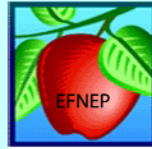


# The Market Basket



Expanded Food and  
Nutrition Education  
Program

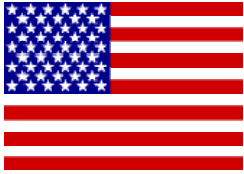


Volume 01 Issue 09

A Monthly Publication

Polk County

July 2006



Celebrate Freedom!

## Stretching your Food Dollar Tips:

**13.** Compare apples to apples. How do you know whether something is really a bargain just because it is on sale? By developing a Price Book, you are able to compare the price per unit of one size package to another. This allows you to compare the 200-ounce box of warehouse club bran cereal to the 20-ounce bag of the same type of cereal from the grocery store. Smart spenders know the surprising news that often the smaller container is less expensive per unit than the bulk container when used in conjunction with coupons and sales.

**14.** Gain leverage from sales flyers. By reviewing the sales flyers that stores issue every week, you can plan your weekly menu, decide where to shop, determine what to include on your grocery list, and choose the best money-saving coupons to use at the store. Smart spenders realize that the key to the greatest savings is purchasing the best sale items listed in the weekly flyers and then using coupons for those items.

**15.** Remember that the store is trying everything possible to convince you to part with your money. The inviting music lulls you into a sense of tranquility and then there is the mouth-watering aroma of freshly baked treats. So Stick to your List.

Welcome!

Happy 4<sup>th</sup> everyone! **Our topics in this issue are:**  
 Summer Tips and Tools for Summer Food Safety  
 Tips for cutting your Food Bill  
 Things to do for kids to do during summer Vacation.  
 Hurricane Disaster Tips and Recipes.  
 Stay Cool and Safe!



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**Did you know.....**

Good health is as easy as just 30 minutes of moderate intensity physical activity each day, as recommended by health professionals. This 30 minutes can be broken up into short 10 minute bouts of activity. As a regular activity, **walking** is important in the **prevention** of:

- **Stroke**
- **Type Two Diabetes**
- **Colon Cancer**
- **Hypertension (High Blood Pressure)**
- **Osteoporosis**
- **Depression**
- **Lower Back Pain**
- **Helps Psychological well-being**
- **Aids in Strengthening the Immune System**
- **Increases our energy levels**
- **Helps Manage our Weight or to lose Weight**
- **Coronary Heart Disease**



## Food Safety Pointers for Outdoor Season:

### Keep Hot Foods Hot & Cold Foods Cold"

"Meat and poultry products may contain bacteria that cause food-borne illness. They must be cooked to destroy these bacteria and held at temperatures that are either too hot or too cold for these bacteria to grow.

Most bacteria do not grow rapidly at temperatures below 40 °F or above 140 °F. The temperature range in between is known as the "Danger Zone." Bacteria multiply rapidly at these temperatures and can reach dangerous levels within 2 hours.

If you are traveling with cold foods, bring a cooler with a cold source. If you are cooking, use a hot campfire or portable stove. It is difficult to keep foods hot without a heat source when traveling, so it's best to cook foods before leaving home, cool them, and transport them cold.

### Keep Everything Clean"

The second principle is that bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called cross-contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling food, and don't use the same platter and utensils for raw and cooked meat and poultry. Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring it with you. Even disposable wipes will do.

### What Foods to Bring?

If you are camping or backpacking the food situation gets a little more complicate, especially if you are going to be in the outdoors for several days. You can still bring cold foods for the first day, but you'll have to pack shelf-stable items for the next day. Canned goods are safe, but heavy, so plan your menu carefully. Advances in food technology have produced relatively lightweight staples that don't need refrigeration or careful packaging. For example:

- dehydrated foods;
- dried fruits and nuts; and
- Powdered milk and fruit drinks.

