



Cheap treats

SMART \$AVER



SARAH MOCK
howipinchapenny.com

This time of year everyone is constantly on the move.

The kids are off to day camp, you are finishing up plans for vacation and the calendar on the fridge is filled with invites for cookouts.

Through it all, you don't want to break the bank.

When your children come in from playing outside and want to take the edge off of the summer heat, don't reach for something sugary. Instead, give them homemade fruit-and-yogurt ice pops. Use reusable Popsicle molds and layer in fresh or frozen fruit with their favorite yogurt.

Be sure to tap the molds to get all the air out so there is less chance of the pops breaking when you remove them from the molds. Pinch pennies on your yogurt by purchasing the 32-ounce containers instead of the 6-ounce ones. You can also save by making your own yogurt (check out tips on smartmaga.com).

Smart snacking

I am constantly snacking. A handful of this, a bite of that — I admit it, I am a grazer.

Whether I am headed on a day trip with the family or pulling weeds in the garden, I like foods that are “pop-able” — those treats that you can just pop in your mouth over and over.

Are you looking for a healthy alternative for your snacking? Try grape tomatoes. Another pop-able treat is frozen grapes. Wash and dry grapes (to prevent them from sticking together) and freeze in a single layer on a cookie sheet.

Be sure to cut both grape tomatoes and grapes in half before giving them to kids 5 and younger.

Cooler cooking

Can't stand the heat? Need to get out of the kitchen?

Instead of heating up your home with a steaming pot of water to cook corn on the cob, try cooler corn.

Pull out a clean, insulated cooler, pop in your husked corn cobs and cover with boiling water. About two kettles of boiling water should do the trick.

Close the cooler and wait 30 minutes.

The corn will stay warm for hours and you don't have to boil a big pot of water on the stove.

Read more creative money-saving tips from Sarah Mock at howipinchapenny.com and yorkblog.com.

Other low-cost ideas

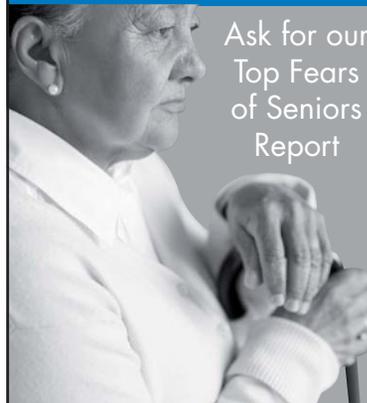
■ Want to have a frozen breakfast? Roll your fruit and yogurt ice pop in granola. I suggest Plain Jane granola from Nuts About Granola.

■ Craving a frozen adult treat? Dunk a lime-sherbet Popsicle in tequila for a frozen margarita or an orange juice ice pop in champagne for a mimosa.

■ Have a cold dinner. Use your favorite salad ingredients and stuff them in a burrito-sized tortilla. Don't forget to add the dressing before you roll your wrap.

■ Remember: Your Crock-Pot is not just for winter meals! Check out websites like Pinterest for yummy summer dinners to make in your slow cooker.

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