

Tips for Low Cost Holiday Meals



Most people want their holiday meals to be special, but you do not have to break the bank to do it! The key to a great holiday meal is good food, fun, and time with family and friends.



Tips to Cut Costs on Your Holiday Meal

- \$ **Use Less!** When it comes to holiday meals, many families have a tradition of having more food than is needed. Think about having less total food, less meat (usually the most expensive), less of other expensive items and a smaller number of foods served.
 - \$ **Serve Healthy Foods.** They give you more value for the dollar. For example, pumpkin pie is a better buy than French silk or pecan, because it provides more nutrition even if the cost is similar.
 - \$ **Make It Yourself.** This applies to just about everything from mashed potatoes & gravy, stuffing, and sauces for vegetables to cranberry sauce and pies. In almost every case, it will cost more if you buy the frozen convenience food or package mix.
 - \$ **When it Comes to Turkey.** A whole turkey is less expensive per serving than a turkey roll or a turkey breast.
 - \$ **Beverages.** Serve water to drink along with other beverages. People will drink less of the other beverages served if they can use water to quench their thirst.
 - \$ **Get Your Money's Worth out of the Leftovers.** Handle leftovers safely so that they can be used for meals in the days ahead.
 - \$ **Paper Products.** Don't buy fancy paper plates, napkins, cups, or decoration items. Make decorations. Think about buying cloth napkins, they may initially cost more, but they will pay for themselves quickly if they keep you from buying special napkins for each holiday.
 - \$ **Follow all the Regular Suggestions for Good Shopping.** Plan your menu and shopping list, read ads, use store brands and generic products. Beware of store displays that are designed to tempt you to buy things you didn't plan on!
- Determine what is really important to your family and use the tips that fit with your traditions. These ideas can give you a good start if having a great low-cost meal is one of your goals.

Know how. Know **now.**

Cherry Celebration

Makes 12 servings



- 2 cups boiling water
- 2 3-ounce packages cherry gelatin
- 4 cups ice cubes
- 3 cups thawed cool whipped topping
- 1 cup cherry pie filling

1. Stir boiling water into gelatin in a large bowl until completely dissolved.
2. Add ice cubes; stir until gelatin begins to thicken. Remove any unmelted ice.
3. Add whipped topping; stir with wire whisk until well blended. Refrigerate about 20 minutes until slightly thickened.
4. Add cherry pie filling; stir gently until well blended.
5. Spoon into glass bowl or 12 glasses. Refrigerate 4 hours or overnight.
6. Garnish with additional whipped topping and cherry pie filling just before serving.

Additional decorating tip: drizzle melted chocolate on inside of empty bowl or glasses and refrigerate. Fill with pie filling mixture and refrigerate as directed.

Nutrition Information per Serving (2/3 cup): 120 calories, 3.5 g fat, 3.5 g saturated fat, 0 mg cholesterol, 80 mg sodium, 22 g carbohydrates, 0 g fiber, 19 g sugar, 1 g protein, vitamin A 0%, vitamin C 0%, calcium 0%, iron 0%

Sources: Iowa State University - Tips for Low Cost Holiday Meals, <http://www.kraftfoods.com>