



IFAS EXTENSION

THE MARKET BASKET



Expanded Food and Nutrition Education Program

October 2006
Volume 01, Issue 11

Welcome! October has arrived and so we start thinking about the approaching holidays and all the hustle and bustle. Our issue will be dealing with Sizing up our Portion Sizes and healthy Halloween treats/ideas for your youngsters! Also we are in Apple Season so I have added some information on The Benefits of Apples. Please feel free to call me if you have any suggestions on a topic you would like to see addressed here. By the way the enclosed picture was taken this past March while I was teaching a class in Lake Wales. Take care and see you in November.

Joyce Tompkins

EFNEP Program Asst.

Polk County Extension Service
(863)519-8677 ext.114

j6256@ufl.edu



Stretching your Food Dollar Tips:

- 19. Ground beef (hamburger) is usually a good buy if it is fairly lean. Extra lean ground beef will yield more meat when cooked and is lower in calories, saturated fat, and cholesterol than regular ground beef.
- 20. When comparing the cost of meat, compare cost per serving and NOT cost per pound. Sometimes a piece of boneless, lean meat may be a better buy than a cheaper cut of meat with a lot of fat and bone that costs less per pound
- 21. To figure the cost of meat per serving, divide the price per pound by the number of servings one pound will yield. A 3-ounce portion of cooked lean meat is a serving
- 22. Compare the cost of frozen and canned meats, fish, and poultry with fresh meat, fish, and poultry. The canned may cost less per serving than the fresh since there is usually no waste in the canned product. One disadvantage of canned meats is that salt has been added and thus, they are higher in sodium than fresh, unsalted meat
- 23. When buying eggs, compare the cost of medium and large. If the price of large eggs is more than 7 cents above the medium, medium size are the best buy.
- 24. Buy clean, uncracked, Grade A eggs. When shopping, open cartons to check for cracked eggs

Inside this issue:

Stretching Your Food Dollar Tips
pg 1

Halloween Ideas
pg. 2

The Health Benefits Of Apples pg. 3

Healthy Halloween Treats pg. 4

Recipes pg. 4

Halloween Ideas:

Think of Halloween as a great occasion to play dress up extraordinaire, and try to take a moderate stand on the candy. Preference for sweet foods is not a human failing--it's simply human nature.

Candy is fine in moderation, and kids and adults love it. However, it's difficult to eat anything in moderation in our society! Halloween candy usually hits grocery store shelves two months prior to the event, and it's hard to resist the tempting shiny packages of bite-sized treats. Candy is mostly sugar and fat, so we have to realize that it contributes calories with few nutrients. It's a far cry from a health food, but it is a part of the holiday.

Here are some suggestions for managing a happy and healthy Halloween:

Wait and buy candy later rather than sooner. We won't eat what we don't bring home.

Feed kids a healthy meal before they go out trick-or-treating so they won't replace dinner with candy.

Make sure children brush their teeth well after enjoying their loot. Candy won't cause juvenile delinquency, but it will cause tooth decay.

Offer alternatives. Hand out pencils, rings, bracelets, stickers, plastic snakes, sugarless gum --all those things that we typically give kids in birthday goodie bags. Just be careful of choking hazards with young kids.

If you're hosting a Halloween party, make it a seasonal festival--serve pumpkin muffins, spiced apple cider, and have the kids dunk for apples. There are plenty of games and activities that don't involve candy-- decorate little pumpkins, hold a costume contest, visit haunted houses or show a spooky movie (not too scary) with some fresh popped popcorn.

Host a pre-trick or treat Halloween dinner with spooky background music. Hand out a printed menu with gory descriptions of kids' favorite foods. For example, spaghetti and marinara sauce with shredded cheese becomes "brains with blood and pus."

Kids really love the idea of eating "gross" food on Halloween, but parents know they are eating a healthful dinner, regardless of it's name. Nutrient-rich cranberry juice mixed with apple cider and orange juice becomes "murky blood." (Drink up, children!!!)

