


Now You're Cookin'!

Tasty, Healthful Meals on a Budget

# Week 2: Grocery Shopping Tips, Menus and Recipes

**Julie Garden-Robinson,** Ph.D., R.D., L.R.D. Food and Nutrition Specialist
**Grete Peterson,** Former Program Assistant
**Tera Sandvik,** R.D., Former Project Assistant

Menu planning can help you serve your family healthier meals and it can help you save money at the grocery store. After planning your menus, the next step is developing a grocery list so you have all the necessary foods for each meal.

This is the second in a series of publications to help you eat well but spend less at the grocery store. It includes grocery shopping tips, sample menus and recipes that you can adapt to meet your family's tastes.

### Consider these tips. Which do you plan to use?

- ❑ Read your recipes and menus to see what you need.
- ❑ Write down all of the items you need based on your menu plans.
- ❑ Check your shelves and refrigerator for items you already have.
- ❑ Look in the newspapers or magazines for sales or coupons, but use coupons only for foods that you plan to use.
- ❑ Keep a grocery list on your refrigerator. Add items to the list as you need them.

## Why Write a Grocery List?

When you write down the food items you need, you can cut down on trips to the grocery store. This saves you time and could save you money on gas, too. When you buy only foods on your list, you will be able estimate the amount of money you spend and avoid impulse buys.

## Use Coupons Wisely

Using coupons can save you money. Use coupons only to purchase foods you were planning to buy anyway. Sort coupons by food category and be aware of the expiration dates on the coupons.

## Food Safety Tips

Keep food safe from the grocery store to your home. Shop for milk, dairy, meat and frozen items last so they are not in room temperature for an extended amount of time. If you travel a distance for groceries, bring a cooler filled with ice to transport perishable foods (such as milk, meat) on warm days.

Consider these tips as you shop for groceries:

- **Produce:** Inspect fruits and vegetables and avoid ones that are bruised or damaged.
- **Meats:** Avoid cross-contamination. Put meat packages in a plastic bag (where available) in your cart. Keep meat packages separate from ready-to-eat foods to avoid cross-contamination.
- **Eggs:** Open the carton. Be sure the eggs are not cracked.

## What Do the Dates On Food Products Mean?

Be sure to write the date of purchase on the foods you buy and arrange your cupboards "first in, first out." In other words, place the oldest foods in the front so you use them first.

continued on page 2

NDSU EXTENSION
North Dakota State University, Fargo, North Dakota

contunued from page 1

- Sell-by date: Stores should pull items from the shelves if they are not sold by this date. The products are still good for a while if they're stored properly at home.
- Use-by date: Food is guaranteed to be at high quality until this date. Although the foods are still safe to consume after the date, these items may have lower quality.
- Expiration date: Consume food or beverage by this date or throw it.

**Size up your portions with these visual clues.** As shown, one-half of a baseball is the same size as ½ cup mashed potatoes.

| | | |
|---|---|---|
| ½ baseball  | = | ½ cup of mashed potatoes |
| large egg or golf ball  | = | ¼ cup of dried cranberries |
| ping-pong ball  | = | 2 tablespoons of peanut butter |
| checkbook  | = | 3 ounces of fish |
| card deck  | = | 3 ounces of meat or poultry |
| four dice  | = | 1½ ounces of natural cheese (cheddar, Swiss) |
| thumb tip  | = | 1 teaspoon of margarine or butter |

## What's Your Healthy Plate Plan?

Each person has different needs based on gender, age and level of physical activity. Learn what each of your family members needs at their particular calorie levels by checking out the Daily Servings Guide at https://cdn.realfood.gov/Daily%20Serving%20Sizes.pdf.

- Protein Foods: Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds and soy.
- Dairy: Whole, reduced-fat, low-fat or nonfat dairy products, including fluid, dry or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
- Vegetables: Vegetables of all types — dark green; red and orange; beans, peas, lentils and legumes; starchy; and other vegetables, including fresh, frozen, canned, cooked or raw.
- Fruits: Fruits of all types, including fresh, frozen, canned, juiced and dried.
- Whole Grains: All whole-grain foods and products made with whole grains as ingredients.

