



## Official Newsletter of WIC Worksite Wellness

### SMART GROCERY SHOPPING

*Carla Corrales & Rachel Jensen, MS, CPT*

Visiting the supermarket can be overwhelming because there are so many new and appealing foods. This makes it easier to spend more than you want and go over your budget. Luckily, there are several tips that will help you be more efficient with your spending and stay within your budget. Check out the list of tips below:

- Check what you already have at home before going to the store to prevent overbuying.
- Plan out your meals for the week so you know what you need ahead of time. (1)
- Buy fruits and vegetables that are in season because they are less expensive. To learn more about what is in season right now, check out this list [here](#). (2,3)
- Buy items in bulk and freeze or store leftover foods to increase your savings. (4)
- Sign up for the store loyalty program to get coupons when available. (4)
- Go with generic or store brand food items because they are less expensive. (4)
- Compare the quality and cost of food items when shopping and select the best product for you. For example, if you are looking for vegetables that fit within your budget, consider frozen vegetables because they are cheaper and last longer than fresh vegetables. (4)

For more tips on saving money, visit the USDA's [website](#). (5)



### FINANCIAL ANXIETY

*Bruna Honorio & Samantha Camacho*

Studies show that financial anxiety is the main source of stress in America. (6) With the holidays and the start of a new year coming, we tend to spend more on gifts, trips, and foods. While this is a time of celebration, it can also make people nervous. (7)

To help manage financial anxiety, follow these tips below:

- Use [affirmations](#) that remind you that your true worth is who you are as a person, not your financial situation. (8,9)
- [Create](#) a budget that focuses on how much you can spend and where you can make cuts. (10,11)
- Make one financial decision at a time. [Set](#) financial goals to prioritize your needs. (9,12)
- Find support. [Talk](#) to a professional or someone who understands your situation. (13)

# BEEF AND POTATO LAYERED CASSEROLE

*Ana Hernandez, Pedro Guzman, and Lauren Yowell B.S.*

Planning a healthy meal can be difficult, especially if you are on a budget. However, this high protein casserole recipe contains nutritional and cost benefits for those trying to save money during the holiday season. (14) With only a few steps, you can make enough servings to feed your guests at your next holiday event. In addition, they can make great leftovers for the next few days.

Prep time: **15 min.** Total Time: **1 hr and 20 mins.** Servings: **6**

## Ingredients (14):

- 1 lb 90% lean ground beef
- 2 cups frozen mixed vegetables: carrots, peas, corn, and green beans (2 x 12 oz bags)
- 1 packet of reduced sodium brown gravy
- ½ teaspoon salt
- 1 bag (28 oz) frozen potatoes with peppers and onions (Thaw the day before in the refrigerator)
- 1 bag (8oz) shredded low-moisture part-skim mozzarella cheese

## Instructions:

1. Heat oven to 350°F and spray a 12x8-inch glass baking dish with non-stick cooking spray.
2. In a 10-inch skillet, cook and stir ground beef for 5-7 minutes over medium-high heat until thoroughly cooked and then drain it.
3. In a saucepan, whisk one cup of cold water with the reduced sodium brown gravy packet, then bring to a boil.
4. Stir in the mixed vegetables and salt. Cook for 3-4 minutes until the vegetables are thawed and mixture is thoroughly heated.
5. In a baking dish, place 3 cups of potatoes for the first layer, then add 1 cup of cheese on top. Next, add the ground beef mixture and top it off with the remaining potatoes. Lastly, cover the baked dish with foil.
6. Bake for 55-60 minutes or until it is bubbly.
7. After baking, remove the foil and sprinkle the remaining 1 cup of cheese on it.
8. Bake the dish uncovered for 5 more minutes or until the cheese is melted.



## Nutrition Facts (15)

*Per Serving (1 slice)*

Calories	360
Total Fat	14 g
Saturated Fat	8 g
Cholesterol	70 mg
Sodium	485 mg
Carbohydrates	29 g
Protein	26 g
Fiber	2 g
Sugar	2 g

## Price Comparison (16,17)

Casserole	Price Per Serving	Price per Casserole
Homemade Beef & Potato Casserole	\$1.89	\$11.32
Main St. Bistro Baked Shredded Potato Casserole	\$4.99	\$4.99
Marie Callender's Scalloped Potatoes with Cheese and Ham	\$3.50	\$6.99

# FINANCIAL WELLNESS RESOURCES

Sherry Dinh & Dannie Haber, B.A., CPT

## MINT



MINT is a financial management app that allows you to keep track of subscriptions, bills, and budget with an overview of your spending. The app has features that make budgeting easy and enjoyable.

## Budget Worksheets



This online resource provides practical ways to help you manage your money. These budgeting sheets can help plan your next month's budget especially during the holidays!

CALIFORNIA WIC ASSOCIATION



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