

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



'Green' Eating Habits Can \$ave You Green

Did you know that about 19 percent of the energy used in the U.S. is spent to produce, package, transport and prepare food? You can promote better health for your family members, your wallet AND the environment by adopting some or all of these eco-friendly eating habits:

Waste less. How? Use durable food covers, utensils, and beverage and food containers more often. Recycle paper, cardboard, glass, certain plastics and cans. To waste less food, buy only the amount of perishable foods that your family will eat. Serve or freeze foods before they spoil. Why? Waste prevention and recycling reduces greenhouse gases. Re-useable products cost less than always buying disposables. We throw away 14 percent of the food bought in the U.S. Landfills are our largest source of methane emissions. Foods release greenhouse gases as they decompose. Visit the Environmental Protection Agency's website, www.epa.gov/climatechange for more ideas.

Vary your protein food choices. How? Each week, eat cooked dry beans and peas, nuts, seeds, low-fat dairy products, eggs and modest portions of seafood, skinless poultry and lean red meats (beef, pork, lamb). Why? Most Americans eat more animal protein than they need, but not as many cooked dry beans and peas as are recommended. Cattle, pigs and sheep produce 18 percent of the world's greenhouse gas emissions. Livestock require more food than poultry or seafood do, and they release methane and other greenhouse gases.

Buy fewer packaged beverages and processed foods. How? Drink tap water (plain or flavored) most of the time. Prepare more food at home. Buy whole foods, foods with few ingredients, and foods sold with little packaging whenever possible. Why? Drinking tap water has never been linked to excess body weight gain! Producing, transporting and discarding the billions of beverage bottles and cans bought each year in the U.S. uses energy and creates greenhouse gases. Processed foods are often highly packaged and typically have fewer nutrients yet more added sodium, sugars and fats. Less packaging means smaller landfills.

Source (Accessed 8/24/09): <u>Nutrition Notes: Five Ways to Green Your Kitchen on a Budget</u>, Kansas City InfoZine, www.infozine.com/news/stories/op/storiesView/sid/36481

Newsletter developed by Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., CDE, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition.

September / October

Think Green When You Clean

To help prevent illness, keep your kitchen counters and sink clean and sanitized. But many commercial cleansers are toxic to the environment and decrease the quality of the air inside your home. Use "greener" cleaning products to reduce your exposure to toxic products, pad your bank account and improve your overall quality of life.

Cleaning Safety Tips

- Store all cleaning solutions out of the reach of children.
- Never use chlorine bleach with other cleaning agents.
- When using harsh products, use rubber gloves to protect your skin and wear a mask to protect your lungs, so that you don't absorb the chemicals.
- Rinse surfaces after using toxic substances.

Homemade Cleaning Products



You can easily make homemade cleansers that are less expensive and less harsh than commercial products. Follow these tips when making a homemade cleaning solution:

- Put it into a clean spray bottle or another clean container with a tight seal. To help prevent accidents, avoid using recycled food or beverage containers.
- Clearly label all containers with the date and the name of the product, such as "Baking Soda and Water Cleanser."
- Mix cleaning solutions in a well-ventilated area.
- Mix a small amount and use it before making a new batch.

Three Easy-to-Make General Purpose Cleansers:

- Mix 1/2 cup white vinegar with 1 cup water.
- Mix 1 tablespoon washing soda or Borax with 2 cups warm water.
- Mix 1 tablespoon ammonia, 1 tablespoon liquid detergent and 2 cups water.

A Disinfectant to Kill Germs:

• Mix one capful (or almost 1 teaspoon) each of chlorine bleach and vinegar with 4 cups water.

Green Ways to Help Prevent Major Cleaning Problems and Odors:

- Wipe up spills immediately.
- Keep a jar of baking soda in odor-producing areas, such as the refrigerator or freezer, and sprinkle some in the trash compactor and garbage cans.
- Pour pickle juice or vinegar down drains.
- Grind lemon or orange rinds in a food disposal. Then flush with hot water.