### Healthy Plate Serving Size Examples

| | |
|---|---|
| **Grain serving examples:** | 1 slice whole-wheat bread<br>1/2 cup cooked oats<br>1/2 cup cooked brown rice<br>1/2 cup cooked quinoa |
| **Vegetable serving examples:** | 1 cup raw or cooked vegetables<br>2 cups raw, leafy greens |
| **Fruit serving examples:** | 1 cup raw fruit<br>1/4 cup dried fruit |
| **Dairy serving examples:** | 1 cup milk<br>3/4 cup yogurt<br>1 ounce hard cheese (such as cheddar, mozzarella, Swiss, Parmesan)<br>1 cup calcium-fortified soymilk |
| **Protein serving examples:** | 3 ounces cooked meat, poultry, or seafood<br>1 egg<br>3 ounces soy protein (tofu, seitan, tempeh)<br>1/2 cup cooked beans or lentils<br>2 tablespoons peanut butter<br>1 ounce nuts or seeds |

*Example:*

Healthy Plate Plan and three-day menu plan for a 10-year-old male who is 4'10 and 110 pounds and gets more than 60 minutes of physical activity per day*




## My Healthy Plate Plan*

Grains.....2-4 servings
Vegetables.....3 servings
Fruit .....2 servings
Dairy.....3 servings
Protein Foods .....3-4 servings

## Three-day Menu Plan for a 10-year-old Male*

| | Meal 1 | Meal 2 | Meal 3 | Snack |
|---|---|---|---|---|
| **Day 1** | 1 c. oatmeal<br>1 Tbsp. brown sugar<br>½ English muffin with jam<br>1 c. orange juice<br>1 c. nonfat milk | 1 baked chicken breast<br>½ c. mashed potatoes<br>¼ c. gravy<br>1 c. corn<br>1 dinner roll<br>1 c. nonfat milk | 2 Tacos* (beans, cheese, tomatoes, lettuce, hard shell)<br>½ c. carrot sticks<br>1 c. pineapple chunks and chopped apples<br>1 c. milk | 2 c. popcorn |
| **Day 2** | 1 c. cereal with raisins<br>1 slice toast with jam<br>1 c. orange slices<br>1 c. nonfat milk | 2 slices whole-wheat bread<br>2 Tbsp. peanut butter<br>1½ Tbsp. jelly<br>1 c. carrot sticks<br>1 Tbsp. low-fat ranch dressing<br>½ c. canned pears<br>1 c. nonfat milk | 1 serving Easy Turkey or Chicken Pot Pie*<br>½ c. Coleslaw*<br>½ c. apple sauce<br>1 c. nonfat ilk | Cinnamon toast (2 slices whole-wheat bread, 2 tsp. soft margarine, 2 tsp. cinnamon sugar mixture) |
| **Day 3** | 1 c. cooked cereal<br>1 blueberry muffin (from mix)<br>1 c. nonfat milk | 2 slices whole-wheat bread<br>3 slices turkey<br>1 tsp. low-fat mayonnaise<br>1 ½ slices cheddar cheese<br>1 c. zucchini rounds<br>1 Tbsp. low-fat ranch<br>1 apple<br>1 c. nonfat milk | 1 serving Cornbread Burger Bake*<br>½ cup Coleslaw* (planned-over)<br>½ c. orange slices<br>1 c. nonfat milk | Taco Sticks* (3 celery sticks, ½ cup refried beans)<br>½ c. apple juice |

* indicates recipe is included

### Add Variety to Your Meals

Mix up your plate with different textures, colors, shapes, sizes and temperatures each day. Incorporating a wide variety of foods from all the food groups into your meals will ensure that your family is getting the nutrients it needs. A colorful plate is a good indicator that you are getting a variety of nutrients and a balance of each of the food groups.