## Activities and Ideas for parents and kids to do over the Summer Holiday!



1. Write numbers from 1 to 100.
2. Find an object in your house that begins with each letter of the alphabet.
3. Write 5 sentences. Use a number word in each sentence.
4. Make something in the kitchen involving the use of measuring cups.
5. Go outside and find something yellow.
6. Write a story about your pet or a pet you would like to have.
7. Write a letter to someone.
8. Write the names of five friends, now make as many words using the letters of their names as you can.
9. Write the long vowels on a sheet of paper. Think of four words for each vowel sound.
10. Make a scrapbook of animal pictures. You might want to choose an animal you like. See if you can find some old magazines or calendars to look for the pictures.
11. Read a story to someone.
12. Count the money in your wallet or ask mom or dad to give you some coins to count.
13. Keep a journal of what you do during the Summer. Write in it at least 2 times each week.
14. Write numbers from 101 to 300.
15. Write the alphabet three times in your best printing or cursive writing.
16. Go outside. Find things for the sense of touch, things that are smooth, rough, prickly, sharp, hard, soft, dry, wet, etc., .
17. Correctly spell as many color words as you can, try some of the harder ones too like turquoise and burgundy.
18. Write numbers by 5's to 100 and then to 200.
19. Make little signs to name things in your room. Put them up in your room.
20. Draw a picture of something outside. Write 5 or more sentences about it.
21. Write all the number facts that will add to 10. (6 + 4 = 10, etc.)
22. Go on a nature hike. Collect things and put them in a picture.
23. Pretend you are a giant. Write a short story about it.
24. Write numbers from 301 to 500.
25. Cut out words from the newspaper - one for each letter of the alphabet
26. Use the letters in the word MISSISSIPPI to write as many words as you can.
27. Write all the number facts that will add to 7.
28. Find a recipe that uses a color word in its title and help your mom or dad make it.
29. Count out loud to 1000
30. Write 5 sentences. Use a color word in each sentence.
31. Write numbers by 2's to 100 (2, 4, 6...)
32. Have your mom or dad register you in a day camp program with your community league, library or a church.
33. Write a fairy tale. Then read it to someone younger than you.
34. Write the short vowels on a sheet of paper. Think of a five words for each vowel sound.
35. Write a poem about the weather, an animal or a plant.
36. Plant something outside or help take care of a garden.

## Disaster Tips and Recipes:

- Canned tuna, ham, chicken, and beef
- Dried noodles and soups
- Beef jerky and other dried meats
- Dehydrated foods
- Dried fruits and nuts; and
- Powdered dehydrated foods
- Dried fruits and nuts
- Powdered milk and fruit drinks powdered milk and fruit drinks
- Peanut Butter in plastic jars

Another important piece of camping equipment is a food thermometer. If you are cooking meat or poultry on a portable stove or over a fire, you'll need a way to determine when it is done and safe to eat. Color is not a reliable indicator of doneness, and it can be especially tricky to tell the color of a food if you are cooking in a wooded area in the evening.



When cooking hamburger patties on a grill or portable stove, use a digital thermometer to measure the temperature. Digital thermometers register the temperature in the very tip of the probe, so the safety of thin foods -- such as hamburger patties and boneless chicken breasts -- as well as thicker foods can be determined. A dial thermometer determines the temperature of a food by averaging the temperature along the stem and, therefore, should be inserted 2 to 2 ½ inches into the food. If the food is thin, the probe must be inserted sideways into the food.

It is critical to use a food thermometer when cooking hamburgers. Ground beef may be contaminated with *E. coli* O157:H7, a particularly dangerous strain of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to insure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 °F.

Cook all meat and poultry to safe internal temperatures:

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
  - All cuts of pork to 160 °F.
  - Ground beef, veal and lamb to 160 °F.
  - All poultry should reach a safe minimum internal temperature of 165 °F.
- Heat hot dogs and any leftover food to 165 °F. Be sure to clean the thermometer between uses.



Nutrition Tips In a crisis, it will be vital that you maintain your strength. So remember:

Eat at least one well-balanced meal each day. Drink enough liquid to enable your body to function properly (two quarts a day). Take in enough calories to enable you to do any necessary work. Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

Try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Familiar foods can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation. Take into account your families unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition.

Store supplies of non-perishable foods and water in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes. Sufficient supplies to last several days to a week are recommended.

Select foods that require no refrigeration, preparation or cooking, and little or no water. Foods that are compact and lightweight are easy to store and carry.

Try to eat salt-free crackers, whole grain cereals and canned food with high liquid content.

### Recommended foods include:

- Ready-to-eat canned meats, fruits and vegetables. (Be sure to include a manual can opener)  
Canned juices, milk and soup (if powdered, store extra water).
- High energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods, such as hard candy, cereals.
- Instant coffee, tea bags.
- Foods for infants, elderly persons or persons on special diets, if necessary.
- Compressed food bars. They store well, are lightweight, taste good and are nutritious.
- Trail mix. It is available as a prepackaged product or you can assemble it on your own.
- Dried foods. They can be nutritious and satisfying, but have some have a lot of salt content, which promotes thirst. Read the label.
- Freeze-dried foods. They are tasty and lightweight, but will need water for reconstitution.
- Instant Meals. Cups of noodles or cups of soup are a good addition, although they need water for reconstitution.
- Snack-sized canned goods. Good because they generally have pull-top lids or twist-open keys.
- Prepackaged beverages. Those in foil packets and foil-lined boxes are suitable, they keep well.

