



## **Cost Cutter**

Eating on the road can get very expensive. Bring along your own nutritious snacks to save money, time, and to keep you feeling good. Keep them cold in an insulated bag

### **Here are some ideas:**

whole-grain bagels  
whole-grain crackers  
popcorn  
whole fruit (bananas  
washed apples or grapes)  
juice boxes  
single-serve applesauce  
cans of tuna  
peanut butter (for celery)  
bottles of water

### **Fill snack-sized bags with:**

favorite dry cereals  
trail mix  
baby carrots and celery  
sticks  
grapes

*If you want to eat better  
for less, contact us  
for more information.*

**1-877-219-4646**

## Food Safety on the Go!

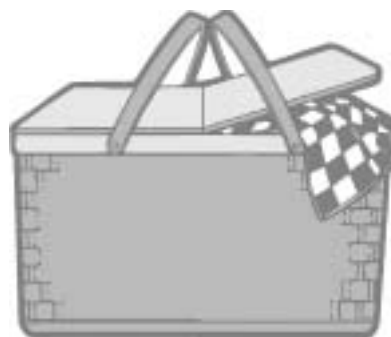
As the weather gets nicer, mealtime heads out the door. That is to say that picnics become more and more frequent. Picnic foods, just like foods at home, need to be handled properly to prevent illness.

The North Carolina Cooperative Service lists the following reasons for why picnic food can be dangerous:

- ➔ Picnic foods receive a lot of handling. Handling increases the risk of contamination.
- ➔ Foods are not cooled rapidly after cooking. Warm temperatures promote bacterial growth.
- ➔ Equipment to keep foods hot and cold is not usually used. The longer food is at warm temperatures, the more likely foodborne illness will result.

## How to Have a Food Safe Picnic

- ➔ Wash hands before handling food and use clean utensils and containers.
- ➔ Do not prepare foods more than one day before your picnic unless it is to be frozen.
- ➔ Keep cold foods cold and hot foods hot. If that isn't possible, choose foods that don't need to be heated or refrigerated.
- ➔ Pack plenty of utensils and dishware.



- ➔ When cooking at a picnic, keep raw meat away from other foods.
- ➔ Ensure that foods are cooked thoroughly and to the correct temperature.
- ➔ Keep foods covered to prevent contamination by insects.

# SENIOR SENSE

## Eating Well on a Budget

Here are some ideas to help lower food costs and keep nutrition high.

- √ Cooking and eating at home costs less than eating out.
- √ Dried beans, rice, and other legumes are high in nutrition, cost less, and can easily stretch your meals.
- √ Eggs, chicken, turkey, and some fish are low cost
- √ Buy fresh fruits and vegetables that are in season.
- √ Buy foods on sale. Also, consider using the store brand foods. They often cost less.
- √ Don't buy a food just because you have coupon for it. Use coupons for things you use frequently.
- √ Take part in group meal programs offered through local senior citizen programs.
- √ Ask family and friends to give food as gifts rather than flowers or clothes.
- √ Get food stamps. Call the local food stamp office or public health agency for more information.

Planning your meals several weeks in advance can help you use what you have on hand and then plan for loss-leaders and sale items saving you both time and money.

Source: [www.fda.gov](http://www.fda.gov)

## Food of the Month

### Easy Snack Mix for Trips

- 2 Tbsp. margarine
- 2 ½ cups assorted unsweetened ready-to-eat cereal
- ½ to 1 cup assorted nuts
- ¼ tsp. onion powder
- 1/8 tsp. garlic powder
- 1 ¼ tsp. chili powder
- 1 tsp. paprika

1. Preheat oven to 250°
2. Melt margarine in large baking pan in oven.
3. Remove pan from oven and pour in cereal and nuts. Stir well, so pieces are coated with margarine
4. Sprinkle on seasoning; stir well again. Spread evenly in pan.
5. Bake uncovered for 20 to 30 minutes or until cereal begins to brown.
6. Serve warm or cool.
7. Store cooled mixture in tightly closed container.