# Week 2

## Weekly Meal Planner (* indicates recipe is included)

| | Meal 1 | Meal 2 | Meal 3 | Snack |
|---|---|---|---|---|
| **Day 1** | Cooked Cereal* with milk<br>English muffin Orange juice<br>Nonfat milk | Baked chicken<br>Mashed potatoes<br>Gravy (from drippings or a mix)<br>Corn<br>Dinner roll<br>Nonfat milk | Tacos with Beans*, lettuce, tomatoes and cheese<br>Carrot sticks<br>Pineapple chunks and chopped apple<br>Nonfat milk | Popcorn |
| **Day 2** | Cereal with raisins<br>Orange slices<br>Nonfat milk | Peanut butter/ jelly sandwich<br>Carrot sticks with Ranch dip<br>Canned pears<br>Nonfat milk | Easy Turkey or Chicken Pot Pie*<br>Coleslaw*<br>Applesauce<br>Nonfat milk | Cinnamon toast |
| **Day 3** | Cooked Cereal*<br>Blueberry muffin<br>Nonfat milk | Turkey and cheese on bread<br>Stir-fry Vegetables*<br>Apple<br>Nonfat milk | Cornbread Burger Bake*<br>Coleslaw* (planned-over)<br>Orange slices<br>Nonfat milk | Taco Sticks*<br>Apple juice |
| **Day 4** | Pancakes with warm applesauce<br>Orange juice<br>Nonfat milk | Chef salad with fresh greens, turkey ham, cooked egg, cheese<br>Crackers<br>Banana<br>Nonfat milk | Spanish Macaroni*<br>Mexi-corn<br>Bread<br>Nonfat milk | Chocolate pudding |
| **Day 5** | Cereal<br>Whole-wheat toast<br>Banana<br>Nonfat milk | Fried egg sandwich with cheese on toasted English muffin<br>Marinated Salad*<br>Canned pears<br>Nonfat milk | Scalloped Potato Bake*<br>Green beans<br>Bread<br>Nonfat milk | Apple slices and cheese cubes |
| **Day 6** | Cooked Cereal* with milk<br>Muffin (from mix)<br>Orange juice | Tuna salad sandwich*<br>Celery and carrot sticks<br>Canned peaches<br>Nonfat milk | Spaghetti with meat sauce<br>Marinated Salad* (planned-over)<br>Garlic toast<br>Nonfat milk | Kiwi and pineapple chunks with yogurt dip |
| **Day 7** | Cereal<br>Whole-wheat English muffin<br>Banana<br>Orange juice<br>Nonfat milk | Bean soup (canned)<br>Toasted cheese sandwich<br>Cucumber or zucchini rounds<br>Nonfat milk | Tuna Salsa Wrap*<br>Tossed salad<br>Jello with bananas<br>Nonfat milk | Popcorn |

Menus adapted from publications by Cynthia Gardner, former NDSU Student Dietitian, and Suzanne Fundingsland, former Nutrition Specialist, NDSU

# Week 2 Recipes

**Key to Abbreviations**

tsp. = teaspoon
Tbsp. = tablespoon
c. = cup
oz. = ounce
pkg. = package
g = grams
mg = milligrams
lb. = pound

## Taco Sticks

**Equipment you will need**
- can opener
- measuring spoons
- knife
- mixing bowl
- fork
- mixing spoon
- cutting board

**Ingredients**

1 c. pinto or kidney beans, drained
1 tsp. chili powder
½ tsp. salt
¼ tsp. garlic powder
4 stalks of celery
1 c. salsa

With a fork, mash the beans with the chili powder, garlic powder and salt. Try to make it smooth. Wash celery. Cut each stalk of celery into 3 pieces. Spread bean mixture on the celery sticks. Top with some salsa and serve.

**Serves four.** Per serving: 80 calories, 0.5 g fat, 4 g protein, 15 g carbohydrate, 3 g fiber and 900 mg sodium.

* * * *

## Marinated Salad

**Equipment you will need**
- sharp knife
- measuring cup
- mixing bowl
- mixing spoon
- plastic wrap or cover
- cutting board

**Ingredients**

4 c. vegetables, cut up
¾ c. Italian salad dressing

Use at least 3 kinds of vegetables. Choose what you like or what costs less at the store. Here are some ideas: broccoli, cauliflower, carrots, celery, cucumbers, radishes, olives, zucchini, cherry tomatoes.

Put cut vegetables in a bowl. Pour salad dressing over the vegetables and mix. Cover and put in the refrigerator. Will keep for 3 or 4 days.