## DISASTER RECIPES:



### Trail Mix



- 1 cup o-shaped cereal
- 1 cup square-shaped cereal
- 1 1/2 cups light popcorn
- 1 1/2 cups thin pretzel twists
- 1/4 cup low sodium dry roasted peanuts
- 1 cup raisins

Put all ingredients into large plastic bag. Shake bag well. Scoop mix into re-sealable storage bags.

### **Start-up Cereal**

- 2 cups instant oatmeal
  - 1/4 cup raisins
  - 1/4 dried apricots
  - 1/4 cup whole cranberry sauce
  - 1 cup low fat vanilla soy milk
- Mix all ingredients in a bowl.  
Let stand approximately 5 minutes.  
Serves 4



### **Apple Smiles**

- 2 apple, cored and sliced
  - 1/4 cup puffed cereal (2 slices for each apple smile)
  - 1/2 cup peanut butter
  - Raisins (optional)
- Slice the apples into 1/4" slices.  
Dry apple slice on napkin so peanut butter won't stick.  
Spread each apple slice with peanut butter.  
Top with another slice, peanut butter side down, and Squeeze gently.  
Place 4-5 pieces of puffed cereal into the peanut butter between the skins of the apple slices (or the apple Lips). These are the teeth!  
Make the "smile that ate too much candy" by adding A raisin for a rotten tooth! Serves 4

### **Three Bean Salad**

- 15.5 oz can of dark red kidney beans
  - 15.5 oz can red kidney beans
  - 12.5 oz can of cannelloni beans
  - 3.8 oz can of black olives
  - 1 cup red bell pepper, diced
  - 1 cup yellow bell pepper, diced
  - 1 cup green bell pepper, diced
  - 1 cup tomato, diced
  - Juice of 1 lime
  - 3 tbsp extra-virgin olive oil
  - 3 tbsp red wine vinegar
  - Ground pepper
- Drain beans and black olives. Combine beans, olives, peppers, tomatoes, lime juice, olive oil, and red wine vinegar in a large bowl. Season with ground pepper to taste and serve.  
Serves 10



### **Easy, Quick, and Cheap Taco Salad**

#### **Ingredients:**

#### **Directions:**

- 1 large tomato chopped
  - 3 leaves of lettuce chopped
  - 1/2 onion, diced finely
  - 2 tablespoons of cheese (parmesan)
  - 1 bag of whole wheat tortilla chips (8 tortillas)
  - 1 avocado chopped into chunks
  - 1 small can black olives chopped
  - 1/2 can of sweet corn
  - 2 tablespoons of Catalina or French dressing
- Put all ingredients in a small bowl.  
Pour in the dressing and toss.  
Place about 3 tablespoons of ingredients in each Tortilla rolls and serves. Serves 8



## Tropical Peanut Butter Sandwich

- 2 slices of raisin bread
- 1 Mashed banana
- 2 Tablespoons of Peanut Butter

Mash bananas with potato masher until smooth.  
Stir together peanut butter, mashed banana.  
Then spread on bread and enjoy!



## Tuna Salad Sandwiches

### Ingredients:

### Directions:

- 1 can (6 oz) white tuna in water, drained, and flaked
  - ½ cup shredded carrots
  - ¼ cup light mayonnaise
  - 1 tbsp raisins
  - 6 slices whole wheat bread
  - 3 large lettuce leaves
  - 1 tbsp sweet pickle relish
- Mix tuna, carrots, mayo, relish and raisins. Cover 3 of the bread slices with tuna mixture; top with lettuce and remaining bread slices. Serves 3

## California Chicken Sandwich

- 2 -6 oz chicken breast cans
- 8 slices of whole wheat bread, toasted
- 4 small romaine lettuce leaves
- 2 plum tomatoes each cut lengthwise into 4 slices
- 1 peeled avocado, cut into 8 wedges
- 1/3 cup fat-free mayonnaise
- 2 tablespoons thawed orange juice concentrate
- 1 teaspoon lime juice
- ½ teaspoon ground cumin

To prepare citrus mayonnaise, combine first 5 ingredients in a small bowl. Spread 1 tablespoon citrus mayonnaise on each of 4 bread slices. Top with 1 lettuce leaf, ¼ chicken, 2 tomato slices, 2 avocado wedges, and remaining bread slices. Serves 4



