

MAINE



SNAP-Ed

Healthy Eating on a Budget

HEALTHY TIPS

1. Keep track of the food in your pantry. Clean out old items by looking at the dates printed on packages
 - a. “**Sell-By**” date tells the store how long to display the product for sale. You should buy the product before the date expires.
 - b. “**Best if Used By (or Before)**” date is recommended for best flavor or quality. It is not a purchase or safety date.
 - c. “**Use-By**” date is the last date recommended for the use of the product while at peak quality. The date has been determined by the manufacturer of the product.
2. Make meals with as few leftovers as possible. Remember you can always make more food, but when the power goes out, it is hard to keep leftovers out of the [temperature danger zone](#) (40°-140°F).
3. When the power goes out, use the things that will go bad first such as meats, eggs, and dairy products.
4. Running water can also be a problem when the power goes out. Be sure to keep paper plates and plastic utensils on hand as these are better used when dishes cannot be washed with warm soapy water.
5. Freeze containers of water for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water. Fill gallon-size re-sealable plastic food storage bags with water and freeze them; they can be used in a separate cooler or help to keep a less-than-full freezer as cold as possible.
6. Easy Meals:
 - a. Quick bean salad: 1 can of each (choose low-sodium options): black beans, kidney beans, and canned corn. Add ½ jar of salsa with ½ teaspoon chili powder.
 - b. Mix canned tuna with a little mayo or mustard (packets from take out work great here) and a little black pepper. Top whole wheat crackers.
 - c. Granola
 - d. No cook soft tacos – fill whole wheat tortillas with canned beans, salsa, and sprinkle with chili powder
7. Check out foodsafety.gov for more information about when to save and when to throw out food after the power goes out:
 - a. [Refrigerated foods](#)
 - b. [Frozen foods](#)

If you have a Smartphone, be sure to download the [FoodKeeper App!](#)



USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with the Healthy Maine Partnerships. Maine SNAP-Ed educates low-income families on low-cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