**Serves four.** Per serving: 150 calories, 13 g fat, 1 g protein, 10 g carbohydrate, 2 g fiber and 55 mg sodium.

## Cooked Cereal*

**Equipment you will need**
- measuring cup
- measuring spoon
- cooking pot with lid
- mixing spoon

**Ingredients for each serving**

| Cereal/ grain type | Amount (cups) | Water (cups) | Cooking Time (min.) |
|---|---|---|---|
| Bulgur | ⅓ | 1 | 20 to 25 |
| Cornmeal | ⅓ | 1½ | About 15 |
| Corn grits | ¼ | 1¼ | About 15 |
| Rice | ⅓ | 1 | 20 to 25 |
| Rolled oats | ½ | 1 | About 3 |

1. Measure water into cooking pot. (Add ¼ teaspoon salt, if you like.)
2. Heat to boiling. For cornmeal, heat only 1 cup of water and mix the rest of the water with the cornmeal.
3. Slowly pour and stir the cereal into the boiling water.
4. Cover the pot and turn the heat down to medium.
5. Stir a few times so the cereal will not stick.
6. Cook for the time listed above for each cereal.

**Makes about 1 cup cooked cereal.**

* * * *

## Cornbread Burger Bake

**Equipment you will need**
- egg beater or fork
- measuring cup
- measuring spoons
- knife
- bowl
- mixing spoon
- frying pan
- cheese grater
- baking dish

**Ingredients**

1 egg, beaten
½ c. cornmeal
1 tsp. baking soda
½ can (1 c.) cream-style corn*
½ c. milk
1 Tbsp. oil
¾ lb. ground beef
½ c. chopped onion
¼ c. chopped green pepper
1 tsp. chili powder
1 c. grated cheese

In a bowl, mix the egg, cornmeal, baking soda, corn, milk and oil. Set aside. Cook the ground beef. Drain the fat. Mix the onion, green pepper and chili powder with the meat. Pour half of the cornmeal mixture in to a greased 1-quart baking dish. Cover with the meat mixture and the grated cheese. Pour the rest of the cornmeal mixture on top. Bake at 375 F for 30 to 35 minutes.

**Serves four.** Per serving: 370 calories, 21 g fat, 28 g protein, 24 g carbohydrate, 3 g fiber and 770 mg sodium.

*Freeze the rest of the corn or add 1 cup of milk to make two servings of soup the next day.

## Coleslaw

### Ingredients

3-4 c. cabbage, finely shredded
1 c. grated carrots
⅓ c. mayonnaise or salad dressing
1 Tbsp. vinegar
2 tsp. sugar
¼ tsp. salt
½ tsp. celery seed (if you like)

**Equipment you will need**
- knife
- grater
- measuring cup
- measuring spoons
- mixing bowl
- mixing spoon
- serving bowl

Wash, peel and grate carrots. Wash and shred cabbage. Put shredded cabbage and carrots in a serving bowl. To make dressing, put mayonnaise, vinegar, sugar, salt and celery seed in bowl and stir until mixed well. (Make sure the sugar is dissolved). Pour the dressing over the cabbage and mix well.

**Serves eight** (enough for two meals). Per serving: 25 calories, 0 g fat, 1 g protein, 6 g carbohydrate, 1 g fiber and 170 mg sodium.

* * * *

## Easy Chicken or Turkey Potpie

### Ingredients

1 c. cut-up cooked turkey or chicken
1 (16 oz.) bag frozen vegetables, thawed
1 (10.75 oz.) can reduced-fat condensed cream of chicken soup
1 c. biscuit mix (such as Bisquick)
½ c. low-fat milk or dry milk equivalent
1 egg

**Equipment you will need**
- sharp knife
- cutting board
- can opener
- saucepan
- skillet
- casserole dish
- measuring cup
- mixing spoons

Preheat oven to 400 F. Stir turkey or chicken, vegetables and soup in an ungreased 2-quart casserole dish. Stir the remaining ingredients until blended. Pour over the turkey or chicken mixture. Bake uncovered about 30 minutes to an internal temperature of 165 F, until the crust is golden brown.

