



Healthy Eating on a Budget

There is a common misconception that eating healthy is expensive. We're here to show you that it doesn't have to be! With a few easy tips, you can stock your pantry with nutritious, affordable foods.

Plan your meals in advance

Taking some time to plan your meals for a whole week and making a shopping list will save you money, time, and your waistline! Grocery shopping with a plan will help you avoid unhealthy impulse purchases.

Shop with Harmons weekly ad

Look for great money-saving deals every week in our ad. Purchase meat on sale and freeze for later use and stock up on non-perishable essentials.

Slow food = healthy, cost-effective food

Purchase slow-cooking hot cereal, rice, and beans—they are usually cheaper than instant versions of the same food. Slow-cooking doesn't mean extra time in the kitchen, it just takes more planning. Let your rice cook while you prep the rest of dinner or catch up on other house chores.

Don't shop when you're hungry

We've all done it before—shopping when we're starving! You know what happens...EVERYTHING looks delicious, so we fill our carts and stray from our shopping list. And it's usually unhealthy snacks foods that we can't resist. Try to have a healthy snack before you grocery shop to avoid temptation.

Buy private label brands when possible

Look for our Western Family line of products when available. They are usually cheaper and just as nutritious as name brand foods.

Date Night at Harmons Station Park



Harmons newest location in Farmington will be offering customers a Friday Night Date Night. Participants will enjoy a delicious four-course meal upstairs on the mezzanine. The meal will include a chef prepared salad, soup, main course and dessert.

Menu selections are prepared and explained by Chef J., Harmons Station Park Chef and Cooking School Instructor. Participants are invited to enter the kitchen and ask Chef J. any questions they have about meal preparation or cooking techniques. White tablecloths, candles and live music on the mezzanine provide the ambiance that makes the meal an event to remember.

There will be a different menu every Friday so participants can enjoy something new each week. To sign up for date night or to preview the menu visit harmonsgrocery.com.

Red Flannel Hash

Ingredients:

- 2 tablespoons Sciabica's Mission extra virgin olive oil
- 1 pound potatoes -- cooked and diced 1/2"
- 1 pound Boars Head corned beef -- diced 1/2"
- 1 large onion -- diced 1/4"
- 1 can diced beets -- drained
- 1/2 cup beef broth
- 1 tablespoon worcestershire sauce
- 1 tablespoon dijon mustard
- 12 poached eggs

Heat the oil in a heavy bottomed pan over medium high heat until rippling. Add the potatoes, corned beef, beets, and onions and cook 3 minutes, stirring occasionally. Add the broth, worcestershire sauce, and dijon mustard. Cook 5 minutes, until the moisture has cooked off most of the way. Top with poached eggs.



