

Top 5 foods to fuel the family

To keep the family rolling full speed ahead — while sticking to your budget — look for foods that will give you the most nutrient bang for the buck.

1. Beans

Packed with protein, fiber and B vitamins, beans are one of the most nutrient-rich, cost-effective foods on earth.

2. Whole Grains

Whole grain rice and oatmeal are just the beginning. Not only are these grains affordable and easy to cook, they're loaded with important fiber, vitamins, minerals and phytonutrients.

3. California Raisins

On average, one ounce of raisins costs about 20 cents, truly pennies when you consider the fiber, antioxidants and potassium raisins deliver.

4. Whole Chicken

Buying a whole chicken, rather than individual cuts, will not only cost less per pound, but will provide you and your family with at least a couple of meals. Cook it in your slow cooker for a delicious, no-fuss, nutrient-rich meal and save the leftovers for salads and soups.

5. Seasonal and Local Fruits and Vegetables

Generally speaking, fruits and vegetables cost less when they are in season and are not grown too far from the market. Look for the following fruits and vegetables this fall/winter grown in the United States: apples, pears, oranges, grapefruit, California Raisins, sweet potatoes, eggplant, onions, potatoes, broccoli, Brussels sprouts, and more.