

# Food and Fitness

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## Saving Money at the Grocery Store— Tips and Tricks

Grocery shopping isn't the same as it used to be. In the last few years, the cost of groceries have gone up so much that, for many people, they are barely scraping by. We need groceries to feed ourselves. It's not like groceries are something we can cut out of our budget. Here are a few good tips before you head to the grocery store.



### 1. Make a list and plan before you go

Create a list of the food items you already have on hand, and use those items to make a menu. The menu doesn't need to include four-course meals, but it helps to have a plan for using food that you already have while gathering what you also want to make. Lists help to keep your ideas and plans together. It is important to always shop the grocery ads and the sale items, but do not let these items become impulse purchases. Make sure the items you are purchasing have a purpose. Often if I find a good deal, I will make note of how I plan to use this sale or discount item.

*Example: discounted bell peppers—this week I am making spaghetti, so I can take the leftover sauce and add some cooked rice, then stuff it into the pepper to freeze for next week.*

# Saving Money at the Grocery Store—Tips and Tricks

## 2. Limit the number of trips

The next tip isn't always a problem that everyone faces, but it does effect many. It is important to limit the number of shopping trips you make to the grocery store. I personally try to go to the grocery store only once per week. Others are really good at making that stretch to once every two weeks. I have tried that, and I always end up needing something else. The purpose of limiting the amount of times you go, is to limit the amount of impulse purchases. The more you go, the more you impulse purchase.

## 3. Stick to your list

Once you arrive at the grocery store, the number one rule is to stick to your list. If you purchase something for a good deal that is not on the list, remember to have a plan to use it. Purchasing discount products can really help with saving, but that is only if those products get used.

## 4. Getting the best price per unit

The prices of products are very important. Sometimes you can buy things that might seem like a good deal, but in reality, buying the smaller size may be a better price *per unit*. A calculator on you phone or a small pocket-sized one can help determine what is the better purchase price.

## 5. Shop generic and store brand items

Generic products are another great way to save money. Some generic products are just as good as the name brand ones. Generic or store brand generally are cheaper to purchase. Testing out these generic products one at a time before adding in a whole cartload is a good practice. Many items are just as good ,but you may find that some products just don't live up to the name brand.

## 6. Discount or additional markdowns

Discounts are some of the best ways to save at the grocery store, and discounts can come in many forms. Some stores offer discounts to senior citizens one day per week, and that can be a great saving. Coupons are another great way to save on the items you purchase. However, many people do get caught up in purchasing items because they have a coupon and then don't use the product. This isn't helpful. My favorite savings tip is knowing what days they mark down products like meats and produce. Those are my favorite days to shop because a bag of three colorful peppers that usually cost me \$3.98 can be picked up for \$0.99.

Planning out meals, making grocery lists, and effectively grocery shopping takes time. However, in the long run, that time spent helps lower the overall grocery bill and can also help reduce food waste.

# GROCERY SHOPPING HACKS TO SAVE MONEY



## USE A SMALL CART OR BASKET

Large carts encourage you to add more... and more! Use a smaller cart or basket so you have little room for impulse purchases.



## LOOK UP AND DOWN

Fact: The most expensive items are often right at eye level. Look up and down when shopping to compare all prices.



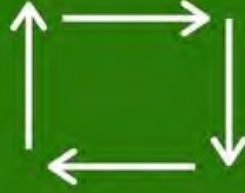
## SKIP CONVENIENT ITEMS

Avoid convenient items grouped together, like chips and salsa. You can often find cheaper alternatives elsewhere in the store.



## SHOP CHEAP, HEALTHY STAPLES

Plan meals using cheap staples like tuna, beans, brown rice, and eggs. These items are not only affordable but healthy and filling too.



## SHOP THE PERIMETER

Outside aisles contain healthy, fresh foods, like produce, deli meats, and dairy. Avoid inside aisles when possible to stop yourself from making impulse buys on unhealthy snacks.



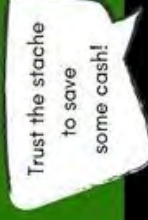
## SKIP PREPARED FOODS

Skip pricey prepared foods. Instead, chop and organize veggies and other food into containers. This way, you save money but can still easily assemble a quick meal.



## SHOP VEGETARIAN

Switch to vegetarian-based proteins for a few meals to save big. Research suggests vegetarians can save at least \$750 more than meat-eaters per year.



## Fruit—Starfruit



The starfruit is a fruit that grows on the Carambola tree. The tree can grow as tall as 30 feet in height. The starfruit is often grown in southern China, India, Australia, and the Philippines. The United States also grows them but mostly in Florida and Hawaii. When they are grown in the United States, they can be harvested in the months between June and February. The starfruit is not very popular in the United States, but they are well-known because of their unique shape.

