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Myth Busters!



¡Romperos de mitos!

Mito: “Las legumbres son demasiadas caras para servir las frecuentemente a mi familia”

Usted posiblemente ha oído esta observación- es posible que usted crea que esto sea la verdad para usted y su familia.

Hecho: Por la USDA, las porciones recomendadas cada día de legumbres son cinco, y las de frutas son cuatro. Usted puede servir estas cantidades por un costo promedio de solamente 12-centavos por porción. Sí, su familia puede disfrutar el sabor jugoso y los beneficios importantes para la salud que vienen del comer alimentos de plantas por nomás centavos por día.

¿Cómo es posible? Pues, cuando la USDA hace sus recomendaciones, hablan de “porciones” – no lo que pensamos como una ración mientras pelamos una naranja o rallamos un pedazo de repollo.

Myth: “Vegetables and fruit are too expensive to serve to my family very often” You may have heard this comment - you may even think it is true for you and your family.

Fact: You can serve the right USDA amount of vegetables (5 portions) and fruit (4 portions) each day for an average cost of only 12-cents a portion. Yes, your family can enjoy all the juicy taste and important health benefits of a plant-rich way of eating for only pennies a day.

How is this possible? Well, when the USDA makes their recommendations, they are talking about “portions” – not what we would think about as a serving when we peel an orange or shred some cabbage.

A USDA portion is ½ cup (1 cup for salad greens). That is NOT VERY MUCH. After checking it out for myself I can say: you can easily get all the veggie-fruit nutrients you need for a day. A banana, a carrot, a tomato, a medium sized peach and a couple of large apricots will do the trick. I chose these foods from a local market. I sliced them, diced them, weighed them and measured them in a cup. I did all the math – cost per ounce, ounces per portion and so on – and the results were a pleasant surprise.

When we hear the word “portion” we often think about a “serving” that might even make us a little bit full. These “portions” of fruits and vegetables are small but mighty – they sure won’t fill us up – but they will guard our families’ health with a powerhouse of nutrients.

Check it out for yourself – and then serve vegetables and fruits more often.

Many thanks to USDA’s ERS for the original research and to Marion Nestle for pointing us in the right direction.

... **De página 1...** La porción de la USDA es ½ taza (1 taza para hojas verdes de lechuga). Esto **NO ES MUCHO**.

Después de chequearlo yo mismo, puedo decir: se puede obtener fácilmente todos de las nutrientes de legumbres y frutas que se necesitan por un día. Por ejemplo, un plátano, una zanahoria, un jitomate, un durazno mediano y uno o dos chabacanos se puede servir. Escogí estos alimentos de un mercado local. Los rebané, los corté en cubos, los pesé y los medí en una taza. Hize los cálculos – costo por onza, onzas por porción y etcétera – y los resultados fueron una sorpresa agradable.

Cuando oímos la palabra “porción” muchas veces pensamos de una “ración” que posiblemente nos hacen sentir un poco lleno. Sin embargo, estas “porciones” de legumbres y frutasson chiquitas pero poderosas. Por seguro que no nos llena, pero sí protege nuestra salud con una fuente inagotable de nutrientes.

Verifíquelo para sí mismo – entonces sirva legumbres y frutas más frecuentemente.

Gracias al ERS de la USDA por las investigaciones originales y a Marion Nestle para indicar el sendero correcto.

So, you're learning to cook...

Pumpkin seeds – *pepitas* – are sweet and nutty and extra nutritious. Some people **think** that pumpkin seeds **may** protect against prostate problems, arthritis and high blood cholesterol levels. Those ideas **have yet to be proved**, but what is proved is the snackin’ goodness of these crunchy toasted bits.

Test it out for yourself this Halloween as you learn to prepare *pepitas*.

1. Remove seeds from the inside of the pumpkin and use a paper towel to wipe off all the goo. Spread them out on waxed paper or a paper bag and dry them overnight.
2. Put the seeds on a cookie sheet and sprinkle with olive oil and your favorite seasonings.
3. Bake the seeds at 300F for about ½ hour, or until golden brown. Shake the pan Now and then to keep them from burning.

Pumpkin seeds are not a commonly allergenic food.



Thanks to Nov. '05 Journal of Agricultural & Food Chemistry; Sept '04 American Journal of Clinical nutrition and the George Mateljan Foundation for this info

UCCE's
Favorite
Family
Food
2



* Add pumpkin seeds to sautéed veggies.

* Sprinkle them on top of green salads.

* Add them to your granola – or to your oatmeal-raisin cookies.

* Add chopped pumpkin seeds to hot or cold cereal.

* Mix finely chopped seeds in the ground meat for burgers or meatloaf.

* Try a tasty salad dressing made from pumpkin seeds ground with garlic, parsley & cilantro. Add olive oil & lemon juice.



*UCCE's
Favorite
Family
Food
3*

I like to eat
ants on a log!



