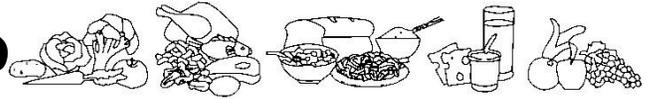


Food \$ense



Wisconsin Nutrition Education Program

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^{UW}**Extension**

Too Hot to Cook? Don't!

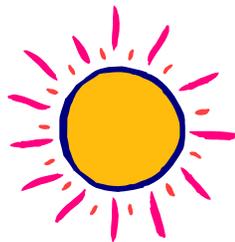
During the hot summer months, meal planning can definitely be a challenge. When it's hot and heavy outside, you certainly don't want to eat hot foods and feel heavy inside!

Heavy casseroles, stews and even soup are the furthest thing from the mind, and sometimes it can be hard to have an appetite at all. Preparing light, cool and refreshing meals can be just the thing to keep the family happy and well fed during those hot, humid days of summer.

In order to beat the heat, serve light, nutritious meals that bring you comfort and keep you cool at the same time. There are lots of ways cook healthy meals in the summer without turning on the oven—

- Toss food on the grill.
- Use the microwave.
- Cook with your slow cooker.
- Make meals in a skillet.

There are also many options for meals that don't involve cooking. A cool salad can be just the thing for a hot summer day. Salads offer a variety of textures and flavors for an interesting taste experience, and they can easily be customized for the picky eaters in the family. When using low-fat meats, cheeses and light dressing, salads can be very healthy options.



Chef salads can be made with all your favorites! Place cold cuts of meats and cheeses over a bed of romaine lettuce, add slices of cucumber, broccoli, cauliflower, peppers, hard-boiled eggs, tomato wedges and whatever else you like, then add your favorite dressing. Let the kids help. They'll enjoy making their own creation!

Taco salads are another great option. This is a great idea for kids who do not enjoy the concept of salad for dinner.



Shredded lettuce, grated cheese, tomatoes, olives, sour cream, guacamole, ground beef and tortilla chips are popular ingredients.

If you are tempted to turn your oven on, remind yourself what the oven does to your home in the summer. The oven heats up the house for more than just the time it takes to cook something.

To keep **yourself** and **your kitchen** cool for the summer, consider making sandwiches and nibbling on raw veggies, prepping the next night's meal while doing dishes, or doubling a recipe to use later to save time and energy!

Keep cool!

FoodShare Wisconsin - A Recipe For Good Health

FoodShare, Wisconsin's name for food stamps, helps people with limited money stretch their food dollar and buy the food they need for good health.

Each month, people across Wisconsin get help from FoodShare. They are people of all ages who have a job but have limited incomes, are living on small or fixed incomes, have lost their job, retired, or are disabled and not able to work.

If you want to find out if you can get FoodShare benefits, you need to apply with the Grant County Social Services Department. Their telephone number is 608 723-2136, or call 1-800-362-3002. You can also apply online at access.wi.gov. Click on the "Apply For Benefits" tool. This tool will let you submit an application directly to the Grant County office. You may also apply with them in person or by telephone, but you will need to call and set up a time for an interview.

If you want to see if you may be able to get FoodShare Benefits before you apply, you can use the "Am I Eligible" tool, also at access.wi.gov.



Corn Salad

6 servings

- 2 cups fresh or frozen whole kernel corn, cooked and drained
- 3/4 cup chopped tomato
- 1/2 cup chopped green pepper
- 1/2 cup chopped celery
- 1/4 cup chopped onion
- 1/4 cup fat-free ranch dressing

1. In bowl, combine vegetables.
2. Stir in dressing.
3. Cover and refrigerate until ready to serve.

Source: University of Kentucky, Cooperative Extension Service

Pack Safety in Your Picnic Basket

There are always ants at a picnic. While you can see ants and avoid them, it's not always possible to see, taste or smell dangerous bacteria that may cause illness if food is mishandled.

Bacteria grow in the danger zone between 40° F and 140° F (out of refrigerator or before food begins to cook). Food packed without an ice or left out in the sun at a picnic won't stay safe for long. To help prevent food-borne illness:

- Wash hands and work areas; be sure all utensils are clean.
- Use an insulated cooler with enough ice or ice packs to keep the food at 40° F.
- Pack food from the refrigerator right into the cooler.
- Don't put the cooler in the trunk; carry it inside the air-conditioned car.
- Cook hamburgers and ribs to 160° F.
- Cook ground poultry to 165° F and poultry parts to 180° F.
- Heat hot dogs until steaming hot.
- When taking foods off the grill, put them on a clean plate.
- Place leftover foods in the cooler soon after grilling or serving.
- Any food left outside for more than **one** hour should be discarded.
- At the picnic, keep the cooler in the shade and avoid repeated openings.
- Replenish the ice if it melts.
- Use a separate cooler for drinks.
- If there is still ice in the cooler when you get home, the leftovers are okay to eat.