Limit the houses that children visit. Give them a two to three block radius, so they are able to gather a moderate amount of treats only from known neighbors and friends.

With a "no big deal" approach candy is enjoyable, but its not forbidden fruit. It helps to remember that sweet treats have been enjoyed throughout the ages.

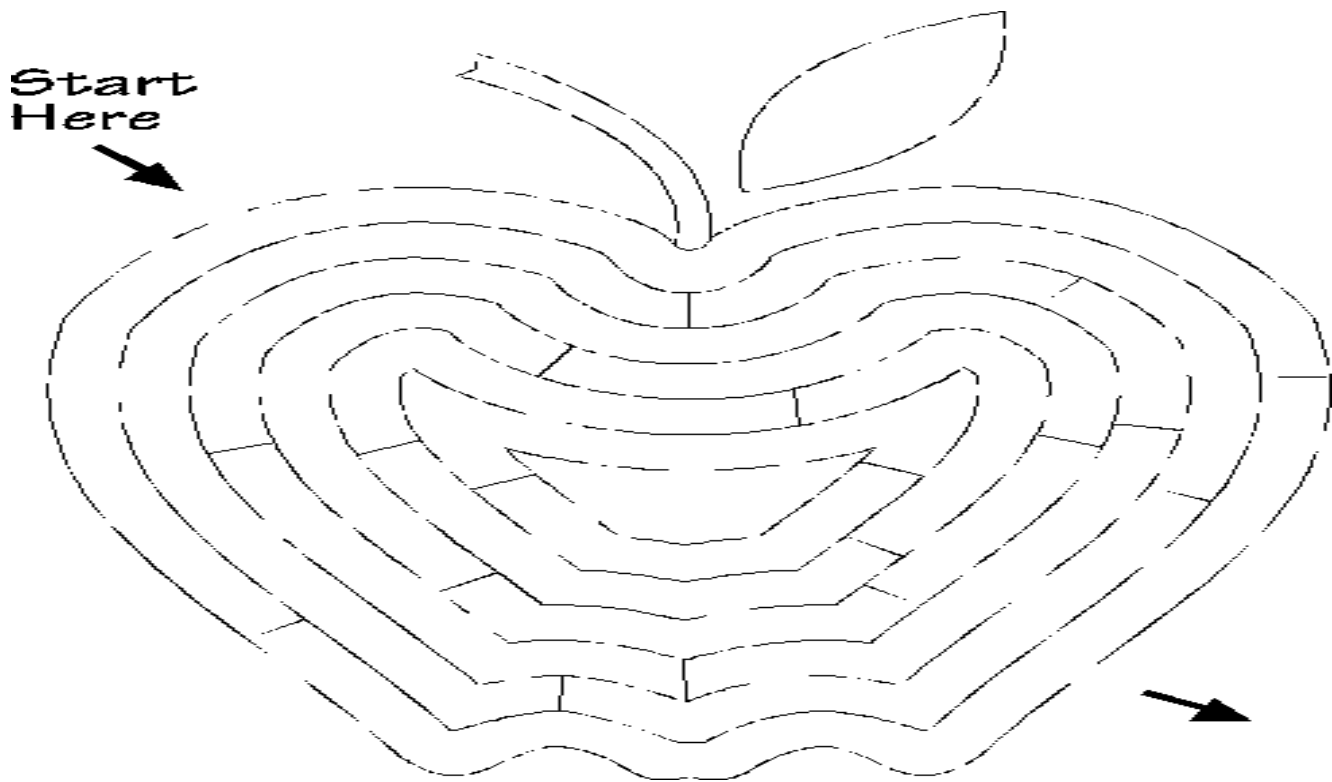


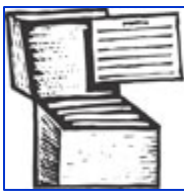
The Health Benefits of Apples:



