

Cent\$ible Nutrition News

Helping Families Eat Better for Less

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COST CUTTER

A new government study has shown that fresh produce is not only healthy and delicious; but also the best bargain.

The least expensive fresh fruits are watermelon and apples. Grapefruit, oranges, grapes and bananas are also inexpensive.

When is dried cheaper than fresh? Dried beans are a nutritional and monetary bargain. Dried apricots and raisins are cheaper when you compare 1/2 cup fresh to 1/4 cup of dried fruit.

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

1-877-219-4646

COOKING UP CONVENIENCE

Have you seen those all-in-one-bag skillet dinners in the freezer section of the grocery store? They include meat, vegetables, cooked pasta and sauce. You can expect to plunk down at least a five dollar bill and hope your skillet meal will serve three people. With salad and bread, it would be a light supper and less expensive than eating out. But at a fraction of the cost, you can make and freeze your own skillet meals that can be prepared in 10 minutes or less.

Try this: Cook, thoroughly cool and cut into cubes, 2 cups chicken, beef or pork. Cook 2 cups of your favorite pasta to 'al dente' (firm and chewy with the tiniest suggestion of a firm core) and freeze on a cookie sheet so pieces don't stick together. Make Souped Up Magic Mix (next page), but don't add any water. Choose two cups of your favorite frozen vegetables. Add the meat, frozen pasta, 1/2 cup dry Magic Mix and vegetables to a freezer-quality zipper bag and freeze.

To cook: Place one cup water in a skillet. Add the contents of the freezer bag and cook stirring frequently for 8-10 minutes until thoroughly heated. Serve and enjoy!

Dried beans would be a great addition to your skillet meal. After cooking, beans can be frozen up to 6 months. Add frozen beans to your freezer bag with the other ingredients. You may need to add a small amount of additional water when heating the casserole.

The cost:	Magic Mix	15 cents
	Pasta	12 cents
	Vegetables	\$1.00
	Chicken	\$1.35

This is about half the cost of the commercial product and provides twice the amount of meat.



SENIOR SENSE

As you age, you may need fewer calories, but you still need the same amount of protein, vitamins and minerals. It can be challenging to get the nutrients needed to stay healthy.

Try these ideas:

- Keep easy-to-fix foods like fruit, yogurt, cheese, whole-grain crackers, peanut butter, milk, cereals and soup in your kitchen.
- Buy instant soups and cereals.
- Cook meals ahead, so when you're tired or busy you can thaw and heat.
- Eat meals at the senior center, or have meals delivered.
- Share shopping and cooking duties with a friend or neighbor.



FEATURED RECIPE

Souped-Up Magic Mix

This spiced-up version of the *Cent\$ible Nutrition* Magic Mix is great for creamed soups or as a sauce for casseroles. It can be prepared ahead and stored in the refrigerator or freezer. For soup, use 2 cups mix and 4 cups water or broth. Add your favorite vegetables to make about 6 servings. For casseroles, use ½ cup mix and 1 cup water or broth for 4 servings.

- 2 cups nonfat dry milk powder
- ½ cup flour
- 2 tablespoons plus 2 teaspoons canola oil
- 2 teaspoons dried basil
- 1 teaspoon garlic powder
- ½ teaspoon pepper
- 1 teaspoon salt
- 1 cup grated Parmesan cheese

1. Mix in large bowl with fork until mixture looks like cornmeal.
2. Refrigerate in a tightly covered container.



CHILL OUT FOR THE HOLIDAYS – BAKE AHEAD AND FREEZE

With our busy lifestyles, baking treats ahead of time has become a necessity. You may want to mail goodies to someone in the military or you may wish to bake and freeze ahead so that you can ‘chill out’ when your company arrives.

Tips on freezing baked items:

Quick breads (Nut, fruit, coffeecake and gingerbread): Prepare and bake as usual. Cool, package and freeze. Thaw in wrapping at room temperature. Slice fruit and nut breads while still partially frozen to avoid crumbling. Freezer storage time: 2 to 4 months.

Bread, coffeecake and rolls (baked): Prepare as usual. Cool, package and freeze. Thaw at room temperature. Freezer storage time: 3 months for baked and 6 to 8 months for partially baked.

PHYSICAL ACTIVITY

FITNESS AND AGING

After the age of 45 years, muscle mass begins to decline about 1 percent a year. Why? Most of the loss is due to decreased physical activity. When muscle mass decreases, so does muscle strength. Losing muscle strength makes it harder to climb stairs, do chores and enjoy everyday life. How can we break this cycle? The answer is strength training. Even folks in their 90s can build muscle and strength. Get into the habit of doing strength-training exercises 2 to 3 times a week for about 20-30 minutes. Perform 1-3 sets of 8-12 repetitions with a variety of exercises that work the major muscle groups. You don't need fancy weights; canned goods and water bottles will work just fine.



See a local fitness professional for more information on how to properly strength train and remember to include aerobic exercise like walking on most days of the week.

Kid's Corner

Quick Winter Lunch

Have an adult help you make these fast lunch ideas.

- Spread a tortilla with peanut butter and grated carrots. Roll it up and eat.
- Microwave a potato. Cut in half and remove some of the middle of the potato. Fill it with warm chili 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.

One participant reported that she adds more dark leafy greens to her salad for more vitamins. She makes more things using whole wheat flour and the Master Mix from the *Cent\$ible Nutrition* cookbook. She has saved money every month on her grocery bill by comparing prices.

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

Albany	721.2571	Hot Springs	864.3421	Park	527.8560	Weston	746.3531
Big Horn	765.2868	Johnson	684.7522	Platte	322.3667	Wind River Reservation	
Campbell	682.7281	Laramie	633.4383	Sheridan	674.2980	• Ft. Washakie	332.0470
Carbon	328.2642	Lincoln		Sublette	367.4380	• Ft. Washakie	332.3023 x12
Converse	358.2417	• Afton	885.3132	Sweetwater	352.6775	• Arapahoe	856.4998
Crook	283.1192	• Kemmerer	877.9056x410	Teton	733.3087	En Español	1.877.356.6675
Fremont	332.1030	Natrona	235.9400	Uinta	783.0579	State Office	1.877.219.4646
Goshen	532.2436	Niobrara	334.3534	Washakie	347.4567		

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. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, Dept. 3434, 1000 E. University Ave., Laramie, Wyoming 82071-3434.

Cooperative Extension Service

UNIVERSITY
OF WYOMING

Family & Consumer Sciences

Cent\$ible Nutrition Program

Dept # 3354

1000 E. University Ave

Laramie, WY 82071-3354

307-766-5375

toll free 1-877-219-4646

website: [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible)