



# Winter Quick Tips

## December 2025

Cornell Cooperative Extension



### Ways to Save at the Store

With grocery prices still being high, saving money on food may be important to your family. Follow these tips to help save money when going to the store.

1. Try not to shop when you are hungry. If you are hungry, you will be tempted to buy extras that are not on your list.
2. Buy fresh fruits and vegetables in small amounts that you are sure you can use while they are still fresh.
3. When they are on sale, buy larger quantities of fresh fruits and vegetables you use often. (Examples- onions, potatoes, apples). Fruits and vegetables sold in larger bags are usually cheaper and many can be stored for quite a while.
4. Choose vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat foods are convenient but cost more. Fruits and vegetables with special sauces and flavorings added usually cost more, and certainly have more fat and calories.

### Feeding America

How can I find free holiday meal boxes?

- Contact your local food bank or pantry about free holiday meal boxes near you. Not every location offers these programs, but all provide ways to help families celebrate the holidays. They offer free groceries, fresh produce, and holiday food support in your area. The best way to learn about your options is to visit their website.

Who can receive food at a food pantry or meal programs?

- Anyone who needs extra help affording food can visit a food pantry or meal program. Some pantries or programs may have additional requirements, like living in a certain area.

Find your local pantry or holiday meal box by visiting:  
[www.feedingamerica.org/find-your-local-foodbank](http://www.feedingamerica.org/find-your-local-foodbank)



This material is funded by Expanded Food and Nutrition Education Program, USDA, and NIFA



# Building Healthy Habits Recipe

## Rice Bowl Southwest Style

Serving size 1 cup

Makes 2 cups

Ingredients:

1 teaspoon vegetable oil

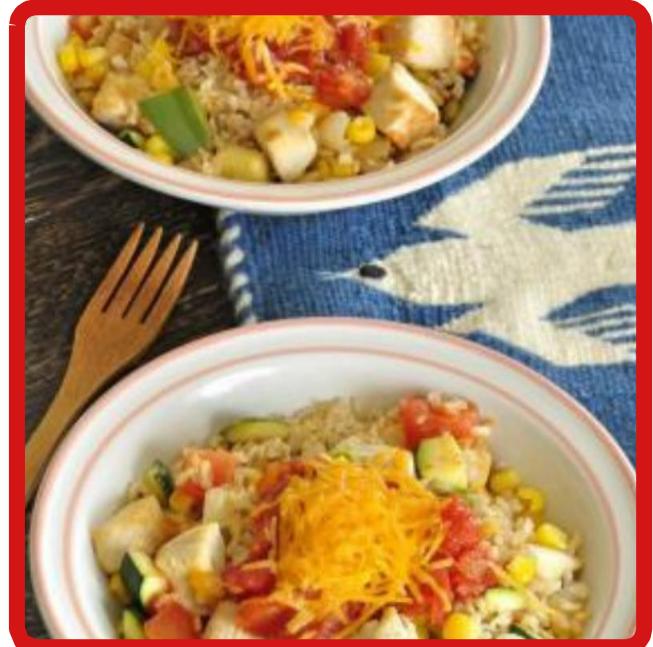
1 cup chopped vegetables (try bell peppers, onion, corn, tomato, zucchini)

1 cup cooked brown rice

1 cup protein (beans, chicken, beef, tofu, or salmon)

1/8 teaspoon of each - garlic powder, oregano, cumin

2 tablespoons salsa, shredded cheese or low-fat sour cream



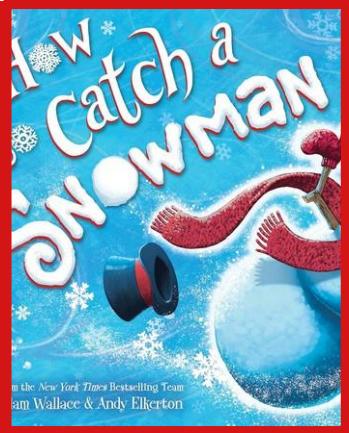
Directions:

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a medium skillet, heat oil over medium heat. Add vegetables and cook until tender-crisp or about 3-5 minutes.
4. Add cooked rice; cooked protein, garlic powder, oregano, and cumin, if desired. Heat through.
5. Divide rice mixture between 2 bowls. Top with salsa, cheese or sour cream and serve warm.
6. Refrigerate leftovers within 2 hours.

Notes: For a spicier dish, add chili powder, red pepper flakes, or taco sauce.

**Nutrition Facts:** Serving size: 1 cup, calories: 320; total fat: 12g; saturated fat: 3.5g; sodium: 410mg; total carbohydrate: 35g; added sugars: 0g; Protein: 19g; Calcium: 33mg; Potassium: 250mg, Vitamin C: 44mg Vitamin A: 52mcg

Source: FoodHero.org



## Kids' Book Nook

With your child, visit your local library and borrow "How to Catch a Snowman" by Adam Wallace. After reading the book, ask how your child would catch a snowman!

## Meet Your Educator

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