The starfruit is yellow and has a shiny outer skin that is similar to the skin on a grape. The flavor of the starfruit is a mix between a pear, green apple, and an orange. The starfruit gets its name because when it is cut crosswise, it looks like a star. When buying a star fruit, look for firm ones with bright yellow or yellowish-green skin. It is normal that the edges are slightly brown.

As for nutrition, the starfruit contains minerals like copper, potassium, and magnesium. It also contains notable amounts of vitamins like vitamin C and vitamin B5.

### WHAT IS THIS FOOD MADE OF?



|       |         |       |
|-------|---------|-------|
| 91.9% | Water   | 98.7g |
| 1%    | Protein | 1.1g  |
| 6.8%  | Carbs   | 7.3g  |
| 0.3%  | Fat     | 0.36g |
| 0%    | Alcohol | 0g    |

### WHERE DO THE CALORIES COME FROM?



|     |         |
|-----|---------|
| 12% | Protein |
| 79% | Carbs   |
| 9%  | Fat     |
| 0%  | Alcohol |

### Minerals

|               | ---     | missing data: | % DV |
|---------------|---------|---------------|------|
| Weight        | 108g    |               |      |
| Calcium       | 3.2mg   |               | 0%   |
| Iron, Fe      | 0.09mg  |               | 0%   |
| Potassium, K  | 143.6mg |               | 3%   |
| Magnesium     | 10.8mg  |               | 3%   |
| Phosphorus, P | 13mg    |               | 1%   |
| Sodium        | 2.2mg   |               | 0%   |
| Zinc, Zn      | 0.13mg  |               | 1%   |
| Copper, Cu    | 0.15mg  |               | 16%  |
| Manganese     | 0.04mg  |               | 2%   |
| Selenium, Se  | 0.65mcg |               | 1%   |

# Nutrition Facts

## Starfruit (Carambola)

Carambola, (starfruit), raw

Serving Size:

1 x 1 cup, sliced ( 108g)



### Nutrition Facts

Serving Size

1 cup, sliced (108g)

**Calories 33**

% Daily Value \*

|                           |     |
|---------------------------|-----|
| Total Fat 0.36g           | 0%  |
| Saturated Fat 0.02g       | 0%  |
| Trans Fat 0g              |     |
| Cholesterol 0mg           | 0%  |
| Sodium 2.2mg              | 0%  |
| Total Carbohydrate 7.3g   | 3%  |
| Dietary Fiber 3g          | 11% |
| Total Sugars 4.3g         | 9%  |
| Includes --g Added Sugars | --% |
| Protein 1.1g              | 2%  |
| Vitamin C 37.2mg          | 41% |
| Vitamin D 0mcg            | 0%  |
| Iron 0.09mg               | 0%  |
| Calcium 3.2mg             | 0%  |
| Potassium 143.6mg         | 3%  |
| Phosphorus 13mg           | 1%  |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Vitamins

|                     | -- = missing data | %DV |
|---------------------|-------------------|-----|
| Weight              | 108g              |     |
| Vitamin A, RAE      | 3.2mcg            | 0%  |
| Vitamin C           | 37.2mg            | 41% |
| Thiamin (B1)        | 0.02mg            | 1%  |
| Riboflavin (B2)     | 0.02mg            | 1%  |
| Niacin (B3)         | 0.4mg             | 2%  |
| Vitamin B5 (PA)     | 0.42mg            | 8%  |
| Vitamin B6          | 0.02mg            | 1%  |
| Biotin              | --mcg             |     |
| Folate (B9)         | 13mcg             | 3%  |
| Folic acid          | 0mcg              | 0%  |
| Food Folate         | 13mcg             | 3%  |
| Folate DFE          | 13mcg             | 3%  |
| Choline             | 8.2mg             | 1%  |
| Vitamin B12         | 0mcg              | 0%  |
| Retinol             | 0mcg              |     |
| Carotene, beta      | 27mcg             | 0%  |
| Carotene, alpha     | 25.9mcg           | 0%  |
| Cryptoxanthin, beta | 0mcg              | 0%  |
| Vitamin A, IU       | 65.9IU            |     |
| Lycopene            | 0mcg              |     |
| Lut + Zeaxanthin    | 71.3mcg           |     |
| Vitamin E           | 0.16mg            | 1%  |
| Vitamin D           | 0mcg              | 0%  |

## Recipe— Refreshing Tropical Fruit Salad

### Ingredients

- 1 large bananas, sliced
- 1 medium pears, cubed
- 1/4 cup fresh orange juice
- 1 1/2 cup fresh pineapple, cubed
- 3/4 cup fresh strawberries, sliced
- 1/2 cup seedless red grapes, halved
- 2 medium kiwifruit, peeled and sliced
- 1 medium mango, peeled and cubed
- 1 star fruit, sliced



*Recipe adapted from: [Refreshing Tropical Fruit Salad Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/refreshing-tropical-fruit-salad/)*

### Instructions

1. In a large bowl, combine the bananas, pears and juice. Add the pineapple, strawberries, grapes, kiwi and mangoes; stir gently to combine. Arrange star fruit over top.