There are many benefits from eating apples. "A apple a day keeps the doctor away" has an increasing number of supportive scientific evidences for its claim. It has been found that eating apples helps to reduce blood cholesterol, improve bowel function, reduce risk of stroke, prostate cancer, Type II diabetes and asthma. This is due to the fiber and phyto nutrients present in the apples. Diet has only been recently identified as a potential risk factor for asthma, and the Australian study sought to provide clarity regarding research evidence found to date. About 20% of the fiber in apples is soluble fiber, most of it in a form called pectin. That's as much soluble fiber as you'll find in a slice of whole wheat bread or a serving of broccoli. Soluble fiber has been shown to support healthy cholesterol levels, which contributes to heart health. Apple peel is also a source of insoluble fiber, or roughage. Both types of fiber are important to the digestive system because they help maintain regularity.

When it comes to juice, the USDA Guidelines recommend consuming 100% fruit juice, as it delivers many of the vitamins, minerals and phyto nutrients found within the whole fruit. However, they caution: "Go easy on fruit juices." With an eye toward moderating calorie intake in order to reach and maintain healthy weight levels, 100% fruit juice with no added sweeteners is a healthy option within limits. The American Academy of Pediatrics (AAP) states that only "excessive" juice consumption is associated with health concerns. A good rule of thumb is this: Limit your intake of 100% fruit juice to less than half of your daily recommended amount of fruit. For fun, have your children try the apple maze below:





Healthy Halloween Treats:



Quick Pumpkin Cupcakes

1 box regular yellow or vanilla cake mix, 2-layer-size
 2 eggs
 1 Tablespoon oil
 2/3 cup canned pumpkin
 1-1/2 teaspoons pumpkin pie spice
 1 cup water or apple juice

Decorations:

Canned low-fat vanilla frosting
 Candy corn
 Black or orange jelly beans
 Black licorice

Preheat oven to 350° F. Spray each muffin cup with non-stick cooking spray or use paper cupcake liners. Blend the cake mix with the eggs, oil, pumpkin, pumpkin pie spice, and the water or juice with mixer at low speed until moistened. Beat at medium speed for 2 minutes. Spoon into the prepared muffin pan. Bake 18 minutes or until done. Cool in pan completely before frosting. Kids will love to decorate these cupcakes. Makes about 18 cupcakes.



The Institute of Food and Agricultural Sciences (IFAS) is an equal opportunity institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations U. S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A & M, University Cooperative Extension Program, and Boards of County Commissioners Cooperating

Halloween Witch Pudding

1 bag of chocolate wafers OR vanilla wafers
 OR gingersnaps

1 large box of fat-free/ sugar free instant butterscotch pudding prepared with skim or 1% milk

1 tub of LIGHT whipped topping, thawed
 candy corn & orange sprinkles for decorating
 (or tinted orange sugar)

To assemble, place a layer of cookies in a large clear bowl (or your favorite serving bowl). Next, add a layer of pudding, then a layer of topping. Next, add a layer of crushed wafers, then a layer of pudding, and top it off with a layer of topping.

Sprinkle the top of the Witch Pudding with a few candy corn, tinted sugar or some of the crushed wafers. A few rubber spiders hanging off the rim of the bowl make a 'darling' holiday display

Monster Munch

1 Cup Dry roast peanuts -- unsalted

1/3 Cup Butter or margarine

1 Pound Marshmallows

1/2 Cup Peanut butter

3 Cups Puffed rice cereal

1 Cup Apricots -- chopped

1 Cup Raisins

In a large bowl, combine cereal, apricots, raisins and peanuts. In a microwave safe 13x9", melt butter and marshmallows on high for 2 minutes. Stir; add peanut butter cook on high 2 minutes longer. Stir until well blended, add cereal mixture to dish and toss until well coated. Working quickly with greased hand, form into balls, using about 1/2 C mixture, per ball. If mixture begins to harden, cook on high for 30 seconds, or until softened.

Makes 1 dozen balls or 2 dozen bars.