



IFAS EXTENSION

THE MARKET BASKET



Expanded Food and Nutrition Education Program

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Welcome! September is 5-a Vegetables and Fruits Month and with that in mind we will be discussing some ways to get more of these in your Children’s Diet. The “Market Basket” has a NEW design! Hope everyone likes the improvements. Included in this issue are the ever favorite “Stretching Your Food Dollar Tips” and Recipes, what’s a Nutrition Newsletter without Recipes! Also we are addressing some ways to eat healthier living with limited resources. See you next Month!

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Stretching your Food Dollar Tips:

- 19. Compare the cost of different forms of the same food - for example, canned, frozen, and fresh vegetables. Make comparisons on a ready-to serve basis
- 20. Instant nonfat dry milk may cost less per serving than fresh milk and can save you a great deal of money if you use it for cooking or drinking. Mix it half and half with fresh milk for drinking and get the flavor of fresh milk.
- 21. When buying cheese, remember that pre-sliced, individually-wrapped cheese may be more expensive than bulk or store-brand cheese. The individually-wrapped cheese may be cheese "food" rather than pure cheese. It may contain less calcium than the pure cheese
- 22. Save money by cutting a whole chicken into parts yourself.
- 23. Meats that have already been breaded will cost more. Do your own bread-ing
- 24. The less tender cuts of beef such as round, chuck, and shoulder are less expensive, but are as nutritious as the more tender cuts. Cook them right - braise or stew - and they are just as delicious

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Feeding your Family healthier on a Budget

Fast food may seem like the cheaper way to go for parents on a tight budget, but it really isn't. Nor is it very healthy. Surprisingly, healthy foods can be less expensive than some junk foods. Making simple changes can not only trim the amount of money spent on food, but become healthier alternatives your family will enjoy. A bag of apples can cost less than a container of ice cream. "It just takes time for kids and parents to adjust to a healthier way of eating." Switching to more filling, whole-grain breads and drinking water instead of sodas. These simple steps can save you a few dollars each week. Buying in-season produce is another useful tip to eating healthy on a budget. Oranges, for example, are cheaper during the winter. Berries are cheaper during the summer and can be purchased frozen year round. Canned fruits (packed in juice) and vegetables these days are healthy. Preparing ahead of time before you grocery shop will aid in saving you money. "Take the time to plan out at least a few meals each week before you leave your house for the grocery store," "Look at sale flyers, and then make a brief list of what you can make for dinner each night." Check your pantry and refrigerator. You'll probably find that you already have several side items to go with your meals. Buy what's on sale and plan our weekly menus around those items," look at the grocery flyers each week and decide which meats and produce your going to buy and which sales you can pass on ... select some additional healthy items that might not be on sale, but are necessary for a balanced diet, such as salad, nuts, yogurt and milk

Using a calendar is another good way to plan your meals. "Calendars have multi-purposes; [they] help you plan meals, decide what you'll buy and keep you from making the same meal over and over. I've developed a plan for when your children are with you," . Remind them ... that they can choose one item they'd like to buy. ... After they choose that item I remind them they can only have [that] one item.

Another step you can take is to prepare a snack for your children before leaving home. This works well for toddlers. The snack can be dried cereal or raisins. Also allow one toy for the trip to help keep your children preoccupied while you shop. Make the transition to healthier eating smoother by allowing your children to choose some foods. This can be an exciting adventure for your family. Get your kids involved in the meal planning process," says Peck. "Ask them what they want to eat." You can give your child a choice of, for example, strawberries or bananas. Peck also suggests letting your children choose a fruit or vegetable they've never had before. This is a wonderful benefit because it helps them to discover new foods on their own. Just remember – make it fun! Involving your children in meal preparations is also beneficial. Toddlers can help make a salad by tearing lettuce into little pieces. Older children can grate cheese or carrots. Allowing your children to assist in the kitchen during meal preparation helps them take an active role in the transition to better eating.



September is 5-a day Month!



By eating fruits and vegetables from each color group, you will benefit from the unique array of phytochemicals, as well as essential vitamins, minerals, and fiber that each color group has to offer. What are some of the Benefits of these Foods?

Reds:

Benefits:

Heart Health

Memory Function

Urinary Tract Health

Some Cancers



Orange and Yellows:

Benefits:

Vision Health

Heart health

A healthy Immune

System



Blue/Purple:

Benefits:

Prevents Urinary Tract Infections

Memory Function

Healthy Aging

A lower risk of some Cancers



Whites:

Benefits:

Heart health

Healthy cholesterol levels



Green:

Benefits:

Vision Health

Strong Bones & Teeth

Some Cancers





Recipes



Apple Salad

2 large apples with peel, chopped

1 cup chopped celery

½ cup walnuts (optional)

1/2 cup raisins (optional)

¼ cup mayonnaise or salad dressing



1. Place chopped apples, celery, walnuts and raisins in a bowl.

2. Stir in dressing until everything is well coated. Serve

Yogurt Parfait

1-8 ounce container vanilla or flavored yogurt

¼ cup dry cereal or granola

½ banana, sliced



Layer yogurt, cereal and sliced banana in any order you like.

Using a clear glass bowl or cup makes an attractive treat.

Orange or Purple Cow

1- 6 ounce can frozen orange or grape juice

2 cups cold water

½ cup nonfat dry milk

1 teaspoon vanilla

1 cup ice (or more)



1. Place all ingredients in blender or food processor.

2. Secure lid and blend until smooth.

Serve immediately

Butterfly Bites



3 celery stalks

6 Tablespoons softened cream cheese

12 large twist pretzels

Cream Cheese light

Raisins

Wash and clean celery. Cut into 3 inch pieces.

Fill each piece with 1 Tablespoon cream cheese. Add 2 pretzels (with loops out) on each side to create wings. Add raisins for spots and break pretzels to create two antennae.

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