



## Information to Improve the Selection and use of Foods In Your Home

### Where's the Fruit? A Closer Look at Processed Fruit Snacks



Summer 2008 Vol. 7

Processed snacks promoting "real fruit" ingredients and flavors are popular treats for children of all ages. Brightly packaged and kid-friendly, these goodies sound like a parent's dream – fruit your child wants to eat. But a closer look at the label reveals these "fruit" treats are **no substitute** for the real thing.

Processed fruit snacks do not meet the requirements of a fruit serving. These processed fruit products are primarily carbohydrates and a lot of sugar. It's like eating candy. Even snack foods proclaiming they are made with real fruit juice can be deceiving. The real fruit juice is usually a very small amount. In that juice, you're not going to get the fiber that you would get in a piece of fresh fruit or in canned or dried fruit.



#### Two Servings a Day

The US Department of Agriculture's food guide pyramid recommends that children have two servings of fruit every day. Depending on the age of the child (young children might eat less), a serving can include:

- 1 piece of fruit
- 1/2 cup of canned fruit
- 1/4 cup of dried fruit
- 3/4 cup of 100 percent fruit juice

To help children make healthy snack choices use an approach called **environmental control**. If you set up your environment with healthy foods and healthy snacks, chances are you're going to establish those eating habits, she explains. But if you don't have healthy snacks available and stock your house with less-nutritious alternatives, your kids are going to gravitate toward those.



#### Do Your Own Packaging

Moving beyond the imagined convenience of packaged snacks is an important first step for parents. When you think about it, is it really more difficult to grab an apple, peach or banana than it is to grab that package of processed fruit snacks? Keeping fresh whole fruits available adds to the convenience factor for children, who can help themselves to healthy foods. Parents can also keep bags of orange slices, grapes or other bite-size fresh fruit in the refrigerator for nutritious, self-serve snacks. Dried fruit is another convenient "grab it and go" food. Focusing on real fruit does not mean your child cannot enjoy an occasional fruit pie or processed fruit snack. Your children can have a processed fruit snack on special occasions, but you want them to have healthy, nutritious snacks much more frequently

Source: Letitia Hess, MS, RD, CSP, LD. Cincinnati Children's Hospital Medical Center

## Word Wise

### Environmental control

Set up your environment (home) with healthy foods and healthy snacks. This will establish those healthy eating habits.



Source: Cincinnati Children's Hospital Medical Center

### For the season's best produce visit Mt. Clemens Farmers Market

#### Mount Clemens Farmers Market

*Fresh, Locally Grown Products Since 1979*

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



MARKET DAYS AND HOURS  
Fridays and Saturdays - 7 a.m. to 1 p.m.  
May thru November

#### MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between I-94 & North Bound Gratiot Avenue

## Food safety in the Home

**The most bacteria ridden object in your kitchen is:**

- a. Dish rag
- b. Kitchen sink
- c. Sponge
- d. Dirty plate on counter



C-Sponge: a smelly sponge is a sure sign that unsafe bacterial growth is occurring in it...bacteria love to grow in damp conditions. Put sponges in dishwasher regularly and replace them when worn.

**The following precaution will help prevent the spread of food-borne illnesses:**

- a. Thaw frozen meat on the counter prior to cooking
- b. Cool foods in deep pans in the refrigerator
- c. Store foods in the refrigerator below 45 degrees
- d. Keep hot foods above 140 degrees when serving them



D. Always try to keep foods out of the "danger zone" (41-140 degrees) where bacteria are most likely to grow. Make sure your refrigerator temperature is below 40°.

**Which of the following does NOT help to prevent cross contamination (germs from unclean objects accidentally touch prepared food items)?**

- a. Use clean scissors or blades to open bags of food
- b. Store raw meats, wrapped in plastic, on the top shelf of the refrigerator
- c. Use one utensil to taste and another to stir or mix food
- d. Discard old cutting boards that have cracks, crevices and excessive knife scars.

B-Even if they are wrapped in a plastic bag, always store raw meat, poultry and seafood on the bottom shelf of the refrigerator so that juices don't drip onto other foods below.



Source: Homefoodsafety.org

### Glazed Grilled Peaches

Prep: 5 min, Cook: 10 min.

- 2 Tbs. brown sugar
- 1 Tbs. Water
- 4 medium peaches, halved and pitted



Prepare grill. Combine brown sugar and water in a bowl. Place peach halves on grill over medium heat and cook 5 to 8 minutes, turning peaches occasionally and brushing with brown sugar mixture, until hot and lightly browned. Serve with meal, or as a dessert with vanilla ice cream or yogurt. Per serving: calories 72, fat 1.0 g.

Source: cooks.com



# 3 Easy Ways to Save On Food

**Fewer shopping trips can help save on fuel and food costs** Consumers these days are feeling a crunch with rising gas and food costs, and the recent condition of farms destroyed by flooding. The Department of Agriculture predicts a 4% to 5% increase in food prices this year, nearly twice the rate for 2005. Here are 3 tips to help!