**Serves six.** Per serving: 240 calories, 6 g fat, 12 g protein, 33 g carbohydrate, 0 g fiber and 580 mg sodium.

## Tacos

### Ingredients

½ lb. ground beef
2 (16 oz.) cans kidney, pinto or red beans
1 onion, chopped
1 pkg. taco seasoning or 1 Tbsp. chili powder
½ c. grated cheese
1 c. chopped lettuce
2 chopped tomatoes
8 soft tortillas (corn or flour)

**Equipment you will need**
- sharp knife
- cutting board
- frying pan
- can opener
- cooking spoon
- fork, potato masher or blender

### Salsa

Chop onion. Brown onion and ground beef in frying pan. Pour off the fat. Drain 1 can beans and mash with a fork or potato masher, or blend in a blender. Drain other can of beans and add it and mashed beans to ground beef. Mix well. Fill warm, soft tortillas with ground beef and beans, grated cheese, lettuce and tomatoes. Serve with salsa

**Serves four.** Per serving: 600 calories, 14 g fat, 38 g protein, 81 g carbohydrate, 15 g fiber and 1060 g sodium.

* * * *

## Tuna Salsa Wrap

### Ingredients

1 (7 oz.) can tuna, drained and flaked
¼ c. light mayonnaise
1 tsp. yellow mustard
½ c. salsa
¼ c. shredded carrots
6 large corn or flour tortillas
1½ c. shredded lettuce
¾ c. shredded cheddar cheese

**Equipment you will need**
- can opener
- measuring cup
- measuring spoons
- 2 bowls
- mixing spoons
- baking dish
- cheese grater
- knife
- rolling pin

Warm tortillas according to package instructions. In a small bowl, combine the first 5 ingredients in the order given. Mix well. Place tortilla on a cutting board or other surface. In the center of the tortilla, place an equal portion of shredded lettuce and tuna mixture. Top with a pinch of cheese. Fold in one end and tightly roll the tortilla over the ingredients. Place in baking pan and warm in oven until cheese is slightly melted.

**Serves six.** Per serving: 350 calories, 14 g fat, 16 g protein, 39 g carbohydrate, 1 g fiber and 870 mg sodium.

## Scalloped Potato Bake

**Ingredients**

4 c. potatoes, sliced thin
¼ c. chopped onion
½ lb. turkey ham, cut in pieces
1 can cream of mushroom or celery soup
½ can water
¼ tsp. pepper

**Equipment you will need**
- knife
- can opener
- measuring cup
- measuring spoons
- mixing bowl
- mixing spoon
- baking dish
- foil or lid for baking dish

Peel and slice potatoes and onions. Make layers of potatoes, onion and turkey ham in a greased baking dish. Mix soup, water and pepper in a bowl. Pour this mixture over the potatoes. Cover the baking dish and bake at 350 F for 1 hour. Take the cover off and bake for 30 minutes more.

**Serves four.** Per serving: 240 calories, 5 g fat, 14 g protein, 34 g carbohydrate, 3 g fiber and 740 mg sodium.

* * * *

## Spanish Macaroni

**Ingredients**

½ lb. ground beef
½ green pepper, chopped
½ c. chopped onion
2 c. water
1 (8 oz.) can tomato sauce
1 (28 oz.) can tomatoes (or 2 15-oz. cans)
1½ c. macaroni, not cooked
1 Tbsp. chili powder

**Equipment you will need**
- knife
- can opener
- frying pan with lid
- mixing spoon

Cook the ground beef in a frying pan. Drain the fat. Add all the other foods and mix with the meat. Bring to a boil. Then turn the heat down to low. Cover. Cook on low heat until the macaroni is done (about 10 to 15 minutes). Stir 1 or 2 times so the macaroni will not stick to the pan.

**Serves four.** Per serving: 290 calories, 4 g fat, 19 g protein, 47 g carbohydrate, 4 g fiber and 770 mg sodium.

*For a change:* Add frozen or canned vegetables, such as broccoli, corn, kidney beans or mixed vegetables. Try grated cheese on top before serving.

## Stir-fry Vegetables

Use this recipe in place of canned vegetables for a change of pace.

