



Cost Cutter

Instead of tossing out food, try these easy fixes:

- If you over-salt a dish, add a cut-up raw potato and simmer about 30 minutes. The potato acts like a sponge to absorb the salt.
- Overcooked vegetables can be pureed in a blender and added to soup. They will add thickness and nutrients.
- Place a slice of apple in hardened brown sugar to soften it.
- Dried-out bread makes great French toast or homemade croutons.

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

1-877-219-4646

HOLIDAY MEAL MAKEOVERS

It seems the holidays last from Thanksgiving until New Year's Day! With parties and big family gatherings, it's easy to forget about healthful eating. With a few simple changes, you can enjoy those delicious holiday meals and still come through the holidays without sacrificing your health. Try these tips:



- Roast turkey with the skin on, but remove the skin before eating.
- Skim the fat from the drippings before making gravy.
- Try using whole wheat bread to make dressing. Add lots of vegetables (celery and onion) and fruit (raisins, cranberries and apricots).
- Serve vegetables and fruits without sauces. Substituting sweet potatoes for white potatoes makes an interesting dish that adds vitamins C and A. Try the recipe inside for mashed sweet potatoes.
- Serve more whole-grain foods. Substitute whole-wheat flour for ½ the white flour in recipes. Substituting whole-wheat flour for all the white flour can result in a shorter, coarser product.
- Serve fat-free or low-fat milk and use it when making gravy and soup.
- Season foods with herbs and spices instead of salt or butter.

Meals With Better Taste

As you age, you may find that foods taste bland even though they are seasoned as usual. That's because the tongue's taste buds become less sensitive and the nerves in the nose need extra stimulation to detect mouth-watering smells. These changes in the senses of taste and smell begin around age 60 and are more pronounced by age 70. Additionally, the average 65-year-old is taking at least 3 medications, and medications are often bitter. This bitterness comes out in the saliva and alters your sense of taste.

Here are some practical ways to provide an extra boost to the flavor of your food:

- Add texture by using crunchy foods.
- Serve foods with different temperatures to add variety.
- Add more of your favorite herbs and spices, but go easy on the salt.
- Squeeze a little lemon juice on vegetables, fruits, and meat.
- When using flavorings like vanilla, try doubling the amount.
- Try whole-grain bread products for a heartier flavor.
- Switch foods as you eat; have a bite of meat, then vegetable, then bread.



FOOD OF THE MONTH



SWEET POTATOES

MASHED SWEET POTATOES

SERVES 4

4 small to medium sweet potatoes

**2 teaspoons fresh thyme leaves or
3/4 teaspoon dried thyme**

1/4 teaspoon salt

1/4 teaspoon pepper

1. Scrub and peel the potatoes and cut into 3/4-inch pieces.
2. Steam over boiling water for 20-25 minutes or until very soft. Place in a bowl and mash with a fork or potato masher. Stir in thyme, salt and pepper and serve.

FOOD SAFETY:

TURKEY TALK

- Thaw turkey in the refrigerator to avoid foodborne illness.
- Thawed turkey can remain in the refrigerator 1-2 days prior to cooking.
- Set oven temperature no lower than 325° Fahrenheit to avoid bacterial growth and survival.
- Cook turkey without stuffing. A stuffed bird may not cook thoroughly.
- After the meal, cut turkey off the bones and refrigerate in small shallow containers within two hours of cooking.
- Use refrigerated meat, stuffing and gravy within 2 days, or freeze and use within 1 to 3 months.
- Reheat leftovers to 165° Fahrenheit.



PHYSICAL ACTIVITY

GIVE ME ONE GOOD REASON

With so many benefits, both physical and emotional, is there really a good reason not to be physically active? What keeps you from getting off the couch and moving? To get started, try these steps:

Set realistic goals. Start small and build up.

Make it a priority. Schedule time for activity.

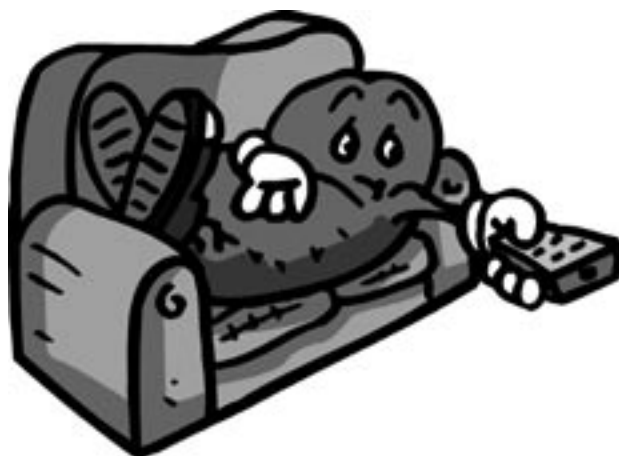
Make it convenient. Fit in small amounts of activity during the day.

Vary your routine. Change the environment or the activity.

Include aerobics for heart and lung health, and stretching for flexibility.

Find a partner and encourage each other.

Check with your doctor before starting a vigorous physical activity program.



Kid's Corner

The weather is bit colder now, but there are still fun ways to be active.

Rake the leaves in a pile and jump in!

Take a hike and look for animal tracks in the snow.

Decorate a tree for the birds. Hang apples or pinecones rolled in peanut butter.

Dress a little warmer and go to the park with your parents and a friend.



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 is saving \$50 per month by eating healthier snacks. She buys more snacks that are healthier and includes them in her weekly menu plan. She always checks her menu plan for nutrient content and prepares balanced, nutritious meals.

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.

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