



# Favorite Family Food

Volume V, Issue VI,

May - Jun 2006



## Inside this issue:

2. Learning to Cook:  
Off-the-shelf  
*Spaghetti w/Clam  
Sauce*

3-4. Clip'n'Copy  
Parent Hand out:  
*Busy Families &  
Mealtime  
Las Comidas en  
Familia*

5. Is it done yet?  
*(you can't tell by  
looking)*

6. Fishing for  
Omegas 3s

7. Take a  
Balance Break

8. The Last Word  
*Spring into Summer  
Menus*

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## THIS cupboard's not bare!



Good nourishment for our families - let's start at the beginning. Stocking the cupboard well with basic supplies is the first step.

You'll have the basis for plenty of meals from this well-filled shelf, and you'll go to the store less often. This will save money since you won't be tempted by "impulse purchases".

Buying all these items at once can be a bit expensive, so plan to do this when you have a little extra cash. (Stocking the pantry can be a great gift for newlyweds!)

Once your pantry is full, it will be easier to keep it that way by replacing foods as you use them.

Here's what you need to get started:

### Protein-rich foods

- dry or canned beans and legumes (garbanzos, pintos, black beans, great northern, lentils, split peas)
- tuna, salmon, sardines, clams
- Peanut butter; other nuts; seeds
- Chicken or beef broth, meat-based soups

### Grain foods

- Oatmeal, hot rice or wheat cereals, dry cereals
- Rice, barley (for soups)
- Crackers (whole grain, graham)
- Pastas (spaghetti, macaroni, egg noodles, rotini)
- All purpose flour; biscuit mix, whole-wheat pancake mix
- Cornstarch or maicena
- Tapioca for pudding

### Vegetables & Fruits

- Whole or crushed tomatoes, tomato paste
- Canned vegetables & juices
- Canned fruits & juices
- Olives
- Vegetable broth
- Vegetable-based soups

### Fats/Sweets/Condiments

- Olive oil, canola oil, 0-trans fat shortening
- Cider vinegar (wine vinegar, rice vinegar)
- Granulated sugar, brown sugar, powdered sugar, pancake syrup, honey
- Cocoa
- Ketchup, mustard, Mayonnaise

Buy 2 of each item. Put it on your shopping list when you are down to one.

**Now** you're organized!



# So you're learning to food-shop...

Here's Spaghetti with Clam Sauce, a straight – from – the pantry supper.

- Sauté **1 med chopped onion & 1-2 large minced garlic cloves** in **¼-cup olive oil** till golden.
- Stir in **2-TBS flour and ½-tsp salt**; stir till bubbly.
- Add **1 can chopped clams w/juice, 1 bottle clam juice, 1/3 cup chopped parsley** (1/4-cup white wine optional).
- Simmer 15 minutes. Serve over hot cooked **spaghetti** with grated parmesan.

Buenos alimentos para nuestra familia- empezamos en el principio. El primer paso es aprovisionar bien el armario con alimentos básicos. Tendrá la base de muchas comidas en este estante bien lleno. Por eso no se necesita ir de compras todas las días. Puede ahorrar su dinero si no está tentado por compras impulsivas.

El comprar todos estos a una vez puede ser un poco caro. Planeé estas compras cuando tiene algunos dólares de más. (este aprovisionamiento del armario de alimentos es un buen regalo para los recién casados).

Cuando su armario esté lleno, será fácil de guardar lleno para reemplazar los alimentos al usarlos. Aquí están los alimentos que necesita para empezar.

## Alimentos ricos en proteína

- Frijoles y legumbres secos o enlatados (garbanzos, pintos, frijoles, negros, frijoles blancos “*great northern*”, lentejas, chícharos secos)
- Atún, salmón, sardinas, almejas
- Crema de cacahuete, otras nueces y semillas
- Caldo de res o de pollo; Caldos con base de carne

## Alimentos de granos

- Avena, cereales de arroz o trigo por cocinare, cereales secas
- Arroz, cebada (para caldos)
- Galletas (de grano entero o de graham)
- Pastas (espagueti, macarrón, fideos, rotini)
- Harina regular; masa harina; mezcla para bisquites o de granos integrales para panqueques
- Maicena; Tapioca para pudín

## Vegetales Y Frutas

- Jitomates enlatadas – enteros o cortados; pasta de jitomates
- Vegetales y jugos de vegetales enlatadas
- Frutas y jugos de frutas enlatadas; pasas y otras frutas secas
- Olivos
- Caldo de vegetales; Caldos con base de vegetales

## Grasa/Dulces/Condimentos

- Aceite de olivo, aceite “canola”, “0-trans fat” mantequilla
- Vinagre de cidra (vinagre de vino o de arroz)
- Azúcar regular, azúcar morena, jarabe para panqueques
- Cocoa
- Ketchup, mostaza, mayonesa
- 

Si compra dos de cada uno, usted puede agregarlo en su lista de compras cuando no tiene más de uno. ¡**Ahora** está organizado!