**1. Shop less frequently:** One way to save time and help lower costs is to shop less frequently. Fewer trips means less money spent on impulse decisions and less money spent on fuel and transportation costs to the store. This also saves you time.

**2. Stock up on low cost frozen and pantry items especially when they are on sale:** Foods for the pantry and freezer have a much longer shelf life than refrigerated items. Frozen foods, canned goods and bulk pantry items also tend to be bulky and take more time to gather since you have to push the cart all over the store so it is more efficient to buy more of them rather than little bits each week if you can swing it. By stocking up a lot on freezer and pantry items at a discount store and when you see them on sale you can save a lot. This makes weekly shopping easier - you can dash in to the local market for a few fresh produce and dairy items. Foods prepared at home are often healthier and lower in calories than restaurant foods and you spend less for gas if you stay home as well.

**3. Choose less processed foods:** By purchasing items that are less processed you spend less money and get items that are healthier. For example, by choosing whole potatoes versus potato chips or frozen French fries, you save a lot of money per ounce. You also save fat, sodium and calories as well! A planned weekly menu will assist in this goal.

Here is a list of what to buy for the freezer based on MyPyramid:

- Bread (whole grain)
- Chicken
- Egg whites or nonfat egg substitute in cartons
- Fish and seafood (not breaded)
- Fruits
- Lean meat
- Seafood
- Turkey
- Vegetables



Source: Mypyramid.gov

Here is a list of what to buy for the pantry based on MyPyramid:

- Canned beans
- Canned tomatoes and veggies
- Canned tuna
- Fat-free dry milk powder
- Jams
- Lentils
- Oatmeal
- Pasta and whole grain pasta
- Pasta sauce
- Peanut butter
- Rice and brown rice
- Soups



Angel Food Ministries (AFM) is a terrific source of low-cost nutritious food for you and your family. Each month you receive one box of food including both fresh and frozen items. You pay only \$30 for the food which is valued at approximately \$75. Each month the food items change. To find out more about Angel Food Ministries and/or sign up, simply call 1-877-366-3646. It's a free call. There are no income limits for this program.



### Check our Web site:

[macombcountymi.gov/msuextension](http://macombcountymi.gov/msuextension)

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues

### Want to be on our mailing list? Please call!

Note: Healthy Bites may be reproduced and distributed, however, please copy with logos and resources intact. Also, please let us know the number distributed for our tally.



Copy cats permitted!



For more information or questions regarding food and nutrition, contact us!

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# MSU EXTENSION PROGRAMS

**FAMILY (586) 469-5180**

## *Alternatives to Anger*

*4 week program*

*Tuesdays, September 9, 16, 23, 30, 2008*

*6:30 pm to 8:30 pm*

*MSU Extension*

*21885 Dunham Rd, Suite 12*

*Clinton Township, MI 48036*

*Call 586-469-5180 to register*

## *MI Better Kid Care*

*Six-part program for starting an in-home child care business, 36 hours of free training*

*August 5, 8, 12, 15, 19, 22 & September 4*

*9:00 am - 4:00 pm*

*MSU Extension*

*21885 Dunham, Suite 12*

*Clinton Twp., MI 48036*

*Call 586-469-2395 to register*

## *Facing Foreclosure*

*Thursday, August 14th*

*6:30 - 9:00 p.m.*

*Chesterfield Library*

*50560 Patricia Ave*

*Chesterfield, MI 48051*

*Call 586-469-6430 to register*

**HOUSING (586) 469-6430**

### **Macomb Homebuyers Affordable**

#### **Housing Seminar**

- ◆ Renting vs. Buying
- ◆ Government & Bank Loan Programs
- ◆ Down Payment Assistance
- ◆ Saving Money & Cleaning Up Credit

Thursday August 21st, 2008

**Macomb MSU Extension**

### **Money Management**

8 Sessions, Wednesdays

Sept. 10, 17, 24,

Oct. 1, 8, 15, 22 & 29

**MSU Extension**

**21885 Dunham**

**Clinton Township, MI 48036**

Call (586) 469-6430 to register



### **Home Ownership Seminar**

FREE, three-part program provides

basic information needed

to effectively shop for

and finance a home.

July 14, 21 & 28

**Macomb MSU Extension**

**21885 Dunham, Entrance E**

**Clinton Township, MI 48036**

**NUTRITION (586) 469-6432**

Expanded Food & Nutrition Program  
for low-income families with children - 6 sessions

- ◆ One-On-One Teaching
- ◆ Menu Planning
- ◆ Group Presentation
- ◆ Stretch Your Food Dollars
- ◆ Label Reading

### **Parenting Views/Healthy Bites**

Free Newsletters

Check our website:

[www.msue.msu.edu/macomb](http://www.msue.msu.edu/macomb) for:

- Calendar of upcoming events
- Program descriptions
- Volunteer opportunities
- Past issues

### **Volunteer Opportunities**

#### **Youth Mentor Program**

Positive role modeling to at

risk youth 11 - 15

4H

Activities for families

with children 5-19

Call (586) 469-6431 for more information