Source: CNP Cookbook

### Do's and Don'ts for Traveling with Children

- Do** plan for lots activities, but
- Don't** plan on doing all of them.
- Do** schedule break and rest times.
- Don't** count on having the same schedule as at home.
- Do** find places for running, jumping, shouting, and playing.
- Don't** overtax their staying power in restaurants or museums.
- Do** catch them being good and compliment them.
- Don't** allow any child to ride in the car unless buckled in.
- Do** encourage them to keep a journal of their trip.

Source: Wisconsin CES

## Fun Food Facts

### Introducing...

#### The Pomegranate

Pomegranates are an exotic fruit that originated in Iran and the Himalayas.

The skin of a pomegranate is yellow with a striking red or pink overlay.

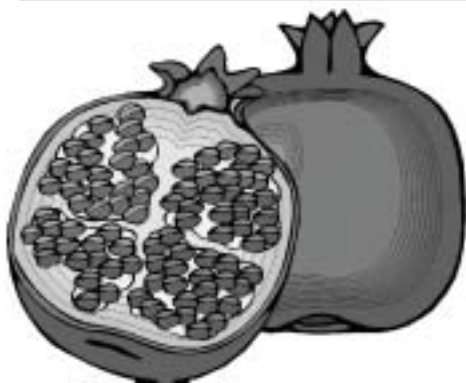
The inside of a pomegranate is full of many seeds divided into several compartments.

The juicy pulp around the seed is what is typically eaten or juiced to make other foods like jelly.

Up until the 1600s, the pomegranate was used as a medicine.

Grenadine syrup is sweetened pomegranate juice.

Pomegranate seeds make a great addition to a fruit salad or a garnish to a green salad.



## Get out, Get Active!

As winter ends its icy grip, now is the time to get back outside and get active. Springtime is the perfect time for outdoor fun and physical activity. So, shut the television off and get yourself, your family, and your friends outside! Here are several ways to welcome the return of the sun, have some fun, and fit physical activity into your day.



Visit a park

Play on a swing set

Have a picnic

Prepare and plant a garden

Clean up the yard

Play catch



Toss a Frisbee

Wash your cars and bikes

Take a bike ride



## Kid's Corner

Here is a fun “germ” activity that you and your parents or some friends can do with the help of an adult.

You'll need:

3 people

3 Tbsp. cooking oil

3 tsp. cinnamon

Measuring spoons

A sink for handwashing

Handwashing soap

Paper towels



Mix the oil and cinnamon together in a small bowl. Spoon about 1 tablespoon of the mixture onto each person's hands and rub the mixture all over their hands. The cinnamon will act like “germs.”

Each person needs to wash his/her hands for 20 seconds, rubbing them briskly. Have the first person use cold water and no soap. The second, warm water and no soap. The third, warm water and soap.

Look at everyone's hands to see what happened to the “germs.”

Have everyone re-wash his/her hands properly with warm soapy water.

Adapted from University of Mississippi

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 items 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.

“The class really helped me be more aware of feeding my family more nutritiously. The lessons have also helped me improve the safety of my kitchen and food prep methods.”

“Your class was one of the best and it made eating right fun.”

*Sheridan County Participants*

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

Albany	721-2571	Goshen	532-2436	Niobrara	334-3534	Uinta	783-0579
Big Horn	568-2278	Hot Springs	864-3421	Park	527-8560	Washakie	347-4567
Campbell	682-7281	Johnson	684-7522	Platte	322-3667	Weston	746-3531
Carbon	328-2642	Laramie	633-4383	Sheridan	674-2980	Wind River Res.	332-2681
Converse	358-2417	Lincoln (Afton)	886-3132	Sublette	367-4380	En Español	1-877-356-6675
Crook	283-1192	Kemmerer	877-9056x410	Sweetwater	352-6775	State Office	1-877-219-4646
Fremont	332-1030	Natrona	235-9400	Teton	733-3087		

For information on how to apply for food stamps call 1-800-457-3659

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office.

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