UCCE's  
Favorite  
Family  
Food  
2

What  
shall I fix  
for  
dinner?



Off The Shelf  
Lunch & Dinner  
Dishes

\* Tuna-Noodle  
Casserole

\* Southern-style  
Salmon Biscuits

\* 3-Bean Salad  
with Crackers

\* Toasted Peanut  
Butter'n'Honey  
Sandwiches;  
Tomato Soup

\* Pasta with White  
Beans & Tuna

\* Indian-style  
Garbanzos with  
Peanut Sauce;  
Spinach & Rice



## Busy Families and Mealtime

Mealtime can be a special time for the family to talk and listen to each other. It provides a sense of belonging and a feeling of support.

Make mealtime quality time for the family.

- Share daily experiences and enjoy each others' company.
- Avoid complaining and criticizing.

Preparing meals at home is usually less expensive than eating out or having take-out foods.

Home-made meals are generally more nutritious than those bought ready-made.

### Some healthful hints for enjoyable family meals:

***Good food  
and good  
times make  
strong and  
happy  
families!***

- Establish a family meal hour, at least once or twice a week.
- Keep the TV off and do not answer the telephone.
- Alternate who plans the meals and who makes them. This is another possible way for parents to spend time talking with their children.



- Assign roles and rotate responsibilities for each family member. For example, one child can set the table while the other places the food on the table, and everyone helps with the cleanup.



## ***Las Comidas en familia***

Las Comidas en familia son un rato muy especial porque se comparte y se platica. El comer en familia hace que todos se sientan bien y sean parte del núcleo familiar.

Haga que las comidas en familia sean un momento especial.

Compartan los eventos del día y disfruten al estar juntos.

Eviten quejarse o criticar.

El comer en casa es usualmente más económico que comer fuera o comprar alimentos ya preparados.

Las comidas hechas en casa son, por lo general, más nutritivas que las que se compran preparadas.

### **Consejos para disfrutar más de las comidas familiares:**

***¡La buena  
comida y los  
buenos ratos  
fortalecen los  
lazos  
familiares!***

- Establezca una rutina, una o dos veces por semana, de comer en familia.
- Apague el televisor.
- Una manera de lograr que padres e hijos pasen más tiempo juntos es compartiendo las responsabilidades de planear y preparar las comidas.
- Haga que todos en la familia colaboren. Por ejemplo, preparando la mesa, pasando la comida a la mesa, o lavando los platos.



UCCE's  
Favorite  
Family  
Food  
5

“Eye-balling it”  
isn't good  
enough  
anymore.

For your  
family's safety,  
learn to use a  
food  
thermometer.  
Here's how:

1. Use an  
instant-read  
thermometer to  
check the  
internal  
temperature  
toward the end  
of cooking time  
but before you  
expect the food  
to be done.

2. Place the  
food  
thermometer in  
the thickest part  
of the food and  
don't let it touch  
bone, fat or  
gristle. Wait 15  
seconds (or till  
digital  
thermometer  
beeps)

3. Compare the  
temperature with  
USDA  
guidelines  
(bottom of page)  
to see if food is  
safely cooked.

4. Wash  
thermometer  
in hot soapy  
water.

Buy this  
thermometer  
at most  
supermarkets.



“¿Está listo ya?” Sólo su  
termómetro para alimentos lo  
sabe de seguro.

No se puede saber con sólo  
mirar. ¡Para estar seguro se  
tiene que usar un termómetro  
para alimentos!

Estudios realizados han  
comprobado que el uso de un  
termómetro para alimentos es  
la única manera de saber si las  
bacterias dañinas se han  
destruido.

Por ejemplo, una de cada  
cuatro hamburguesas puede  
no haberse cocido por  
completo aún cuando parece  
estar completamente cocida.



Is it done yet?

You can't tell by  
**looking**. Use a  
**food thermometer**  
to be sure.



*This IS a safely cooked  
hamburger, cooked to a  
temperature of 160F,  
though it's pink inside.*



*This is NOT a safely  
cooked burger, cooked  
to a temperature of 135F,  
even if it's brown inside.*

Consejos para el uso de un termómetro para alimentos:

- Inserte el termómetro para alimentos en la parte más gruesa del alimento, asegurándose que no toque hueso, grasa o tendón.
- Cueza los alimentos hasta que el termómetro registre una temperatura interna de 160 °F (71.11 °C) si se trata de hamburguesas, carne de cerdo o recetas a base de huevo; 145 °F (62.77 °C) para filetes y asados de res; 170 °F (76.66 °C) para pechugas de pollo y 180 °F (82.22 °C) si se trata de aves enteras.
- Lave su termómetro para alimentos con agua caliente y jabón, antes y después de cada uso.

