

Cent\$ible Nutrition News

Helping Families Eat Better For Less



Cost Cutter: Create Your Own Snack Packs

By building your snacks around healthy foods rather than relying on processed pre-packaged snack foods, you can make better choices for your body, your pocketbook, and the environment. Choosing whole food snacks instead of processed foods helps you eat more fiber and less sugar, fat, and sodium. Here are a few ideas to get you started:

- half an apple with 2 teaspoons of peanut butter
- an orange and a few dry roasted nuts (½ ounce)
- half of a small avocado
- 4-6 ounces of lowfat yogurt with fresh or frozen berries
- homemade snack mix using whole-grain cereals

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

1-877-219-4646

Greening Up In the Kitchen

In order to take care of our environment there are several simple changes we can make. The following list offers a few suggestions.

- ✓ Bring your own cloth bags to the grocery store. This way you will not need to use any of the store's plastic or paper bags. Some stores may also give you some money back.
- ✓ Run your dishwasher only when it is full.
- ✓ Go grocery shopping when you have other errands to run to decrease the amount of fuel you use. Save your grocery trip for last after your other errands to keep food safe.
- ✓ Plant your own garden.
- ✓ Purchase only the amount of fresh food that you will eat. It may be helpful to consider buying more frozen foods, since they will not quickly spoil.
- ✓ Cut back on paper plates, plastic utensils, and paper napkins. Use real dishes and cloth napkins.
- ✓ Reduce the amount of fast food, soft drinks, and processed snacks you eat. Get out of your car and into your kitchen for nutrient-rich, home-cooked meals.
- ✓ Use quick cooking methods like stir frying and microwaving.
- ✓ Keep the oven door shut while baking to avoid heat loss.
- ✓ Participate in your community's recycling program.
- ✓ Buy food products in larger sizes if you know you will use them in a reasonable amount of time.
- ✓ Pack lunches in reusable totes and package individual items in washable containers.



SENIOR SENSE

Be Your Own Food Processor

One simple way to live in a more environmentally friendly way is to be your own food processor.



You can make your own preserves, baking mixes, salsas and chutneys. Cooking from scratch can save you money and be good for your body. The *Cent\$ible Nutrition Cookbook* has recipes for various mixes including the Master Meat Sauce used to make spaghetti, chili, or taco soup.

Start by trying the Vegetable Master Mix in the following section.

FEATURED RECIPE

Vegetable Master Mix

Ingredients:

- 2 small zucchini
- 1 green bell pepper
- 1 red bell pepper
- 1 large onion
- 3 carrots
- 3 stalks of celery
- 1 small yellow squash

You may alter the vegetables based on prices and your tastes.

Directions:

1. Chop all of the vegetables into about 1/2-inch pieces.
2. Store in a resealable bag in the refrigerator.

Ideas:

Use 1/2 to 1 cup of Vegetable Master Mix in the following suggestions throughout the week:



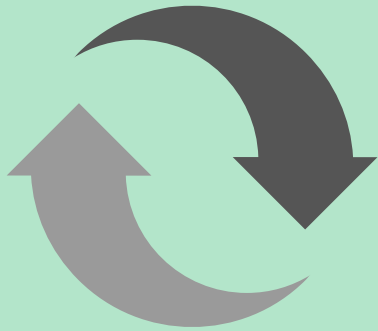
Breakfast:

- Lightly cook vegetables in a little canola oil and add scrambled eggs
- Finely chop the vegetables and mix with lowfat soft cream cheese and salt and pepper. Spread on bagel or toast.

Lunches and Dinners:

- Lightly cook vegetables and add to any soup, stew, sloppy joe mix, spaghetti sauce, or tacos.
- Add fresh vegetables to any salad.
- Lightly cook vegetables and add rice, barley, pasta, or another grain to make a pilaf.

Going Green with Green Foods



Going green in the kitchen can also mean adding more green foods to your grocery list. How about avocados? They may be found round or pear-shaped. The skin may be thick or thin, green or black, as well as smooth or rough. When an avocado is ripe it will be soft, but not squishy.

Avocados have a rich, buttery taste that goes well with salsa, soups, salads, or steaks.

Once avocados are cut, they will discolor rapidly. Add them near the end of food preparation with a touch of lemon or lime juice to prevent discoloration.

PHYSICAL ACTIVITY

How Physically Fit Are You?

One of the goals of physical activity is to become more physically fit. Fitness can be measured with special equipment but that can cost a lot of money. Instead, you can measure changes in your fitness with a simple self-test.

Start by walking a specific distance, for example, around your block or to a particular point down your road if you live in the country. Walk briskly. Measure and record the time it takes you to walk that distance. Keep that number handy.

Try to be physically active at least 30 minutes total every day. Do your self-test weekly and see if you can walk farther in the same amount of time. Record how much farther you walk. Over time, if you are not walking farther more quickly, increase your daily activity above 30 minutes and move a little faster.

You can become more physically fit!

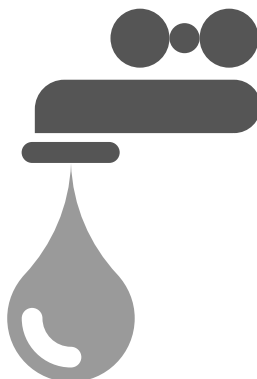


Kids' Corner

Keep Water Handy

Have fun making easy, earth friendly changes with your children. To get started, use refillable bottles instead of disposable water bottles. Save money and reduce trash going into landfills.

Safety notes: When using refillable bottles, wash with warm, soapy water between uses. Purchase plastic bottles with a recycle number of 1, 2, 4, or 5 (inside the triangle on the bottom) as these are not likely to contain BPA (bisphenol A). Experts disagree about the potential risk of BPA, but #1, #2, #4, and #5 plastics (and #7 if labeled "PLA" or "compostable") may be safest, especially for use by children.



“My parents were great fans of everything I have shared from classes. My father did not know anything about the 2-hour rule and the other food safety violations in our house. We are washing our cans and can openers every use. We have also stopped thawing meats on the counter.” ~ Cent\$ible Nutrition Participant

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 your 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	877.2091	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 supplemental nutrition assistance, please call 1.800.457.3659.

This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or 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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