**Equipment you will need**
- knife
- measuring cup
- measuring spoon
- frying pan or large saucepan
- mixing spoon
- cheese grater

**Ingredients**

2 or 3 c. of cut vegetables. (Choose whatever vegetables you like or what costs less at the store. Frozen vegetables are good, too.) Here are some ideas: cabbage, carrots, cherry tomatoes, zucchini, celery, snap beans, broccoli, cauliflower, mushrooms, onions, green pepper
1-2 Tbsp. oil or margarine
salt, pepper or other seasoning to your taste
1 c. grated cheese, if you like

Heat the oil in a large frying pan or saucepan. Add vegetables. Stir or toss them over medium heat for 3 to 5 minutes or until they are just getting tender. If you like the vegetables more tender, add 2 to 3 tablespoons water, cover tightly and cook a little longer. Stir in seasonings. If you want, top the vegetables with grated cheese and let it melt a little.

**Serves four.** Per serving: 120 calories, 7 g fat, 2 g protein, 10 g carbohydrate, 0 g fiber and 20 mg sodium.

* * * *

## Tuna Salad Sandwich

**Ingredients**

1 (7 oz.) can tuna
1 stalk celery, chopped
¼ c. mayonnaise*
8 slices bread

**Equipment you will need**
- cutting board
- can opener
- small sharp knife
- small bowl
- measuring cup
- mixing spoon

Open tuna can and drain tuna. Put tuna in small bowl. Wash and chop celery on cutting board. Measure ¼ cup mayonnaise. Add celery and mayonnaise to tuna in bowl. Mix well. Place 4 slices of bread on cutting board. Put one-fourth of tuna mix on each slice. Spread tuna over bread and put another slice of bread on top. Cut sandwiches in half and serve.

**Serves four.** Per serving: 190 calories, 2 g fat, 16 g protein, 30 g carbohydrate, 0 g fiber and 450 mg sodium.

*To cut calories and fat, use nonfat or low-fat mayonnaise, or use half nonfat yogurt.

# A "Grocery List" of cost-savings ideas

**Check the following if you use the tip or plan to use it.**

| Currently use | Plan to use | Not applicable | |
|---|---|---|---|
| ❑ | ❑ | ❑ | **Spend about 30 minutes planning your weekly menus.** Use the sale ads and write a shopping list. Keep the list in a handy spot. |
| ❑ | ❑ | ❑ | **Avoid shopping when you're hungry or tired.** Almost everything looks tasty when you're hungry. If you're tired, you may be likely to grab convenience foods, which cost more and often are less nutritious. |
| ❑ | ❑ | ❑ | **Avoid using a credit card for food purchases unless you intend to pay off the balance each month.** You may end up adding credit card interest rates onto the food cost. |
| ❑ | ❑ | ❑ | **Shop in one or two stores. Consider your gas, too.** If you drive to several stores for special deals, it may not be a "deal." |
| ❑ | ❑ | ❑ | **Be familiar with the store layout.** Only go down the aisles that include items on your list. |
| ❑ | ❑ | ❑ | **For quick shopping trips, shop the perimeter of the store.** Most staples, such as milk, fresh produce and bread, are around the perimeter. |
| ❑ | ❑ | ❑ | **Compare store brands with national brands and choose the one with the lower price.** Most store brands are similar in quality to name brands, but lower in price. |
| ❑ | ❑ | ❑ | **Clip coupons, but only for the things you need.** Some stores double the value of coupons to a certain point. |
| ❑ | ❑ | ❑ | **Compare price using "unit prices."** The unit pricing on the front edge of shelving helps you know quickly whether the regular-priced super-sized package is a better deal than the sale-priced regular-sized package. |
| ❑ | ❑ | ❑ | **Check your receipt and change.** Although mistakes are not intentional, they can happen. Look carefully at your receipt to be sure you received the sale price. |

## Eat Smart. Play Hard. Together

- ❑ For more information about food safety and nutrition, contact your county office of NDSU Extension.
- ❑ Visit the NDSU Extension website at www.ag.ndsu.edu/food.

**My Goal**

- Date _____

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names.

**For more information on this and other topics, see www.ndsu.edu/extension**

North Dakota State University is an equal opportunity educator and employer. NDSU Extension and the Agricultural Experiment Station's work is supported by the U.S. Department of Agriculture's National Institute of Food and Agriculture. USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity. NDSU Extension and the NDAES are committed to providing equal access. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language) or other disability-related accommodations may request them at 701-231-1865. Advanced notice of two weeks is preferred to allow for adequate planning. 1M-9-08, 1M-5-09, web-8-21, web-11-26