



Food Budgeting Made Easy

Crunchy Chicken Salad

Serving size: 3/4 cups
5 servings

Ingredients

- 2 chicken breasts, chopped
- 1 stalk celery, chopped
- 1/2 green pepper, chopped
- 1/2 small onion, chopped
- 1/2 small cucumber, peeled and chopped
- 1 small apple, diced (not peeled)
- 1/2 cup grapes, cut in half
- 1/4 cup plain yogurt
- salt and pepper to taste

Instructions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Put all the ingredients in a large bowl. Stir together.
3. Refrigerate until ready to serve.



Take Home Tips

Food Budgeting Made Easy

- Tracking your food expenses helps you learn how you spend money on food.
- Keep your receipts and make a list of what you spend on food for two weeks. Add up your food purchases to see how much you are spending on food.
- When you know how much money you spend on food, you can decide if you need to make some changes.
- Cooking with your kids is a great way to help them develop skills in the kitchen. Children who help with cooking are more likely to be willing to try new foods.

Set a Goal

I will track my food expenses for two weeks to learn how much I am spending on food.

If I am spending more money on food than my estimated food budget, I will work with my family members to find ways to spend less.

I will try the recipe and find ways to have my children help with preparing it.

Other: _____

Personal Goal: _____

Thank you for attending!

Razan Sahuri

SNAP-Ed Nutrition Educator

rsahuri@umd.edu