

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

Healthy Families, Healthy Kids

Childhood obesity has gained national attention since First Lady Michelle Obama launched “Let’s Move.” This campaign is aimed at eliminating childhood obesity.

Almost one-third of children and teens living in the U.S. are obese or overweight, according to the Centers for Disease Control and Prevention. Extra pounds put kids at greater risk of developing diabetes, high blood pressure and high cholesterol.

Here’s how a parent or caregiver can help an overweight child:

Start today. Help move your entire family’s lifestyle towards health. Don’t single any child out, even if he or she is the only one in the family struggling with excess body weight. As a family and individually, be physically active. Stop purchasing foods and beverages that are high in added sugars, added salt, or added fats or oils. Make small improvements every day.

Be a good example. The best thing that adults can do is to have healthy habits themselves. Allow children to see the healthy choices that you make. Talk about them. When kids see adults enjoying nutritious foods and physical activity, they’re more likely to do the same. Almost all people living in the U.S. would improve their health if they ate more nutritious foods and moved more.

Move more. How could your family move more together? Consider bike rides, walks, and active games such as tag and sports. The Surgeon General recommends that each day kids get at least one hour of moderate physical activity and that they spend two hours or less in front of a computer, video or television.

Eat better. How could everyone in your family eat better? Consider eating meals together often. Eat breakfast every day. Drink mostly water, or low fat or fat free milk. Add more whole grain foods, more fruits with no added sugar, and more vegetables without added sauces to your meals and snacks. Include protein-rich foods with meals, such as cooked dry beans and peas, fish, eggs, poultry without skin and lean red meats. Don’t eat unless you’re hungry and avoid multi-tasking when eating. Pay attention to flavors and textures, and enjoy every bite.

Get support. Talk with your friends, neighbors and family. Check out the resources and fun ideas at the following websites: www.LetsMove.gov and www.WeCan.org

April / May



Pantry Raid!

'Tis the season for spring cleaning. *Dining on a Dime* challenges you to a pantry raid!

How much money can you save this month on groceries by cleaning out your pantry cabinets, refrigerator and freezer? Please share your success story with us. Send us an email with "Pantry Raid" in the subject line and address it to mhiggins@ksu.edu

- Inspect each product shelf by shelf, and throw away those that are no longer good.
- Now ask, "Do I use this item at least once per month?" and "Do I need to keep this for special occasions?"
 1. If your answer is yes to either question, place the item back on the shelf.
 2. If your answer is no, here's where the money-saving part comes in:
 - Put those items on a shelf that is easy to see. Then put them to work!
 - Plan upcoming meals that specifically use these foods. Aim to use at least two products each week.
 - Maybe you originally purchased the product for a specific recipe. Can't remember it? Check out websites to find recipes using specific ingredients that you already have on hand, such as <http://recipefinder.nal.usda.gov>
- You can save even more money on food costs by trying these tips:
 1. Make your own dips and sauces. For example, salad dressings can be less expensive and more healthful when you make your own. See page 4 for two recipes: Italian Salad Dressing and Tartar Sauce.
 2. Avoid buying foods that you'll use in only one recipe. If a recipe calls for an ingredient that you don't have, you may be able to substitute with ones you do have. Search on the web for "*the name of the ingredient + substitute.*"
 3. Plan meals and make a grocery store list at home, using your inventory as a guide for what to prepare and what more you need to buy.
 4. If you get to the store and find good deals on items that you regularly use, purchase extra – as long as your family can eat it before the "use by" or "best by" date.



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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.



Why More Food Poisoning Cases Now?

We hear more reports about foodborne illness than ever before. Read on to find out why, and what you can do to help protect yourself and your family!

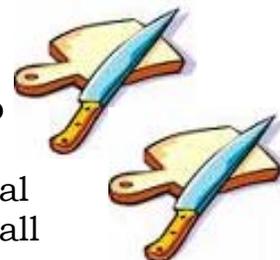
The Rise of Foodborne Illnesses

More cases of foodborne illness are being found because of better monitoring and improved food safety detection methods. Also, changes in our world have affected the safety of our food supply. For example, new disease-causing germs have emerged and spread. Also, people living in the U.S. demand year-round fresh produce and specialty food items that may not be grown locally. The food source of an illness outbreak can be difficult to identify, because our food supply is produced worldwide and we have very complicated food distribution systems.



