

Food \$ense

Wisconsin Nutrition Education Program

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The Well-Stocked Kitchen

Taking time to plan meals ahead and having a few staple foods on hand can be the keys to making low-cost, quick and healthy meals and snacks.

Would you like to go to your cupboard, refrigerator or freezer and already have most (if not all) the ingredients needed to make a meal?

The list of foods below can be combined in a variety of new, delicious and nutritious ways.

Adapted from: *University of Nebraska Extension*

GRAINS

- Bread, whole-wheat
- Cereal, whole-grain
- Crackers, whole-grain
- Oatmeal
- Pasta, whole-wheat
- Brown rice
- Tortillas, whole-wheat

VEGETABLES

- Fresh—Onions, potatoes (and others that don't spoil quickly)
- Canned—Beans, corn, tomatoes
- Frozen—Broccoli, green beans, peas

FRUITS

- Fresh—Apples, bananas, grapes
- Canned—Variety in 100% fruit juice
- Frozen—Berries, in juice without added sugar
- Dried—Raisins, cranberries

DAIRY

- Cheese—Cheddar and/or other low-fat varieties
- Milk—Low-fat or fat-free
- Yogurt—Low-fat or fat-free

PROTEIN FOODS

- Beans—Canned or dry
- Lean Beef
- Lean Pork
- Chicken—skinless
- Turkey
- Eggs
- Fish—Tuna, salmon
- Peanut butter

OTHER INGREDIENTS (use in moderation)

- Favorite seasonings
- Mayonnaise-type salad dressing
- Oil for cooking
- Baking staples

Garden Pork Sauté

A quick and easy summer skillet meal.

- 1/2 teaspoon vegetable oil
- 1 pound uncooked pork, trim fat and cut into 3/4 -inch cubes or leftover cooked meat
- 2 cloves garlic, minced (or substitute 1/2 teaspoon garlic powder)
- 2 cups cut-up carrots
- 1 cup water
- 1 3-ounce package ramen noodle with soup mix
- 2 teaspoons dried Italian seasoning or dried oregano
- 2 cups sliced zucchini

1. Heat oil in large non-stick skillet over medium-high heat until hot. Add pork and minced garlic, if using. Cook and stir 3 to 4 minutes.
2. Add carrots, water, seasoning packet from soup mix, Italian seasoning or oregano, and garlic powder, if using. Bring to a boil. Reduce heat; cover and cook 6 to 7 minutes or until carrots are crisp tender.
3. Gently break the block of noodles in half; add noodles and zucchini to skillet. Bring to a boil.
4. Boil, uncovered, 4 to 5 minutes or until zucchini is tender and noodles are cooked, separating noodles gently as they soften.



Source: *Iowa State University, Spend Smart, Eat Smart*

Makes 4 servings.

Meal Planning Basics

By taking some time to plan your meals, you can save money and make your meals more nutritious. Here are the basics to meal planning:

- **Make a grocery list.** Organize your list according to the store layout or a system that works for you.
- **Check what you have.** Look through your refrigerator, freezer and cupboards and take note of what needs to be used up, and fill in your menu plan using these items first.
- **Serve what your family likes.** Make a collection of low-cost, nutritious recipes that your family likes and serve them often. Include foods from all five food groups—dairy, fruits, vegetables, grains and protein foods.
- **Consider your schedule.** Have a list of meals that can be prepared and served in a limited amount of time for busy nights and meals that take longer for laid back nights at home.
- **Check local ads.** If there are good deals, purchase those foods and plan meals around the sale items.



Meat Safety Tips

You planned on making burgers on the grill for dinner. The hamburger is thawed, but your plans changed at the last minute. Dinner never happened. Can you still use that meat??

There are a few factors to consider:

- Was the meat thawed safely? If it was always refrigerated while thawing, it is safe to keep it in the refrigerator and use it within 1-2 days.
- If the meat was out of the refrigerator, the *two hour rule* applies: no perishable foods should be left out of the refrigerator more than 2 hours. If your home is very warm, one hour is the limit.
- Once meat is thawed, it must be cooked, not refrozen. After it is cooked, you may choose to freeze the leftovers.



You cannot always tell if food is spoiled by how it tastes, smells or looks. If a food has been kept much longer than the recommended storage time, or if you doubt that it is safe to eat, just throw it away!

For a worksheet to help plan your meals go to www.extension.iastate.edu/foodsavings/

Source: B3474 Keeping Food Safe, University of Wisconsin Extension

Source: Iowa State Extension

Vegetable Ribbons

A colorful way to add vegetables to your plate.

