

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension Family Nutrition Program

# DINING ON A DIME

## *Eating Better for Less*

November / December

### Want to Lower Your Food Costs?

Are you feeling squeezed by rising prices? This issue of *Dining on a Dime* will help you reduce your food costs while feeding your family well!

#### The Cost of Waste

Families throw away a lot of the food they buy, about 14 percent. That adds up to about \$1,000 to \$2,000 a year for an average family of four! (The range depends on whether the family uses a thrifty food plan or a more liberal one, and is based on Sep. 2008 food prices). Take these steps each week to stop the waste and save that money:



#### Savings Plan

- Plan one week of meals, focusing on using foods you already have in your refrigerator. Plan to prepare extra servings on the days when you'll cook. Freeze these extra servings and eat them on days when your time is short or your energy is low. This will decrease the temptation to eat out or to buy expensive convenience foods.
- Before shopping, make a list of the additional foods — and the amounts — that you'll need in order to prepare the meals you planned. Write your grocery list in the same order as the layout of the store.
- To help prevent waste, plan to buy a little less of refrigerated perishable foods than you think you'll use. Instead, buy a few extra non-perishable foods.
- Buy according to the list when you get to the store. This will help you avoid impulse buys and will reduce the amount of time you spend in the store. The average shopper spends \$2.17 for every minute they're in a supermarket.
- Buy more expensive foods only when they are on sale, and then buy a little extra to freeze, if possible.
- Shop less often. This will save you time, as well as saving you money on gasoline and on impulse buying.



Sources (Accessed 10/23/08): Adapted from: **1.** Study: Nation Wastes Nearly Half Its Food, Univ. of AZ, Nov. 2004, <http://uanews.org/node/10448> **2.** Official USDA Food Plans: Cost of Food at Home at Four Levels, U.S. Average, [www.cnpp.usda.gov/USDAFoodCost-Home.htm](http://www.cnpp.usda.gov/USDAFoodCost-Home.htm) **3.** Eating Well while Trimming Food Costs, N Peterson, KS State Univ., [www.oznet.ksu.edu/news/sty/2008/food\\_costs050808.htm](http://www.oznet.ksu.edu/news/sty/2008/food_costs050808.htm) **4.** Makeover of Shopping Habits Can Offset Rising Food Costs, R Thomas, Univ. of MO Extension, [www.agebb.missouri.edu/news/ext/showall.asp?story\\_num=4375&iln=843](http://www.agebb.missouri.edu/news/ext/showall.asp?story_num=4375&iln=843)

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.

## All Washed Up?



Early December is national Hand Washing Awareness week. Hand washing is simple and inexpensive. And it's the single most important action that you can take to prevent the spread of infection and stay healthy, according to the U.S. Centers for Disease Control and Prevention.

### Good Hand-washing Techniques

Experts recommend that an adult supervise hand washing for children younger than five years of age. Follow these steps:

- Wet hands with running water and add soap.
- Rub hands together for 20 seconds, washing all parts.
- Rinse hands well.
- Dry hands, preferably with a paper towel.
- Use a paper towel to turn off the faucet and open the door.

If soap and clean running water aren't available, use a sanitizer with at least 60 percent alcohol. Alcohol-based hand rubs greatly reduce the number of germs on the skin, but they do not remove dirt. To use, put about 1/2 teaspoon — or the size of a dime — onto the palm of your hand. Rub your hands together, covering all surfaces of both hands, until they're dry.

### When to Wash?

People aren't washing their hands as much as they could to protect themselves from illness. Encourage everyone in your family to clean their hands often this winter, especially...

- Before eating or preparing food
- After handling garbage
- After going to the bathroom, after cleaning up someone who has gone to the bathroom, and after changing a diaper
- After handling an animal or animal waste
- After blowing your nose, coughing or sneezing
- Before and after tending to someone who is sick
- Before and after treating a cut or wound



### Help Stop Flu and Cold Germs from Spreading

Since eight out of ten infections are transmitted by our hands, it pays to keep them clean. For example, turn your head and cough or sneeze into your arm at the bend of your elbow, NOT into your hand.

Source (Accessed 10/23/08): Adapted from: [Put Your Hands Together](http://www.cdc.gov/Features/CDCtv/HandsTogether.html), CDC, [www.cdc.gov/Features/CDCtv/HandsTogether.html](http://www.cdc.gov/Features/CDCtv/HandsTogether.html)

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

For more information about healthy eating, contact your local Extension office.

