



# NEWS

## Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

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“When I was pregnant I bought mostly prepared foods and ate very few fruits and vegetables. After taking the classes, I learned how to use a recipe and learned basic cooking skills. I didn't really like fruits and vegetables until my nutrition educator showed me new ways to prepare them that were really good. I was lucky because I had a healthy pregnancy and now have a healthy baby.”

*Weston County  
Participant*

### *5-A-Day the Gardening Way*

It's a fact: people who eat at least five servings of fruits and vegetables per day are healthier! And there is no better time than now to begin helping your family eat more fruits and vegetables. Fresh fruits and vegetables are plentiful and inexpensive in grocery stores and farmers' markets during the summer months across the United States.

Here are some delicious ideas to jumpstart your fruit and vegetable consumption this summer:



- Keep a platter of cool, sliced melons in your refrigerator.
- Cut leftover corn off the cob and use it for salads and salsa.
- Grill vegetables as a side dish while you are grilling your main dishes.
- Add vegetables to your favorite pizza.
- Add lettuce, green pepper, tomato, or onion to your favorite sandwiches.
- Add fresh fruits and berries to your cereal, pancakes, or French toast.
- Cool off with a great treat. Pour 100% fruit or vegetable juice into an ice cube tray to make juice cubes.
- Keep a big bowl of ripe fruit on the table for passers-by to pick up on their way out.
- Grill fruit or vegetable skewers for a fun-to-eat and flavorful BBQ treat.
- Try tossing fruit into your green salads. Slices of orange, grapefruit, or nectarine add extra flavor.



- Make a quick fruit salad. Drain and pour a can of mandarin oranges into a bowl. Add a sliced banana, a sliced apple, and some blueberries or raisins and toss together.

Source: <http://www.foodandhealth.com>



## SENIOR SENSE

For many older adults, gardening is a health boost. Just a few modifications can help older adults who may have physical limitations.

- Garden in raised beds filled with easily worked soil.
- Use a stool or knee pads.
- Check into ergonomic tools that are designed to reduce stress on joints and muscles.
- Use a garden cart. It's easier to pull than a wheelbarrow and can hold heavier items.
- Work during the cooler morning and evening hours.
- Take short breaks with a drink of water to prevent dehydration.
- Wear lightweight, loose fitting clothes during summer heat.
- Use a wide-brimmed hat and sunscreen.

A *Cent@ible Nutrition* educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free *Cent@ible Nutrition Cookbook* plus many other gifts including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

To receive more information, contact a *Cent@ible Nutrition* Educator in your county:

Albany	721-2571	Goshen	532-2436	Park	527-8560	Washakie	347-4567
Big Horn	568-2278	Hot Springs	864-3421	Platte	322-3667	Weston	746-3531
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	Wind River Res.	332-2681
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	En Español	1-877-356-6675
Converse	358-2417	Lincoln	866-3132	Sweetwater	352-6775	State Office	1-877-219-4646
Crook	283-1192	Natrona	235-9400	Teton	733-3087		
Fremont	332-1030	Niobrara	334-3534	Uinta	783-0579		

For information on how to apply for food stamps call 1-800-457-3659. Funded by the Food Stamp Program.

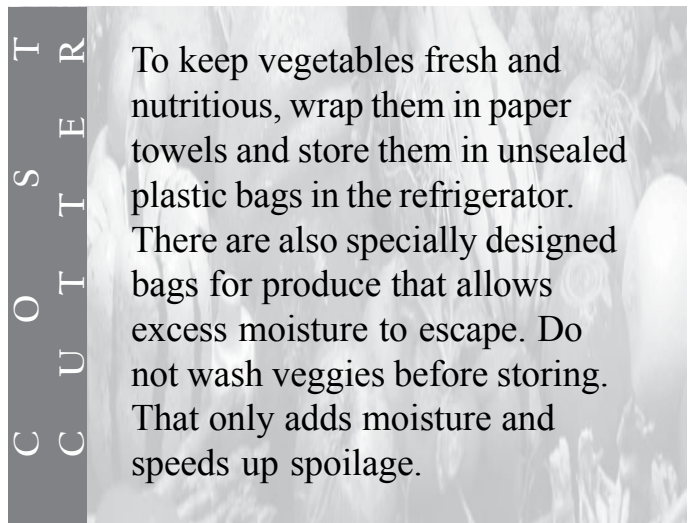
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## Kids Corner

### Magic Carrots

Cut about 1"-1 1/2" off the top of 4 to 6 carrots. Fill a shallow bowl 2/3 full of washed pebbles (pebbles help support tops). Place the carrot tops on top of the pebbles. Add water to the level of the pebbles and maintain this level at all times. Soon the tops will sprout foliage.



To keep vegetables fresh and nutritious, wrap them in paper towels and store them in unsealed plastic bags in the refrigerator. There are also specially designed bags for produce that allows excess moisture to escape. Do not wash veggies before storing. That only adds moisture and speeds up spoilage.