



Information To Improve the Selection and Use Of Foods In Your Home

Family Food Shopping: Spend Less, Get More

Volume XXV

You probably have your own ways to stretch your food dollar. That's great. Healthful eating doesn't cost more. It might even cost less!

Deciding What to Buy

Buy a variety of foods from the Food Guide Pyramid. Grains cereals, breads, pasta, and rice tend to cost less than other foods. Your family needs the most servings from the bread and cereal group each day, too.

Choose smaller amounts of more costly protein foods. Beans cost less than other foods from the Meat Group. Buy the amount you need, not more. Then you won't throw food away.

Figuring Out Food Costs

Check unit prices on store shelves usually below the food. They show the price per ounce, pound, quart, or some other amount. Unit prices let you compare brands and sizes to get the best buy.

Finding More Ways to Spend Less

Buy foods from bulk bins if you can. They usually cost less because you don't pay for packaging and handling. And you only buy how much you need. Use coupons and sales for foods you really want. A food isn't a bargain if no one eats it! Check the price of foods in different forms. Foods may cost more if they're partly prepared. You decide if you want to pay more to save time in the kitchen.

Source: Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Svc



Smart Shopping Tips

- ▶ Make a shopping list. Stick to it!
- ▶ Group foods on your list to match the store's layout. You'll shop faster. It's easier to remember everything, too.
- ▶ Try to shop after eating, not before. You may buy more when you're hungry.
- ▶ Shop when you have time to read labels and compare prices.
- ▶ Try to shop just once a week. It's easier to shop smart if you shop less often.
- ▶ Take food home right away. Refrigerate meat, chicken, and other perishable foods so they stay fresh and safe.

Source: Nutrition Newsletter for Parents of Young Children, USDA

****WORD WISE****

mypyramid.gov



For current nutrition information to improve or enhance your diet look at this site. It is helpful for all ages.

Source: mypyramid.gov

****APPLE CRUNCH****

Ingredients

- 8 medium cooking apples, peeled and sliced thin
- 1/3 cup flour
- 1 teaspoon cinnamon
- 1 cup rolled oats
- 1/2 cup brown sugar, packed
- 1/3 cup margarine
- Vegetable spray



Spray dish with vegetable spray. Place apples in a baking dish. In mixing bowl combine flour, cinnamon, oats and sugar. Sprinkle the oat mixture over the apples, press down lightly with a fork. Bake at 350° for 35 to 40 minutes. Calories 260, total fat 5 gram. Makes 8 servings

Source: ERIB

Food Safety and “Bag” Lunches

To help parents and children combat food borne illness, USDA is providing the following tips to ensure the safety of “bag” lunches.



- 🍏 Washing hands is one of the most common ways to stop bacteria from spreading. The first step to good food safety is to wash your hands with soap and warm water for 20 seconds before lunches are prepared or eaten.
- 🍏 It is important to wash cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item.
- 🍏 Perishable foods like prepackaged lunch combinations that include luncheon meats with crackers, cheese and condiments should be kept cold by using freezer gel packs or a frozen juice carton. Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food.
- 🍏 For foods such as chili, soups and stew, use an insulated container. Parents should fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the container closed until lunchtime so the food remains hot.
- 🍏 Pack only the amount of perishable food that will be eaten at lunch. That way, there won't be a problem about keeping leftovers safe. Preparing the food the night before and storing it in the refrigerator and packing the lunch in the morning can help keep the food cold longer.
- 🍏 Cross-contamination can occur by reusing packaging materials such as paper or plastic bags, food wraps and aluminum foil. At lunchtime, discard all used food packaging and paper bags; they might contaminate other food and cause foodborne illness. Also, discard perishable leftovers unless they can be safely chilled immediately after lunch and upon returning home.

Source: www.fsis.usda.gov

CHECK THE LABEL

Reading food labels can become a natural skill for you. Although it may take a little longer to shop at first, the benefits will be worthwhile.

For a Healthy Heart check the label. What kind of fat is present?

Nutrition Facts	
Serving Size 38 Crackers (30g) Servings Per Container About 5	
Amount Per Serving	
Calories 130	Calories from Fat 25
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 0.5 g	3%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 23mg	8%
Dietary Fiber Less Than 1 gram	3%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Source: USDA

**GIVE ME 5! TRIVIA

Peaches

- Peaches have been grown since prehistoric times.
- It is believed that Spaniards brought peaches to the United States, Central and South America. The Spanish missionaries planted the first peach trees in California.
- The United States provides about one-fourth of the world's total supply of fresh peaches.
- Peaches belong to the rose family and are a good source of vitamin C.



Source: www.fcps.edu

How to Limit Tube Time and Get Your Kids Moving

Experts recommend that kids get no more than 1-2 hours of TV/computer/video games a day — most kids get 4-6 hours. You know your child needs to watch less TV but you're dreading the screaming, yelling and crying that may follow. First and foremost, remember YOU are the parent. You run the show and part of your job is to set limits. Here are some ideas about how to limit your kid's sedentary time.

- ⑦ Have a plan. Be prepared to offer alternative activities to TV or video games. You might consider family game night, shooting some hoops, walking the dog or exploring a nearby park.
- ⑦ Be active with your kids. Experts say that what kids want more than anything else is time with their parents. To give them that, don't just send them out to play—go play with them!
- ⑦ Don't position your furniture so the TV is the main focus of the room. Remove televisions from bedrooms.
- ⑦ Plan TV watching in advance. Go through the TV guide and pick the shows you want to watch. Turn the TV on for those shows and turn it off afterwards. Don't just watch whatever comes on next.
- ⑦ Avoid using TV as a reward or punishment.
- ⑦ Practice what you preach. Your kids won't accept being restricted to two hours of TV watching if you can veg out for four hours. The best way to influence your kids' behavior is through example.

Remember, you can do it! Be strong, have a plan and don't back down. Your child's health is worth fighting for.



www.americanheart.org

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
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- Volunteer opportunities
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For more information or questions regarding food and nutrition, contact us!

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