

Cent\$ible Nutrition News

Helping Families Eat Better For Less



Cost Cutter:

Brown Bag Lunch Tips

Save time, money, and energy when packing lunches by including leftovers or “planned-overs.”

When preparing a meal at home, make extra servings and set them aside for the next day’s lunch. For example, grill an extra chicken breast and then slice it for a sandwich or toss it with some greens for a salad.

By cooking extra pasta, couscous, or rice you can make a quick salad by cutting up vegetables and adding salad dressing.

If you want to eat better for less, please contact us for more information at:

1-877-219-4646

Double Up On Fruits and Vegetables

It may sound a little odd, but we need to be eating more – more fruits and vegetables that is. Research indicates over 50 percent of American adults know they should be eating five or more fruit and vegetable portions per day, yet more than 90 percent do not eat the recommended amount. In order to meet this guideline, most Americans need to double the amount of fruits and vegetables they currently eat.

One great way to do this is to add more fruits and vegetables when packing lunches. If you take the time to plan ahead and think about what fruits and vegetables you can include, your chance for success is greater. Look around the produce section of your grocery store or perhaps your garden. Notice the great variety of fruits and vegetables. Each week try to choose a fruit or vegetable you may not have tried before. Choose a pomegranate, some kohlrabi, or maybe a kiwi.

You can also cut and bag vegetables such as carrots, broccoli, cauliflower, and celery. Do not forget dried fruit, such as raisins or dried apples. Another idea is to pack a wide-mouth thermos with baked beans, vegetable soup, or chili. When you “double up” on fruits and vegetables, you are taking a step towards better health and likely lowering your risk of chronic diseases.



A *Cent\$ible Nutrition* educator can show you how to: • save time and money • prepare tasty meals • keep food safe • Invest your food dollars in the best nutritional choices • For more information, please call 1-877-219-4646.

Participants receive a free *Cent\$ible Nutrition Cookbook* plus many other items including: • computerized diet analysis • grocery list pad • menu planner • cutting board • refrigerator thermometer

SENIOR SENSE

Produce Terms: “Organic” and “Local”

Organic fruits and vegetables are grown without use of conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. Organic foods have not been proven to be more nutritious than their conventionally grown counterparts. Yet, they can reduce exposure to pesticides by those who eat and grow the produce. Organic produce is generally much more expensive, however, with the industry attracting large supermarket chains, the cost may be coming down.

Consider where produce is grown. Purchasing locally-grown foods benefits nearby farmers and can help support local economies. Local produce is more expensive than supermarket produce. However, the freshness and taste of locally-grown produce can be a plus. In some areas, programs such as WIC and Food Stamps allow participants to purchase some foods at farmers’ markets.

When selecting fruits and vegetables, think about cost, quality, and seasonality. Wash all produce thoroughly before slicing and eating.



FEATURED RECIPE

Zucchini and Tomato Salad

Fresh fruits and vegetables are generally less expensive when they are purchased in season, so now is a great time of the year to buy apples, bananas, peaches, pears, beets, cauliflower, corn, and zucchini.

Ingredients:

- 2 tablespoons canola or olive oil
- ¼ cup onion, chopped
- 1 clove garlic, chopped
- 1 pound zucchini, chopped
- 2 tomatoes, peeled and diced
(or 1 16 oz. can of tomatoes,
drained and diced)
- ¼ teaspoon salt
- pepper to taste
- 1 teaspoon sugar

Directions:

1. Heat oil in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes, and seasonings.
5. Cover pan, reduce heat, and cook until vegetables are tender, about 20 minutes.

Serves 4.



Simply salads: Keeping vegetables safe to eat

You may be concerned about eating raw vegetables because of the *E.coli* outbreaks last fall. Contaminated fresh spinach was the source of these outbreaks.

Spinach and other vegetables can become contaminated with *E.coli* because of animal or human waste, either through direct contamination or tainted water.

To reduce the risk of foodborne illness, wash all fresh produce under running water, including produce that will be peeled before being eaten. Plain water works best, so there is no need to use soap or commercial products. Be aware that running water will not get rid of *E. coli*. Cooking foods to 160° F is the only way to kill *E. coli*.

PHYSICAL ACTIVITY

Why Be Physically Active?

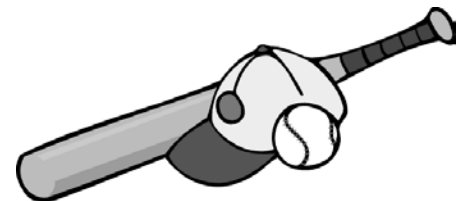
Physical activity helps you feel better able to do everyday things and without tiring as easily. Being active also helps to develop a more positive self-image.

It is not necessary to spend hours in a gym to be physically active. Lifestyle physical activity means that you add more movement during your daily routine. For example, take the stairs rather than the elevator.

Being physically active has many proven benefits. You feel and look more energetic, and your body stays healthier.

Physical activity can help:

- ✓ Prevent high blood pressure
- ✓ Strengthen your bones
- ✓ Ward off heart disease and other medical problems
- ✓ Relieve stress
- ✓ Maintain or achieve a healthy weight



Kids' Corner

Raggedy Ann or Andy Salad

Kids can assemble the doll and all parts are tasty.

- 1 peach half (body of doll)
- 1 leaf of lettuce (Ann's skirt or Andy's pants, placed under the peach)
- 4 small celery sticks (arms, legs of doll)
- ½ hard-boiled egg (doll's head)
- 8 raisins (eyes, nose, shoes, buttons)
- ½ carrot, sliced in a semicircle (mouth)
- 2 tablespoons grated cheese (hair)

One *Cent\$ible Nutrition Program* client was excited when her children ate more fruits and veggies because she realized the importance of good nutrition even on a limited budget. Without all the prepackaged food items they used to buy, she now can afford to buy more fresh produce.

For more information about the *Cent\$ible Nutrition Program* and how to participate in classes, please call the state office at 1-877-219-4646, or en Español at 1-877-356-6675, or you local *Cent\$ible Nutrition* Educator in your county:

Albany	721-2571	Goshen	532-2436	Park	527-8560	Wind River Reservation
Big Horn	765-2868	Hot Springs	864-3421	Platte	322-3667	• Main office 332-1030
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	• Ft. Washakie 332-0470
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	• Arapahoe 856-4998
Converse	358-2417	Lincoln		Sweetwater	352-6775	• Ethete 332-2581
Crook	283-1192	• Afton	885-3132	Teton	733-3087	
Fremont		• Kemmerer	877-9056 x410	Uinta	783-0579	
• Lander	332-1030	Natrona	235-9400	Washakie	347-4567	
• Riverton	857-3660	Niobrara	334-3534	Weston	746-3531	

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 local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

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