Sources (Accessed 8/24/09): 1. <u>Make Economical, Healthy and Green Household Cleaners</u>, eXtension News, www.extension.org/pages/Make_Economical,_Healthy_and_Green_Household_Cleaners 2. <u>Do You Really Want to Clean Up?</u>, Dining on a Dime, Oct 2007, www.oznet.ksu.edu/humannutrition/DiningOnDimeOctEng.pdf

For more information about healthy eating, contact your local Extension office. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Erin Henry and Mary Meck Higgins, "Dining on a Dime," September 2009.

Happy, Healthy Halloween!

Halloween doesn't have to be *horror*-ific when it comes to good nutrition! This issue of *Dining on a Dime* will give you many ideas to help kids celebrate the holiday in a healthy way.

Take the emphasis off of candy by focusing on the fun of the holiday, such as by cutting bread into pumpkin shapes, drawing a funny-face pumpkin, face painting each other, wearing a costume and visiting friends.



Help children enjoy Halloween without overindulging in sweets. Let them enjoy a few pieces of sweets on the holiday. Then divide the treats into one-week portions, place in bags and store for your child to enjoy one or two pieces for snacks or with meals in the weeks ahead. Remind them to brush their teeth after eating sweets. And help them focus on eating healthfully every day all year.

Tricks for "Trick or Treating":

- Feed children a meal before going out so they don't need to fill up on sweets.
- Limit the number of houses your children visit. The treats will be more likely to come from neighbors and friends, and the amount will be more manageable.
- Walk instead of driving, if possible. This will give you and your children some physical activity while they are collecting treats.
- Instruct children to wait until they get home to eat any goodies, so that you can inspect them first. Throw away any food that isn't wrapped commercially. Also discard food if the wrapper shows any signs of tampering.

Healthy Treats

What will you give trick or treaters when they ring your doorbell? You don't have to buy high-calorie candy. Examples of healthier food treats include:

- · Cereal bars
- Single-serve packets of dried fruit, crackers, trail mix, microwave popcorn, flavored milk, fruit juice, sugar-free hot chocolate

Or, you could give treats that promote physical activity and fun, such as:

- Jump ropes
- Sidewalk chalk for drawing hopscotch and pictures
- · Beanbags or hackey sacks
- Soft foam balls or scarves to juggle
- Glow sticks
- · Paint, brushes, markers, crayons, coloring tablets

Source (Accessed 8/24/09): <u>Halloween and Nutrition Do Go Together</u>, eXtension News, www.extension.org/pages/Halloween_and_Nutrition_Do_Go_Together

This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.



Dining on a Dime's Cooks' Corner Roasted Vegetables (Makes 3 servings, one cup each)

Meal suggestion: Serve this hot side dish with baked fish or lean meat, low-fat milk, whole grain bread and applesauce. For variety, you can make this dish using other favorite vegetables, as desired.

Ingredients

- 1 medium onion, peeled and cut into chunks
- 1 medium sweet potato, scrubbed clean and cubed
- 2 medium fresh carrots, peeled and cut into chunks, or 18 baby carrots

2/3 cup cut green beans, or 12 whole ones, fresh or frozen 1 tablespoon vegetable cooking oil

1/8 teaspoon salt

Directions

- 1. Preheat oven to 400 degrees F.
- 2. Spray a 9 x 13 inch baking pan with non-stick cooking spray. Place ingredients in the pan. Mix well.
- 3. Bake uncovered on the top oven rack for 30 minutes, stirring after 15 minutes, or until vegetables are tender.
- 4. Serve hot.
- 5. Cover and refrigerate, or freeze, leftovers within 2 hours.

Nutrition Facts for each serving: 120 calories, 5 g fat, 18 g carbohydrate, 2 g protein, 0 mg cholesterol, 150 mg sodium and 4 g dietary fiber. Daily Values: 260% vitamin A, 10% vitamin C, 4% calcium, 4% iron.



Cooperative Extension Service K-State Research and Extension

K-State, County Extension Councils, Extension Districts, and the U.S. Department of Agriculture cooperating.

K-State is an equal opportunity provider and employer.