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.



## “Cheers” for Good Health?

You’ve no doubt heard mixed reports on whether drinking alcohol in moderation is good for your health. Read on to know more about this controversial topic.



### Libation Lowdown

On the positive side, research shows that light to moderate drinking reduces risks for heart disease and stroke. In middle age and older men and women, light to moderate alcohol intake is associated with the lowest all-cause death rates.

Alcohol can also affect health in negative ways. Young adults benefit little from drinking alcohol. Among women of all ages, even one drink per day slightly raises the risk of breast cancer. Having more than one drink per day for women, or more than two drinks for men, raises risks for motor vehicle crashes, injury, violence, birth defects, high blood pressure, heart disease, stroke and cancer. Drinking excessive amounts of alcohol also reduces one’s ability to make good decisions. Many people living in the U.S. are overweight and would benefit by taking in fewer calories. Alcohol not only provides many calories, but since it lowers one’s inhibitions, people often eat and drink more than they would have if they hadn’t had any alcohol.

### Bottoms Up? Guidelines for Drinking Alcohol

If you don’t currently drink alcohol, health experts recommend that you don’t start. Some people should not consume alcohol, including those who cannot restrict their drinking to moderate levels; those who are taking medications that can interact with alcohol; children and teens; and women who may become pregnant, are pregnant, or are breastfeeding.

Adults who choose to drink alcohol are advised to do so in moderation. Moderation means one drink per day for women and two drinks per day for men. One drink is 12 ounces of regular beer, 5 ounces of wine or 1.5 ounces of 80 proof distilled spirits.

Sip alcohol slowly, and with a meal, to slow its absorption.

Avoid drinking alcohol before or during driving.

### Count the Calories

Sugary mixed cocktails provide 300 or more calories per drink. Even 1.5 ounces of distilled liquor, a glass of wine, or a lite beer can set you back 100 calories. The following list shows the calories found in one cup of four popular cocktails:

<u>Type of Drink</u>	<u>Calories</u>	<u>Type of Drink</u>	<u>Calories</u>
8 oz. Margarita	397	8 oz. Eggnog with rum	402
8 oz. White Russian	494	8 oz. Strawberry Daiquiri	417

For fewer calories, choose a small glass of lite beer or mix distilled spirits or wine with club or diet soda and fruit slices. Or, celebrate the season with one of the alcohol-free “mocktail” recipes on page 4.

Source (Accessed 10/23/08): Adapted from: [Moderate Alcohol](http://hgic.clemson.edu/pdf/hgic4055.pdf), Clemson Univ. Extension, <http://hgic.clemson.edu/pdf/hgic4055.pdf>

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,” Nov. 2008.

---

## ***Dining on a Dime's Cooks' Corner***

### **Holiday "Mocktails"**

*These festive mixed drinks are alcohol-free*

#### **Crimson Spritzer** (Serves 2)

##### **Ingredients**

1 cup light cranberry juice  
drink  
1/2 cup 100% grape juice  
Ice  
Club or diet lemon-lime soda  
2 wedges of lime

##### **Directions**

1. Pour half of each juice over ice into two large glasses.
2. Fill glasses with soda.
3. Garnish with lime.

**Nutrition Facts:** *Each serving provides 60 calories, 0 g fat, 15 g carbohydrate, 0 g protein, 0 mg cholesterol, 10 mg sodium and 0 g dietary fiber. Daily Values: 0% vitamin A, 60% vitamin C, 2% calcium, 2% iron.*

#### **Citrus Sparkler** (Serves 2)

##### **Ingredients**

1/2 cup 100% orange juice  
1/4 cup 100% pineapple juice  
Ice  
Diet ginger ale  
2 pineapple chunks

##### **Directions**

1. Pour half of each juice over ice into two large glasses.
2. Fill glasses with diet ginger ale.
3. Garnish with pineapple.

**Nutrition Facts:** *Each serving provides 45 calories, 0 g fat, 11 g carbohydrate, 1 g protein, 0 mg cholesterol, 60 mg sodium and 0 g dietary fiber. Daily Values: 2% vitamin A, 45% vitamin C, 0% calcium, 0% 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.