- 1 medium zucchini (about 1 1/2 cups after cutting)
- 1 large carrot (about 1 1/2 cups after cutting)
- 1 teaspoon vegetable oil (or use cooking spray)
- Optional: 1/4 teaspoon pepper, dash salt

Option: To make vegetable coins instead of ribbons, cut zucchini and carrot into thin slices. Add 1/4 cup water to the pan; cover and cook 5 to 8 minutes.

1. Wash zucchini and peel carrot; cut off ends.
2. Using a vegetable peeler, shave the zucchini and carrot into ribbons by moving the peeler back and forth.
3. Heat the oil in a large skillet over medium heat. (Or lightly coat pan with cooking spray.)
4. Add the vegetable ribbons, stir; cover with a tight-fitting lid and cook for 2 to 3 minutes, or until vegetables are tender but not overcooked.
5. Remove from heat, add pepper and salt, if desired, and serve immediately.



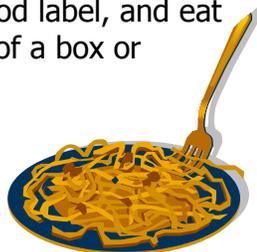
Source: Iowa State University, Spend Smart, Eat Smart

Makes 4 servings

Portion Pitfalls

The *Dietary Guidelines for Americans* encourages you to enjoy your food, but **eat less** and **avoid oversized portions**. Here are some tips to help you control portions at home:

- Take the amount of food that is equal to one serving, according to the food label, and eat it off a plate instead of out of a box or bag.
- Avoid eating in front of the TV or while busy with other activities. Pay attention to what you are eating.
- Eat slowly so your brain can get the message when your stomach is full.
- Try using smaller dishes, bowls and glasses. This way, you will be eating and drinking less when you fill up your plate or glass.
- Try to eat meals at regular times. Skipping meals may lead you to overeat at the next meal.



For more tips and to find out how much you should eat from each food group, check out www.ChooseMyPlate.gov.

Source: *Weight Control Information Network*

Get a Bonus Meal by Using Leftovers!

Leftovers can be enjoyed as a snack, jazzed up to become tomorrow night's dinner, packed in school lunches, or frozen for later use.

Using leftovers is a great way to:

- **Cut food waste.** When you freeze leftovers instead of throwing them out, you can provide your family a healthy meal even when you don't have time to cook!
- **Save time.** Prepare recipes like spaghetti, lasagna and soups, stews and chili in big batches on a day when you have free time. Then refrigerate these foods for use later in the week or put them in the freezer.

Source: *Oregon State University*



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Submit your question to Sue Keeney at fyi.uwex.edu/foodsense/ask-sue-keeney/

Dear Sue,

My friends tell me that monthly meal planning can save time and money. How do you start a meal plan? A monthly meal plan is just too much!

Wanda Sayve



Dear Wanda,

Planning meals ahead can save time and money in a variety of ways. Creating a meal plan for a few days (or more) in advance can help you become organized for preparing family meals.

Planning ahead involves making a grocery list of ingredients needed for a week (or possibly more) of meals for your family. Shopping from a list saves time and prevents *impulse buying* which can add quickly to your grocery bill.

When planning family meals, there is no right way. Families plan their meals in a variety of ways based on likes and dislikes, time, and/or who does the cooking.

Think of the new MyPlate model and plan a fruit, vegetable, grain, protein and dairy food for each meal. Ask for input from your family so they all feel included and valued in the meal planning process.

Research has shown that families who plan ahead for the meals they will eat, are better able to control their food spending and eat healthier. This makes more money available for other family needs.

Sue

Source: *Money for Food—University of Wisconsin Extension*

Is Money Tight?

FoodShare stretches your budget by depositing money on a debit-like card called the QUEST card once per month to help buy groceries. With one phone call you can see if you might be eligible and make an appointment in your area for free one-on-one application assistance.

ELIGIBILITY

You may qualify if your household's gross monthly income is less than...

	\$1,916
	\$2,586
	\$3,256
	\$3,926

Call Second Harvest Foodbank's
FoodShare Helpline today!
1-877-366-3635

Or go to www.GetAQuestCard.org

GOAL: Write a main dish you will plan to make for each day of the week.

Kids in the Kitchen...

Make half your plate veggies and fruits.

A healthy plate starts with more vegetables and fruits. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Try new foods. Pick out new foods you've never tried before, like mango, lentils, or kale.

Be creative in adding color.

Caterpillar Kabobs: Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

Fruity Peanut Butterfly: Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

Adapted from: ChooseMyPlate.gov

MyPlate Tip

Make healthy choices while staying within your budget.



WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call _____ or go to access.wisconsin.gov. To learn more about the Wisconsin Nutrition Education Program in your county, please contact:

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