

Healthy Tips! – February 2017

K-STATE

Research and Extension

Master Food Volunteer

Johnson County

Upcoming Classes

March—

Building a Beautiful Brunch

Brunch is the perfect time to show off your skills in the kitchen, while entertaining your friends and loved ones. Join us as we look at different ways to make a delicious and nutritious meal, sample recipes and learn fun ways to display food. Participants will receive a recipe booklet with unique ideas to duplicate.

Tuesday, March 21, 6-8pm

Fee: \$20

April—

Dining with Diabetes

Nutrition and physical activity are keys to managing your type 2 diabetes, but where do you start? The *Dining with Diabetes* program can help! Designed especially for people with type 2 diabetes, this 4-part program will help you learn the skills needed to promote good health. *Dining with Diabetes* is taught by trained and caring educators.

Wednesdays, April 19, April 26,

May 3, May 10

Fee: \$25

To register, call: 913-715-7000

Or visit: www.johnson.k-state.edu

Healthy Eating Can Be Affordable

Whole grains, vegetables, fruits, fish, low-fat milk. These foods are basic to good health, yet most children and their families don't eat enough of them. Here's some tips to get you started!

Make half your plate fruits and vegetables.

- Know when fruits and vegetables are in season (<https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce>).
- Frozen or canned vegetables and fruits may be less expensive than fresh, especially when not in season. Choose frozen vegetables without sauces, and fruits canned in juice to reduce fat and sugar.
- Buy only the foods that your family will eat before they spoil. Throwing away food is equivalent to throwing away money.
- Keep fruits and vegetables where they can be easily seen. For example, put fruit in bowls on tables or countertops so they are more visible and more likely to be eaten. Cut up vegetables like carrots, cucumbers and green peppers when you bring them home so they are readily available as snacks and to use in recipes.
- Grow some of your own vegetables. Even a few tomato plants in containers on a porch can yield a bounty of tomatoes in the summer.

Choose 100% whole grain cereals, breads, crackers, rice and pasta.

- Brown rice, oatmeal and unsweetened whole-grain cereal bought in bulk is usually a good buy. Look for whole-grain breads, tortillas and whole-grain pasta that are a good price.
- Be willing to spend a little more time preparing foods. In most cases, the more processed a food is, the more it will cost. For example, popcorn that is already popped or in a convenience form usually costs more than popcorn that needs to be popped in a kettle or popcorn popper.

Vary your protein sources—eat seafood and beans.

- Canned tuna, canned pink salmon and some frozen fish are a good buy. Tuna salad, salmon patties and fish tacos are a quick and tasty way to eat fish.
- Dry beans and peas (black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas) are a great buy whether purchased dry or canned. Drain and rinse beans with water to remove sodium.
- Use dry beans in place of some or all of the ground meat in recipes. Cooked lentils are a great meat extender or substitute for meat in spaghetti sauce and meat loaf. Similarly, cooked pinto beans work well in burritos, enchiladas and tacos.

Source: University of Wisconsin Extension



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What's happening in our EMFV Program?

Soups and Stews Warmed Us All

Dec. 7 brought not only winter's first snow flurries but also its coldest temperatures, making it a perfect time for the class, Hearty Soups and Stews for Chilly Nights. Blowout attendance with a maximum of 41 students made this one of our biggest classes to date.

EMFV Pat Stricklin, class coordinator, welcomed the group and introduced her team which included Cathy Hoffman, Betsy Homer, Linda Landreth, Sharon Lund, Denise McKenny, Carolyn Mounce, Janet Rossbach and Marilee Shrader. Agent Crystal Futrell was also there.

Pat pointed out how you can dramatically lower the sodium, trans fat and cholesterol in soup by making your own instead of eating it from a can.

Throughout the class, participants ate samples of eight different soups and stews (made at home by the team members), which were served in sturdy, compostable paper dishes. While they ate they watched a number of demonstrations: How to make stock and broth (Linda and Janet), Chicken Noodle and Fall Vegetable and Quinoa Soup (Pat), Mexican Pork Stew (Carolyn), Italian Wedding Soup (Cathy) and Oven Beef Stew (Denise and Sharon).

The Beef Stew demo featured a dry mix that can substitute for a can of condensed cream soup in a recipe. Participants got a bag of the mix to take home, as well as a recipe booklet that included all the soups they sampled. In addition to the above soups, they sampled Baked Potato, Great Lakes Salmon Chowder and Tuscan White Bean.

Not only did we pack in the class, we packed in a lot of information showing how to make healthier, more economical and satisfying fare to warm the body and soul during the cold and dark days of the year.