Remember, bacteria can be present in most any food as well as on people's hands. Pack sanitizer or disinfectant wipes for cleaning hands before eating.

Don't forget, **safe** food handling is needed for **safe** picnics.

Source: Iowa State University Extension

Tuna Twists

- 1 (6-ounce) can water-packed light tuna
- 1/2 cup diced apple
- 1 Tablespoon lemon juice
- 1/4 cup light or fat-free salad dressing
- 1/3 cup diced celery
- 1/4 cup chopped pecans
- 4 lettuce leaves
- 4 taco-size (8 1/2-inch) whole wheat tortillas

1. Drain water from canned tuna and place in a bowl.
2. Combine apple and lemon juice in small bowl. (The lemon juice keeps the diced apple from turning brown and adds a nice tart flavor.)
3. Add salad dressing, celery, pecans and apples to tuna and combine.
4. Place lettuce leaf on each tortilla, spread with 1/4 of the tuna mixture and roll up. Slice into 3 pieces, if desired.



Source: K-State Extension, www.kidsacookin.ksu.edu



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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!

Dear Sue,

We are usually in a hurry this time of year and its too hot to cook a meal in the oven. Is there anything I can make that doesn't use the stove?

Donita Cook

Dear Donita,

With the summer heating up, it's understandable why you wouldn't want to heat up the house in order to make a meal for your family. But even on the hottest days, it is no sweat to make some nutritious and delicious meals that don't require the use of your stove. The key is having the right ingredients on hand to make meal preparation fast and easy.

Consider having some of the following ingredients on hand during the summer months to help you make some cool meals in minutes:

- **Tortillas** - Add some meat, cheese and vegetables to this Grain Group staple to make a delicious wrap.
- **Fresh fruits and vegetables** - Pick up some seasonal fruits and vegetables at the grocery store or farmer's market for super salads or snacks in a snap!
- **Low-fat milk and yogurt** - Combine these two ingredients with some fresh or frozen fruit and blend to make a smoothie.
- **Canned meats** - Tuna salad is a cinch to make and tastes great when served on a bed of lettuce or with whole wheat bread.

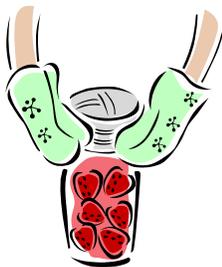
If you need to cook, consider making extra so you can use it for a salad or sandwich the next day.

Sue

Preserve Summer's Bounty

As we enter the busy harvest season, it is the time to brush up on safe food preservation procedures. Be sure to follow research-tested recipes for safe, high quality food that your family will enjoy.

The Grant County UW-Extension Office has a wealth of information available on freezing and canning fresh fruits and vegetables with up-to-date tested recipes. Most of the information is also available on line at <http://www.uwex.edu/topics/publications/>.



Testing of pressure canner dial gauges can be done for FREE at the Extension Office. The USDA recommends checking these gauges for accuracy before use each year. Just bring the entire lid to the office, at the fairgrounds in Lancaster. It only takes a few minutes to test its accuracy.

Begin the food preservation season by updating your resources so that you can be sure that you are preserving safe, high quality food for your family to enjoy.



Kids in the Kitchen...

Chocolate No-Bake Cookies

- 1 1/2 cups sugar
- 6 Tablespoons unsweetened cocoa powder
- 1/2 cup evaporated milk (canned)
- 1/4 cup margarine
- 3 cups quick-cooking rolled oats
- 1 cup shredded coconut (optional)

1. In a medium saucepan combine sugar, cocoa, milk and margarine. Cook and stir over medium heat until mixture comes to a boil. Boil for 1 minute, stirring constantly.
2. Remove pan from heat and stir in oats and coconut until well blended.
3. Drop by tablespoons onto a baking sheet lined with wax paper. Refrigerate until firm and store in airtight container.

Source: K-State Extension, www.kidsacookin.ksu.edu

GOAL: Plan a summer meal menu for a day you know you will be busy and write it here:

WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 608 723-2136. To learn more about the Wisconsin Nutrition Education Program in Grant County, please contact:



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