses some of the same ingredients in different ways. <sup>1</sup>	●	●	●
Add whole-grain pasta or brown rice to soups, stews, and chili to make them more filling.			●
Try new protein sources. Beans, eggs, and milk are low-cost sources of protein. <sup>1</sup>		●	
Stretch meat further by adding it to casseroles or stews with vegetables and grains.		●	●
Substitute ingredients in a recipe with items you already have. (See below.)		●	●

### Substitutions

Use this chart when you do not have all the items for a recipe you want to make.<sup>2,3,4</sup>

If You Do Not Have...	Use Instead...
1 cup Bread crumbs, dry	$\frac{3}{4}$ cup crushed cereal or crackers <sup>4</sup>
14.5 oz. can Broth, chicken or beef	2 beef/chicken bouillon cubes and 2 cups water <sup>3</sup>
1 cup Milk	$\frac{1}{3}$ cup nonfat dry milk and 1 cup water <sup>4</sup>
1 cup Sour cream	1 cup plain yogurt <sup>4</sup>
15 oz. can Tomato sauce	6 oz. can tomato paste and 1 cup water <sup>2</sup>
1 cup Mayonnaise	1 tsp. Dijon mustard and 1 cup yogurt <sup>3</sup>
1 clove Garlic	$\frac{1}{8}$ tsp. garlic powder <sup>2</sup>
1 tsp. Lemon Juice	$\frac{1}{2}$ tsp. vinegar <sup>2</sup>

*Continued on reverse side*

## Kitchen Hints

Use these simple hints for measuring ingredients and reading recipes!

### Measurements<sup>4,5</sup>

t or tsp	=	teaspoon
T or Tbsp	=	tablespoon
C	=	cup
pt	=	pint
Qt	=	quart
Fl	=	fluid
Oz	=	ounce
lb	=	pound
#	=	pound
Gal	=	gallon
Pkg. or pk.	=	package
Gm or g	=	gram
Hr	=	hour
Min	=	minute
Doz	=	dozen
°C	=	degrees Celsius
°F	=	degrees Fahrenheit

### Abbreviations<sup>3,4</sup>

1 Tbs	=	3 tsp
1 fl oz	=	2 Tbsp
1/4 cup	=	4 Tbsp
1/3 cup	=	5 Tbsp + 1 tsp
1/2 cup	=	8 Tbsp
2/3 cup	=	10 Tbsp + 2 tsp
3/4 cup	=	12 Tbsp
1 cup	=	16 Tbsp
8 fl oz	=	1 cup
1 pint	=	2 cups
1 quart	=	2 pt
4 cups	=	1 qt
1 gallon	=	4 qts
16 oz	=	1 lb

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**For more tips, visit [www.kidseatright.org](http://www.kidseatright.org).**

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## Sources

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2. Common Ingredient Substitutions. All Recipes. <http://allrecipes.com/howto/common-ingredient-substitutions/>. Accessed March 12, 2014.
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4. Herbst ST, Herbst, R. The New Food Lover's Companion. 2013.
5. Measurement Equivalents. USDA. [http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement\\_equivalents.html](http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html). Updated May 15, 2001. Accessed March 26, 2014.