# Brain Exercise

Don't Just Exercise your body, workout your brain!

## Halloween Sudoku

Fill in the grids so that each column, row, and box contains one and an only one of the letters from the given word.

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | D |   |   |   |   |
| S |   |   |   |   | H |
| W |   |   | O |   | S |
| O |   | S |   |   | D |
| D |   |   |   |   | W |
|   |   |   |   | H |   |

SHADOW

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | P |   | I |   |   |
| S |   | E |   |   |   |
| D |   | P |   |   |   |
|   |   |   | P |   | R |
|   |   |   | D |   | E |
|   |   | R |   | I |   |

SPIDER

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   | I |   |   |   | M |
|   | Z | O |   |   | I |
| E |   |   |   | Z |   |
|   | B |   |   |   | Z |
| I |   |   | Z | M |   |
| Z |   |   |   | I |   |

ZOMBIE

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|   |   |   | N | E |   |
| R |   | O |   |   |   |
|   |   |   |   |   | O |
| N |   |   |   |   |   |
|   |   |   | R |   | G |
|   | G | A |   |   |   |

ORANGE

# October 2025

| Sun                                     | Mon                                   | Tue                                  | Wed                                  | Thu                                       | Fri   | Sat                               |
|---|---------------------------------------|--------------------------------------|--------------------------------------|---|---|-----------------------------------|
|   |                                       | 1<br><i>International Coffee Day</i> | 2<br><i>National Kale Day</i>        | 3<br><i>National Boyfriends Day</i>       | 4<br><i>National Golf Day</i>                   | 5<br><i>Do Something Nice Day</i> |
| 6<br><i>Oktoberfest</i>                 | 7<br><i>National Forgiveness Day</i>  | 8<br><i>American Touch Tag Day</i>   | 9<br><i>Fire Prevention Day</i>      | 10<br><i>National Angel Food Cake Day</i> | 11<br><i>World Egg Day</i>                      | 12<br><i>National Gumbo Day</i>   |
| 13<br><i>International Skeptics Day</i> | 14<br><i>National Dessert Day</i>     | 15<br><i>White Cane Safety Day</i>   | 16<br><i>World Food Day</i>          | 17<br><i>National Pasta Day</i>           | 18<br><i>National Meatloaf Appreciation Day</i> | 19<br><i>Sweetest Day</i>         |
| 20<br><i>Brandied Fruit Day</i>         | 21<br><i>International Nacho Day</i>  | 22<br><i>National Nut Day</i>        | 23<br><i>National Mole Day</i>       | 24<br><i>National Bologna Day</i>         | 25<br><i>Frankenstein Friday</i>                | 26<br><i>National Pumpkin Day</i> |
| 27<br><i>National Tell a Story Day</i>  | 28<br><i>Plush Animal Lover's Day</i> | 29<br><i>Hermit Day</i>              | 30<br><i>National Candy Corn Day</i> | 31<br><i>Halloween</i>                    |   |                                   |

## MONTHLY OBSERVATIONS

- Adopt a Shelter Dog Month
- American Cheese Month
- American Pharmacy Month
- Awareness Month
- Breast Cancer Awareness Month
- Cookie Month
- Eat Country Ham Month
- National Pizza Month
- National Popcorn Poppin' Month
- National Vegetarian Month
- Sarcastic Month
- Seafood Month





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# Halloween Sudoku

SOLUTIONS

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| H | D | W | S | O | A |
| S | O | A | D | W | H |
| W | A | H | O | D | S |
| O | W | S | H | A | D |
| D | H | O | A | S | W |
| A | S | D | W | H | O |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| R | P | D | I | E | S |
| S | I | E | R | D | P |
| D | E | P | S | R | I |
| E | D | I | P | S | R |
| I | R | S | D | P | E |
| P | S | R | E | I | D |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| O | I | Z | E | B | M |
| B | Z | O | M | E | I |
| E | M | I | B | Z | O |
| M | B | E | I | O | Z |
| I | O | B | Z | M | E |
| Z | E | M | O | I | B |

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| G | O | R | N | E | A |
| R | E | O | A | G | N |
| A | N | E | G | R | O |
| N | R | G | O | A | E |
| E | A | N | R | O | G |
| O | G | A | E | N | R |



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