Ustedes pueden enviar sus preguntas (en los dos idiomas) por correo electrónico a la siguiente dirección: [mpholine.fsis@usda.gov](mailto:mpholine.fsis@usda.gov)

USDA Recommended Internal Temperatures

[www.IsItDoneYet.gov](http://www.IsItDoneYet.gov)

						
Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Ground Beef 160 °F	Egg Dishes 160 °F	Chicken Breasts 170 °F	Whole Poultry 180 °F

# Go fishing - for Omega-3s!



**¡Coma pescado, todos!** Esto es el aviso general. ¿Está embarazada o dando el pecho? ¿O estará embarazada dentro de poco? Los expertos en nutrición dicen que usted debe comer de 6 hasta 12 onzas de pescado cada semana. Si los **niños de 2-6 años** comen por lo menos 2 onzas cada semana, esto es un buen hábito.

## ¿Por que?

Los pez como el **salmón, la trucha arco iris de criadero, el arenque, la caballa de Pacífico, las sardinas o las anchoas** contienen bastante grasa nutritiva "Omega 3". Si usted come estos pescados, puede pasar estos nutrientes a su bebé. Esto ayuda en el desarrollo de un cerebro saludable. También se reduce los efectos de polución.

*¿Cómo se ve el tamaño de 6 onzas?* 3 onzas parece como un mazo de cartas.

*A mi familia le gusta ir a pescar. ¿Entonces, que? ¿Cómo puedo aprender más de estos peces?*



Si su familia va de pesca, tenga cuidado. Es mejor mirar a este sitio web - [http://www.oehha.ca.gov/fish/nor\\_cal/index.html](http://www.oehha.ca.gov/fish/nor_cal/index.html)

Si no encuentra su pez allí, algunos expertos conservadores recomiendan no más de una comida por *mes* de este pescado. El UC - y el USDA - dicen que puede comer 1 comida cada *semana* sin riesgo, si no come otras comidas de pescado en la misma semana.

## FISH FAQs -What's good to eat for me and my child?

**EVERYONE- EAT FISH!** That's the general advice. Are you **pregnant** or **breast-feeding**- or will you **soon be pregnant?** The experts say that you should eat 6-12 ounces a week. It's a good habit for **children aged 2-6 years** to eat at least 2 ounces a week.

*Why?*

Fish like **salmon, farm-raised rainbow trout, herring, mackerel, sardines** or **anchovies** have a lot of nutritious omega-3 fats. If you eat these fish, you can pass on these nutrients to your baby. This helps with healthy brain development. It also lessens the effects of exposure to pollution.

*How big is 6-ounces of fish?*

3- ounces would be about the same size as a deck of cards.

*What about the fish my family brings home from a fishing trip?*

If your family sport-fishes, be careful. It's best to look your fish up in the California Fish Consumption Advisory, just to be safe.

Go to [http://www.oehha.ca.gov/fish/nor\\_cal/index.html](http://www.oehha.ca.gov/fish/nor_cal/index.html) if your catch is not listed there, some experts are conservative and recommend only *1 meal a month from this fish*. UC and the USDA says you may safely eat *1 meal a week of this fish, if it's the only fish you eat that week*.

UCOE's  
Favorite  
Family  
Food  
66

**What about fish from the market?**

**Here's advice for pregnant or nursing moms; children under 6**

**YOU SHOULD NEVER eat:**

swordfish, shark, king mackerel, tilefish, orange roughy, fresh or frozen tuna, Chilean bass

**YOU CAN EAT 1 meal every 2 weeks of these:**

albacore, white canned tuna, halibut, snapper, or bass

**YOU CAN EAT a meal a week**

of: light canned tuna, mahi mahi, or skate

**YOU CAN EAT 2 meals a week**

of: Pollock, shrimp, farm-raised catfish, cod, crab, clams, tilapia, sole, scallops, cooked oysters, and **especially the omega-3 rich fish listed at left.**



# Balance is the key to a healthy life

Do you play rugby? Or baseball?

Do you practice martial arts?

Do you skate? Or climb?

Are you old? Are you young?



If you answered yes to any of the questions above, then **BALANCE EXERCISES** are just what you need in your daily life. Here are a few you can do anytime and anywhere, so take a balance break today.

Look around to find something sturdy nearby to hold onto if you become unsteady.

