

Cent\$ible Nutrition News

Helping Families Eat Better for Less

Summer 2004 ❖ Cooperative Extension Service ❖ Family and Consumer Sciences ❖ Vol. 7 No. 6



Cost Cutter

Summertime is the best time of year to buy fresh fruits and vegetables. There are more available and the quality is very high. Here are a few tips about fruits and vegetables.

The freshest fruits and vegetables are usually in the back and bottom of the bins.

In general, look for fruits and vegetables that are evenly colored, uniform in texture, and have no visible blemishes.

If you buy some under ripe fruits and vegetables, put them in a brown paper bag for a few days to ripen them.

Making and freezing sauces is a great way to use fruits and vegetables now, and save some for use in the fall and winter.

Source: CNP Cookbook

*If you want to eat better for less, contact us for more information.
1-877-219-4646*

4th of July Fun with Fruits and Vegetables

Who knew that getting your 5-A-Day could be so fun? Try these ideas with your family.



Make STAR STACKS with a star-shaped cookie cutter and different types of fruit. Try it with watermelon, honeydew melon, or cantaloupe.

Crunchy SPARKLERS can be a healthy way to brighten up any afternoon. Shred a large carrot. Use a large pretzel stick as a sparkler and dip it first in low-fat cream cheese and then in the carrot.



Make a PATRIOTIC PARFAIT. In a glass, layer red strawberries, white low-fat vanilla yogurt, and blueberries. Top with a kiwi fruit star.

Make your own summer fruit pops. Cut a watermelon, or other fresh fruit into popsicle-sized pieces. Insert a popsicle stick or a coffee stir stick. Place on cookie sheet and freeze. After they are frozen, place in a large freezer-safe zip bag and enjoy in the summer sun!



Source: Iowa CES

SENIOR SENSE

As we age, taste buds become less and less sensitive. Also, the ability to detect scent decreases. These changes can make food seem bland and unappealing. To help combat this bland-food battle, here are some simple ideas:



Use texture to enhance the palatability of foods. Add granola to fruit-flavored yogurts.



Use small amounts of flavorful cheeses like sharp cheddar.



When using vanilla, almond or other extracts, consider doubling the amount for added flavor and scent.



To enhance the flavor of sauces, add nectars or jams. A great topping for a lean piece of chicken is simply to reduce nectar and thicken with cornstarch.

Source: Colorado CES

Food of the Month

Peppers in a Pot



You don't have to have a huge yard to enjoy the benefits of a garden. There are many types of vegetables that can be grown in containers in your house.

What you'll need: seeds (bell peppers are a good choice), soil, a container that is at least 3 to 4 inches deep, and an area with good sun.

What to do: Fill the container almost to the top and then water. Plant individual seeds about ¼ inch deep and leave 1 inch between each seed. Only plant about 3 to 4 seeds per container to ensure one that sprouts. After the seeds are planted, water the container again. Place in a sunny area that isn't drafty and keep the soil moist, not soggy. When the seedlings have several sets of leaves, you will need to thin them out by moving individual plants to larger pots. With regular watering you will be able to enjoy your plant and the vegetables it will provide you and your family.

Fridge Tea or Sun Tea??

Ice cold tea is a summertime classic, but making it can pose a health risk. Sun tea, tea brewed by leaving tea bags in a jar in the hot sun for several hours, may seem very convenient, but that jar of warm tea could be the perfect place for bacteria to grow. The Centers for Disease Control and the National Tea Association recommend that you brew iced tea in the refrigerator overnight instead of in the sun to avoid any harmful bacteria.



Let your Feet do the Walking

Fun Food Facts Peppers Hot, Mild, and everything in between!!

Peppers are a very common vegetable that can add a nice subtle flavor to a salad or pack a hefty punch in chili or salsa. Here are some facts about peppers:

Peppers were first cultivated in Central and South America 2,000 years ago.

Columbus introduced peppers to Europe after his first voyage to the New World in 1493.

In general, the thinner and more pencil-like, the hotter the pepper is. Except for the habanero pepper which looks like a tiny bell pepper.

Habanero peppers are 1000 times hotter than a jalapeno pepper.

Bell peppers are generally picked when they are fully formed and green. The longer they stay on the plant, the sweeter and redder they become. However, they don't turn red once they are picked. If you want a red pepper, buy a red pepper.

Red and green bell peppers are good sources of vitamins C and A and fiber.

Walking is a physical activity almost everyone can do and now is a great time to start a walking program. All you need is a comfortable, sturdy pair of shoes. An added bonus is a pedometer or a step-counter. Using the log provided, you can start keeping track of the walking you do and can easily set and monitor physical activity goals.

For the first week, do what you normally do and wear the pedometer. At the end of each day, write down the number of steps. At the end of the week, add up the total number of steps for the week and divide by seven.

| Week 1 | Steps/Minutes Walked |
|--------|----------------------|
| Mon. | |
| Tues. | |
| Wed. | |
| Thurs. | |
| Fri. | |
| Sat. | |
| Sun. | |
| | Total= |

| Week ___ Goal ___ | Steps/Minutes Walked |
|-------------------|----------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |

Baseline = _____

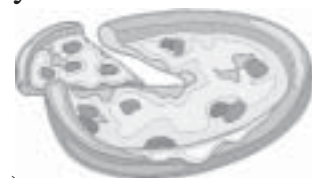
This is your baseline number or the average number of steps you take in a day. Now you can set a personal goal to gradually increase that number every week.

Kid's Xorner

SUMMERTIME RAINBOW PIZZA

Try this tasty colorful pizza with your family.

- 1 prepared 12-in pizza crust
- Non-stick cooking spray
- 1 cup low-sodium tomato sauce
- 3 cups chopped peppers (red, green, yellow)
- 8 ounces low-fat mozzarella cheese shredded



With the help of an adult, pre-heat the oven to 450. Place the crust on a cookie sheet coated with the non-stick cooking spray. Spoon the sauce onto the crust and spread evenly. Arrange the vegetables on the sauce and sprinkle with the mozzarella cheese. Bake for about 8 to 12 minutes. Slice into 6 pieces and enjoy!

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.

“I am a 10 year old boy and I participated in the Marty Moose Program. Before this class, at my house my mother cooked a lot of unhealthy food. I told mom what I learned from Marty and now she is cooking a better selection of food that is healthier, too. She is even including fresh fruits and vegetables in our diet.”
Teton County Participant

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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