

## NEW YEAR - NEW RESOLUTIONS

As we begin another new year, we at Grandma's Pantry would once again like to thank all of our wonderful customers who have come to see us at our store or ordered from us on-line.

Now that the new year has begun, it is common for many of us to begin with resolutions of things we would like to change to better our life and health. Grandma's Pantry is committed to helping in that regard by offering the best quality products you can buy to fill your pantry and to make food preparation easy and healthy. Cooking at home with our bulk foods can help you to save time and money as well as helping with that new year's resolution to eat right and maybe even... shed those extra pounds that somehow crept up on us during the holidays.

A home cooked meal is something we all enjoy but often don't take the time to prepare due to our active lifestyles. Prepackaged and frozen meals may save us time but are often filled with salt, sugar and preservatives to keep the food flavorful and for long periods of time. When choosing to use prepackaged foods, always look for labels that indicate "low sodium" and check the nutrition label. Eating out at a restaurant is nice, but when it becomes the norm for our meals, studies have shown that these meals have 50% more calories, fat and sodium.

"But I don't have time to make a home cooked meal" we say. A team of researchers at UCLA did a study of 30 families preparing dinner at home. The dinners included meals from scratch as well as prepackaged meals. The results from the study indicated that on

average it only took 10-12 minutes longer to prepare dinner from scratch than from prepackaged meals.

“What’s the best way to fit nutritious home cooked meals into your schedule?” Start by setting aside time to plan ahead for your meals. Create a menu and make a shopping list. Here is where our bulk food store is a wonderful place to start your grocery shopping. Buying a larger package of a recurring ingredient will help save you money as well as having an extra supply at hand when you need it. Using recipes that only require one or two pots and pans, a crock pot or one skillet meals are a great way to speed up the process for cooking and for clean-up. Our bean soup mixes are a wonderful example of easy one pot healthy meals. All of these hints will help you to be in control of the food you and your family eats, as well as providing a wonderful home cooked meal for the family to enjoy.

Check out Grandma’s Pantry at our store or online at [www.GrandmasPantryVa.com](http://www.GrandmasPantryVa.com) and let us help with the resolution to make home cooked, healthy meals a reality that will keep you and your family happy and healthy this coming year.

Happy New Year from all of us at Grandma’s Pantry!!

***“So, whatever you eat or drink, or whatever you do,  
do all to the glory of God.” (1 Cor. 10:31)***