- Walk heel-to-toe. Position your heel just in front of the toes of the opposite foot each time you take a step. Your heel and toes should touch or almost touch.
- Stand on one foot (while waiting in line at the grocery store or at the bus stop, for example). Alternate feet.
- Stand up and sit down without using your hands



¿Juega *rugby*? ¿O béisbol?

¿Practica las artes marciales?

¿Va a patinar? ¿O escala montañas?

¿Es usted mayor de edad? ¿Eres joven?

Si respondió "sí" a alguna pregunta, entonces necesita **EJERCICIOS DE BALANCEAR** en su vida diaria. Aquí hay algunos que puede hacer cualquier hora y en cualquier lugar. Tome un descanso para balancear hoy día.

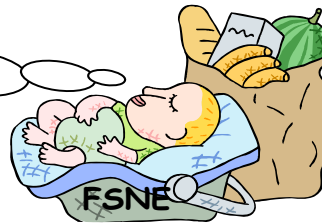
Busque algo sólido cerca para agarrar si se siente inestable.

- Ande talón-a-dedo del pie. Ponga su talón precisamente en frente de los dedos del pie opuesto cada vez que da un paso. Su talón y dedos deben tocar - o casi tocar.
- Párese en un pie - solo un pie (mientras espera en la línea en el mercado, por ejemplo). Alterne los pies.
- Levántese y siéntese sin usar las manos.



# The Last Word

FSNE Families learn how to EAT RIGHT to STAY WELL. On a budget? You can do it!



The USDA Food Stamp Program

helps participants to purchase healthful foods for better diet and funds this newsletter.



**Resolution:**  
Save \$ on Food!

**Resolution:**  
Pack more Nutrition into meals!

**Tips:**  
More Nutrition in meals -

## What'll We Have For Dinner?

## Spring Food Stamp Menus:

**Sunday:** Chipotle-BBQ Sauce Glazed Slow-Roasted Hen Turkey (freeze bones; meat for dinner later in the week) with Long-grain brown rice, Frijoles de Olla; Tortillas de Maiz; Spinach & Tomato Salad; Strawberry Shortcake

**Monday:** Meatloaf; Garlic Mashed Potatoes; Steamed Broccoli; Whole Wheat Roll; Melon Wedge with a Mini-Scoop of Vanilla Frozen Yogurt

**Tuesday:** Slow-Cooked 4-Bean Casserole (Chopped celery & onion; 1 can each of 4 different kinds of beans; mix 1-tsp dry mustard to a paste with a little water; stir in a cup of BBQ sauce and one of tomato sauce - mix with beans. Liquid should come up to the top of the beans. Cook 2 hours); Corn Bread; big Green Salad with shredded carrot, sliced steamed beets and sliced tomatoes. Have a banana split.

**Wednesday:** Roast Turkey Soup with Green Chile & Hominy, served with all the fixin's: (low-fat) sour cream, sliced radishes, shredded cabbage, chopped onion, cilantro & lime wedges; Tortillas de Maiz, Orange Flan

**Thursday:** Meatball and Pepper Sandwich on a big Roll; Baked Sweet Potato Wedges (or Garlic Potato Wedges); Spinach Salad w/Orange Sections; Maple Bread Pudding.

**Friday:** Quick Shrimp & Rice Casserole ( Saute shrimps briefly in olive oil with sliced garlic. Add 1 cup chopped fresh herbs - a combo of basil and parsley is nice - and remove from heat. Pour over a casserole dish of Risi Bisi (long-grain brown rice cooked pilaf-style with thawed green peas and diced red pepper stirred in). Garlic Bread. A big green salad with lots of veggies is always nice. Lemon Tapioca.

**Saturday:** Grilled Pork Tenderloin Slices over Caraway Noodles; Glazed Carrots; Steamed Asparagus; Whole Wheat Roll; Strawberry-Melon Cup w/Custard Sauce.

Did you notice that the menus at the left include 2 servings of veggies and 1 of fruit at EVERY meal?

That's a great habit to get into-

Some folks ask me "Why dessert every night?" Did you notice that flans, tapioca & bread puddings and custard sauce *all* have a serving of milk and some high-quality egg protein in each portion?

That's what we look for when we pack more nutrition into the meals we serve.

*Surprise! It IS possible to feed your family tasty & nutritious meals on a food stamp budget, even now in 2006. You are a smart and resourceful person – you obtained food stamps in the first place. You probably know many good ways to use this benefit. Careful menu planning helps a lot. So does careful shopping. The biggest benefit for your family and your budget comes from preparing foods at home. More taste, more nutrition and lots of LOVE are packed in home-cooked meals.*