## Mexican Bean Burritos

### Ingredients:

### Directions:

- 1 (17.5 oz) package whole wheat tortillas
  - 1 can pinto beans drained
  - 1 can green chilies
  - 1 package taco seasoning mix
  - 2 tomatoes
  - 8 scallions
  - 1 avocado
  - 1 can cheddar cheese whiz
  - Fresh or dry cilantro to taste
  - 6 lettuce leaves
- Drain all excess liquid from canned ingredients. Mash beans with fork. If consistency is too thick add some water.  
Mix beans and chilies with two tbsp of taco seasoning mix.  
In a separate bowl, dice tomatoes and combine with Cilantro.  
Dice avocado, dice scallions and dice lettuce.  
Spread about 2 tbsp bean mixture onto tortillas and Sprinkle 2 tbsp tomatoes on top of bean mixture.  
Add 1 tbsp of chopped avocado.  
Sprinkle with scallions and lettuce.  
Using cheese whiz, apply 2 thin lines lengthwise over Top of all ingredients (about 1 tbsp).  
Roll, wrap and enjoy.  
Jalapenos may also be added for additional flavor.  
Serves 8

## SNACKS IDEAS:



**Snack Kebobs.** Cut raw vegetables or fruit into chunks. Skewer them onto thin pretzel sticks. (Note: To prevent discoloration, dip apples, bananas or pears in orange juice after they're cut.)

**Veggies with Dip.** Cut celery, zucchini, cucumbers or carrots into sticks or coins. Then dip them into prepared salsa or low fat dip.

**Banana Pops.** Peel a banana. Dip it in yogurt, then roll in crushed breakfast cereal, and freeze.

**Fruit Shake-Ups.** Put 1/2 cup low fat fruit yogurt and 1/2 cup cold fruit juice in a non-breakable, covered container. Make sure the lid is tight. Then shake it up, and pour into a cup.

**Pudding Shakes.** Use the same technique for making fruit shake-ups, but instead mix 1/2 cup cold milk with 3 tablespoons of instant pudding.

**Sandwich Cut-Outs.** Using cookie cutters with fun shapes, like dinosaurs, stars, and hearts, cut slices of cheese, meat, and whole-grain bread. Then put them together to make fun sandwiches. Eat the edges, too.

## 5-IN-1 NO-BAKE COOKIES

1/2 cup peanut butter  
1/2 cup honey or corn syrup  
1/4 cup orange juice concentrate  
1 1/2 cup nonfat dry milk solids  
Combine thoroughly. Now add ingredients from one of the following five options:

### •OR's

2 cups rolled oats  
1 1/2 cup raisins  
Mix. Shape into balls, and then flatten. Makes 3 dozen medium cookies.

### •Crispy Balls

4 cups crispy cereal  
Mix. Shape into small balls. Makes 4 dozen small balls.

### •Raisin Clusters

1/4 cup cocoa  
4 cups raisins  
Mix. Cluster into small balls. Makes about 4 dozen small clusters.

### •Coca O Balls

1/4 cup cocoa  
2 cups rolled oats  
1/4 cup chopped peanuts  
1 tsp. vanilla  
Mix. Shape into balls. Makes 2 1/2 dozen cookie balls.

### •Grahams

Add 1/4 cup raisins.  
Spread between graham crackers. Makes about 3 dozen.

**Peanut Butter Balls.** Mix peanut butter and bran or corn flakes in a bowl. Shape them into balls with clean hands. Then roll them in crushed graham crackers.

**Ice Cream-Sandwiches.** Put a small scoop of ice cream or frozen yogurt between two oatmeal cookies or frozen waffles. Make a batch of these sandwiches ahead, and freeze them.

**Ants on a Log.** Fill celery with peanut butter or cream cheese. Arrange raisins along the top.

**PBJ Crackers.** Spread peanut butter and any flavor of jelly on a reduced-salt cracker.

**Fruit Juice Popsicles.** Pour any kind of fruit juice into popsicle mold or ice-cube trays (with toothpicks for handles) and freeze.



## Upcoming Workshop at Lakeland Volunteers in Medicine:

Starting Monday July 10<sup>th</sup>-Monday August 14<sup>th</sup>

7-9 p.m.

“Eating well for Less”

Participants will receive a Certificate from the University of Florida upon completion of the Workshop.

Call the Extension Office (863)519-8677 X114

To Register or for more Information.



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