Which Foods are the Riskiest?

Raw foods from animals (including raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish) are the number one sources of foodborne illness. Unpasteurized fruit juice is also likely to be contaminated. Other risky foods include those that are pre-prepared or ready-to-eat. Foods eaten raw or with minimal processing, especially alfalfa sprouts and other raw sprouts and all fresh fruits and vegetables, can cause foodborne illnesses, too.



What Can A Consumer Do?

Clean: Wash your hands, knives and other utensils, cutting boards, countertops, platters and cloths before they contact raw meat, poultry, fish or eggs and before they touch another food. Rinse fresh fruits and vegetables under cool running tap water to remove visible dirt and grime. Remove and discard the outermost leaves of a head of lettuce or cabbage.

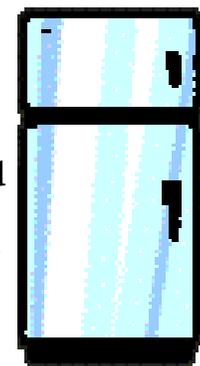


Separate: Don't cross-contaminate one food with another. Keep raw eggs, meat, poultry and fish, and their juices, away from ready-to-eat foods. Use separate bags, cutting boards, dishes and utensils.



Cook: Cook fish, meat, poultry and eggs (and foods containing them) thoroughly to proper internal temperatures, using a food thermometer. For poultry and casseroles, heat to 165 degrees F.

Chill: Refrigerate (or freeze) leftovers, all perishable foods, and sliced fruits and vegetables within two hours. Food cools faster if it's divided into several shallow containers. Avoid thawing perishable foods at room temperature, between 40 to 140 degrees F. Set your refrigerator to 40° F. or below, and your freezer at 0 degrees F. or lower. Check temperatures using an appliance thermometer.



Sources (Accessed 3/15/10): 1. [What you should know about government response to foodborne illness outbreaks](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm180323.htm), U.S. Food and Drug Administration, www.fda.gov/Food/ResourcesForYou/Consumers/ucm180323.htm 2. [Foodborne infections](http://www.cdc.gov/nczved/divisions/dfbmd/diseases/foodborne_infections), U.S. Centers for Disease Control and Prevention, www.cdc.gov/nczved/divisions/dfbmd/diseases/foodborne_infections

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

Dining on a Dime's Cooks' Corner

Two Homemade Sauces (Makes about 4 servings each)

Italian Salad Dressing

2 tablespoons vegetable oil
2 tablespoons vinegar
1/4 cup orange juice
1 tablespoon Parmesan cheese
1 teaspoon dried parsley
1/2 teaspoon dried oregano or
mixed Italian seasonings
1/4 teaspoon black pepper
1/8 teaspoon dried crushed red
pepper flakes

1. Combine all ingredients in a jar with a tight fitting lid.
2. Shake vigorously to blend ingredients. **3.** Cover and refrigerate for at least 2 hours to allow flavors to blend.

4. Cover and refrigerate leftovers within 2 hours. **Nutrition Facts:** 2 tablespoons provide 90 calories, 9 g fat, 2 g carbohydrate, 1 g protein, 5 mg cholesterol, 30 mg sodium and 0 g dietary fiber. Daily Values: 2% vitamin A, 10% vitamin C, 6% calcium, 0% iron.

Tartar Sauce

1/4 cup light mayonnaise
or salad dressing
2 tablespoons plain nonfat
yogurt
3 tablespoons chopped
pickles (sweet or dill)
1/2 teaspoon dried parsley
1/2 teaspoon mustard

1. In a small bowl, stir together all ingredients.
2. Cover and refrigerate for at least 2 hours to allow flavors to blend.
3. Cover and refrigerate leftovers within 2 hours.

Nutrition Facts:

2 tablespoons provide 60 calories, 5 g fat, 3 g carbohydrate, 0 g protein, 5 mg cholesterol, 170 mg sodium and 0 g dietary fiber. Daily Values: 2% vitamin A, 0% vitamin C, 2% calcium, 0% iron.



Cooperative Extension Service K-State Research and Extension

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