

Cent\$ible Nutrition News

HELPING FAMILIES EAT BETTER FOR LESS

RESOLUTION: CLUTTER BUSTER!

2006

The New Year brings thoughts of resolutions and new beginnings. One place for a fresh start is in your kitchen. While organizing your cupboards and other food storage areas, you can make things look better, discover forgotten foods that need to be used, and discard old foods that are no longer safe or of good quality. This simple guide can help you get started.

- Start on one side of the kitchen and move around the whole space.
- Empty cabinets or drawers and wipe them out before re-stocking.
- Check dates on products, if the date has passed, throw the food away.
- If the product is good, but it's been around for awhile, put it towards the front of the cupboard so you remember to use it soon.
- Remove clutter; donate dishes, pans and utensils you don't use.
- Place items near where you use them.
- Clean the refrigerator and freezer in the same way.
- Plan menus using foods you have on hand.



Planning meals ahead saves time and keeps you out of the drive-through.

Try these ideas:

- Keep meals simple
- Cook stews and casseroles when you have more time (probably on week-ends) and freeze.

- Do some tasks ahead of time or have the family help. Wash and trim vegetables, cook pasta, soak beans.

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

1-877-219-4646

WEATHERING THE WINTER

In the winter, it's important to have healthy food in your house in case you can't get to the store. Try to have a three day supply of food and a gallon of water for each person for each day. Here are some ideas for foods that don't need to be cooked:

- Peanut butter
- Canned tuna, chicken or ham
 - Crackers
 - Cold cereal
 - Juice boxes
- Powdered milk
- Canned and dried fruit



Featured Recipe

QUICK MEALS USING EMERGENCY FOODS

- Put deviled ham or tuna fish on crackers. Eat with canned fruit like peaches and some fruit cookies.
- Reconstitute dry milk to have on cold cereal. Add some cut-up dried fruit or a banana. Have a juice box on the side.
- Spread peanut butter on graham crackers. Eat with applesauce and a granola bar. Add a juice box for a drink.

Peanut Butter Snack Spread

Try this spread as a hearty sandwich or topping for crackers.

- 1 teaspoon instant dry milk
- 1 teaspoon water
- 1 teaspoon vanilla
- 1 tablespoon honey
- 3 heaping tablespoons creamy peanut butter

Combine dry milk, water, vanilla. Stir to moisten. Add honey and peanut butter.

FREEZER FAILURE

WHAT TO DO!

Keep the temperature of your home freezer at or below 0 degrees Fahrenheit. Invest in an inexpensive refrigerator/freezer thermometer.

Check the temperature on a regular basis to see if the equipment is getting warmer over time. This could mean that your freezer is failing.

In a power failure, use dry ice to keep food frozen. Place it in newspaper and brown sacks on top of food packages. Never touch dry ice with bare skin or breathe its vapors in an enclosed area.

Keep the freezer closed, except to add additional dry ice. Remove the ice when normal operation is resumed.

A fully loaded, non-functioning freezer will stay cold enough to keep foods frozen for two days, *if not opened*. In a freezer with less than half a load, food will remain frozen for about one day.

Physical Activity

PLAYING SAFE OUTDOORS

Protect your skin with sunscreen - even in cold weather

Check the safety and condition of sleds and other play equipment

A hood can interfere with moving and seeing, wear a hat or ear muffs.

Dress in layers for warmth and be sure you can move easily.

Tie a scarf over your nose and mouth to warm air that's breathed in. Tuck a child's scarf inside his/her coat so it won't get caught in play equipment.



Remember mittens or gloves and boots.

Bring water if you're outside and active longer than an hour. You sweat, even in cold weather.



Kid's Korner

BE A MENU PLANNER

Ask your parents to help you make a list of all the foods your family likes to eat for meals.

Choose a meal for each day of the week and then help your parents write a list for the grocery store. You can be a great help with shopping, too!



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 separating raw meat from vegetables now and I sanitize my cooking space before I cook and keep the groceries in the refrigerator instead of letting them set out at room temperature.”

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

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|----------|----------|-------------|--------------|------------|----------|------------------------|----------------|
| 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 |
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| 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, audiotope, 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

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