

Kansas State University Agricultural Experiment Station and Cooperative Extension Service



K-State Research and Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

March/April

Are You Throwing Away Food (& Money)?

The average family wastes 10 percent of their grocery dollars on foods that spoil before they're used. This means that if your family spends \$100 a week on groceries, you could be throwing away \$40 a month of wasted food! Imagine what you could do with that extra money — and the extra time needed to shop for the food that gets wasted. Read on to find ways to reduce food wastage in your home. Then cash in on the savings!



Organize. An important way to save money at the grocery store happens before you even leave the house. Plan a week of meals and assemble a grocery list. Check your refrigerator to see what you already have and what you need to buy. The easiest way to avoid food waste is to avoid buying perishables that aren't in your menu plan. Or, adjust your meal plan if you buy perishables that you didn't originally plan to get.

Plan for "planned-overs." You will sometimes have more product than a recipe calls for. Have a plan for using these foods, such as the extra half can of some food. For instance, you could add them to a soup, or possibly freeze them for later use.



Buy less. Stuffing a refrigerator full of food makes it harder to know what's inside. Forgotten food is more likely to spoil. Buy the amount of fresh fruits and vegetables that you can eat within a day or two. Buy dried, canned or frozen fruits and vegetables to use until you shop again.

Food Patrol. Check your refrigerator daily for foods that need to be used soon. Here are some ideas for serving fruits and vegetables that are passed their best quality: Cut up mushy bananas and spongy apples and add them to muffin recipes. Chop rubbery carrots and boil with spaghetti sauce. You can boil most vegetables and add them to soup.

Twenty Seconds that Could Save Your Life

Want to avoid getting sick? Did you know that the best way to protect your health from and spare your family from infections and disease is inexpensive, easy and quick? It is as simple as washing your hands for the next 20 seconds! Many people could benefit from washing their hands more often.

Dirty Business

When should you and your family wash your hands? The United States Centers for Disease Control and Prevention recommends hand washing in these situations:



- Before eating or feeding a baby
- Before, during and after handling or preparing food
- After going to the bathroom or changing a diaper
- After sneezing, coughing or blowing your nose
- After touching pets or a pet's waste, leash or toys
- After touching garbage or anything dirty or contaminated
- Before and after tending to someone who is sick
- Whenever they look dirty

Hand Washing Tips

Turn on the faucet and wet your hands. Use soap. Rub your hands together for 20 seconds (about the time it takes to sing the "Happy Birthday" song two times). It takes that long to remove the germs. Rinse off the soap. Do not touch the sink with your hands. If possible, shut off the faucet using a towel. Dry your hands with a clean paper towel or an air dryer.

Hand Sanitizers

Alcohol-based wipes or hand gels are a good way to clean your hands if soap and water are not available. An advantage of these products is that you can use them anywhere, and they work quickly to reduce the number of germs on your hands. The amount of gel needed varies by product. Follow the product's instructions. Rub the wipe or gel all over your hands until your hands are dry.

Wash Often and Well

Use soap and water or a hand sanitizer frequently. Clean the backs of your hands, fingertips, fingernails, thumbs, and in between your fingers. Be thorough to get rid of the bacteria that can make you sick and spread germs to other people.

Source (Accessed 2/28/07): Truncated from [Clean Hands Save Lives!](http://www.cdc.gov/cleanhands), Centers for Disease Control and Prevention, www.cdc.gov/cleanhands

Newsletter developed by Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., CDE, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition. Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office.

Trans Fats Linked to Disease, Excess Weight

Health advisors recommend eating as few *trans* fats as possible. Why? Eating just two to seven grams of *trans* fats a day increases your risk of getting heart disease and of sudden death. This issue of *Dining on a Dime* describes a new reason to avoid *trans* fats, and how to do it!



More Weight, Wider Waists

Compared to eating other types of fat, eating *trans* fats is linked to more weight gain. This news was reported last fall based on an eight-year study of women nurses. For every one percent of calories eaten as *trans* fats (about 2 grams, or 20 calories, on average each day), the women were two pounds heavier, compared to women who ate no *trans* fats. Earlier studies with men showed similar results: A one percent increase in calories from *trans* fats was associated with a half-inch increase in their waistline.

The Untold Story

Choosing foods low in *trans* fats is easier now that the amount is listed on the Nutrition Facts label on food packages.

But did you know that foods labeled as “zero grams *trans* fat” might contain small amounts of these fats? If each serving has less than 0.5 grams of *trans* fats, manufacturers can claim the food has “zero g per serving.” However, if you ate five servings of a food that has 0.4 g *trans* fat per serving, you would have eaten 2 grams of *trans* fat from that food, even though the label read “zero.”

What Can You Do?

Foods that are likely to contain *trans* fats include: deep-fried foods, bakery products, packaged snack foods, crackers, shortenings and margarines.

Here’s how you can tell whether a food contains *trans* fats: First, look at the Nutrition Facts label. If it shows “*Trans* Fat 0g,” then look at the ingredients. If it lists the word “hydrogenated,” the food will contain small amounts of *trans* fats in each serving. (*Trans* fats occur during a process when oils are hardened, called “hydrogenation.”)

Choose to eat foods with as few *trans* fats and partially hydrogenated oils as possible. You’ll be a healthier and probably slimmer consumer for it!

Sources (Accessed 2/28/07): 1. Trans Fats Judged Major Villain in Cardiovascular Disease, J Groch; Apr. 13, 2006 MedPage Today, www.medpagetoday.com/PrimaryCare/DietNutrition/dh/3093 2. Trans Fat Adds More Pounds than Other Fat, Research Indicates, N Hellmich; Oct. 21, 2006 USA Today, www.usatoday.com/news/health/2006-10-21-transfat_x.htm

This material was funded by USDA’s Food Stamp Program through a program awarded by the Kansas Department of Social and Rehabilitation Services (SRS).

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.



Dining on a Dime's Cooks' Corner

Apples 'n Rice (Makes 3 servings)

This whole grain rice dish with apples makes a delicious healthy dessert. It can also be served as a breakfast food or snack!

Ingredients

- 1/3 cup uncooked brown rice (or white rice, if desired)
- Apple juice
- 1 medium apple
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla

Directions

1. In a covered saucepan, prepare rice according to package directions, except use apple juice instead of water, and do not add salt.
2. When rice is done, remove saucepan from heat.
3. Wash apple under cold running water. Let drain. Core apple, but do not peel. Chop.
4. Stir apple, cinnamon and vanilla into rice mixture.
5. Serve.
6. Cover and refrigerate leftovers within 2 hours.

Each serving (1/2 cup) provides 126 calories, 1 g fat, 29 g carbohydrate, 2 g protein, 0 mg cholesterol, 5 mg sodium and 1 g dietary fiber.

Recipe by Erin Henry and Mary Meck Higgins, Kansas State University.



**Cooperative Extension Service
K-State Research and Extension**

K-State, County Extension Councils,
Extension Districts, and the U.S.
Department of Agriculture cooperating.

K-State is an equal opportunity provider
and employer.