Tom's Shopping
List

Bananas

Peaches

Watermelon

Romaine lettuce

Carrots

Celery

Salad Dressing

Peanut Butter

Raisins

Dried Plums

Canned red beans

*Whole Wheat
Rotini*

"O"s cereal

*Wheat flake
cereal*

Yogurt

Cottage Cheese

Ice Cream



Healthy Habits – Parents are the best teachers

If you offer healthy foods, your children will have a chance to eat them. Children over the age of two can eat the same healthy foods that everyone else in the family is eating. (Just offer smaller servings and leave out extra salt, sugars or peppery spices.)

Learning how to choose and buy food is an important life skill. Marketers try hard to get you to buy their products. Most of the time their ads do not show broccoli, apples or other healthy foods.

It's hard for adults to resist food advertising. It's even harder for children. They don't really know if a food is healthy or not.

Part of being a parent is learning basic nutrition information. That way you can make healthy food choices – and you can teach your children to do the same.

If you offer healthy foods, your children will have a chance to eat them.



- Make a short list for your child. Include foods with lots of nutritional value like peanut butter, canned light tuna, or popcorn.
- At the market, children can find the foods on their lists. They can learn to choose foods that are good for them. Let them use a small shopping cart.
- Let them pick their favorite vegetables, fruits or snacks like yogurt.
- Teach your children to choose cereal without lots of added sugars.
- Teach them to avoid the brightly colored "fun" cereals with marshmallow bits.
- Offer your children 3 healthier cereals and let them pick their favorite from this group.

Look over your children's food choices before you go to the check stand. You may have to "veto" some of the items in their shopping carts. Use a quiet, firm and friendly voice if you need to put some things back on the shelf.

Be sure to end this food "treasure hunt" by sitting down with your children and enjoying a treat together. Frozen yogurt topped with berries and sliced peaches would be nice.

Hábitos Saludables – los Padres son los Maestros Mejores

Si ofrecen comidas saludables a su familia, sus niños tendrán la oportunidad de comerlas. Niños con más de 2 años pueden comer los mismos alimentos que los otros miembros de la familia. (No más que ofrezca raciones más pequeñas y omita sal, azúcares y especias picantes extras.)

El aprender como escoger y comprar alimentos es una habilidad importante para la vida. Anunciantes hacen grandes esfuerzos de convencerle a comprar sus productos. La mayoría del tiempo los anuncios no muestran brócoli, manzanas o otros alimentos saludables.

El resistir anuncios de comidas es difícil para los adultos. Pero, esto es más difícil para los niños. Usualmente ellos no saben si un alimento es saludable.

Una parte de ser padre es de aprender acerca de información básica sobre nutrición. En este manera, usted puede hacer selecciones de alimentos saludables – y puede enseñar a sus hijos como hacer lo mismo.

- Haga una lista corta para su hijo. Incluye alimentos con mucha nutrición, como crema de cacahuate, atún claro enlatado, o pepitas de maíz.
- En el mercado, los niños pueden buscar los alimentos en sus listas. Ellos pueden aprender como escoger los alimentos saludables. Permítelos usar un carrito chico.
- Permítelos seleccionar sus legumbres favoritas, frutas o bocadillos como yogur.
- Enseñe a sus hijos como escoger cereales sin mucha azúcar agregada o pedacitos colorados brillantes.
- Ofrezca a sus hijos 3 tipos de cereales más saludables y déjelos escoger su favorita de este grupo.

Miren las selecciones de alimentos de sus hijos antes de pasar al cajero. Posiblemente tendrá que desaprovechar algunas cosas en sus carritos. Use una voz agradable, silenciosa y firme si necesita volver a poner algunas cosas en la estante. Juntos con sus hijos, disfruten un platillo de frutas y yogur al fin de comprar alimentos.

¡Me encantan las hormigas en un tronco!

*UCCE's
Favorite
Family
Food
4*



Lista de
Compras
de Tomás

Bananas

Duraznos

Sandía

Lechuga Romania

Zanahorias

Ápio

Aderezo

Crema de
Cacahuate

Pasas

Ciruelas Secas

Frijoles Rojos
Enlatados

Pasta de Trigo
Integral

“O”s cereal

Cereal de Trigo

Yogur

Requesón

Helado



**Si ofrecen
comidas
saludables a
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oportunidad
de
comerlas.**





Manejo seguro de frutas y verduras frescas

Compras

Hay varios pasos fáciles que usted puede tomar para ayudar a mantener sus frutas y vegetales seguras para comer.

Cuando compre productos frescos, solamente escoge frutas o vegetales sin dañados o mohosos. Si no encuentra productos de buena calidad, es mejor usar frutas y vegetales congelados – o hasta enlatados.

Seleccione frutas y vegetales precortados frescos que estén refrigerados o rodeados con hielos. Revise las fechas de consumo de los paquetes y asegúrese de elegir estos artículos antes de esa fecha.

En la carretilla del supermercado, mantenga estos productos separados de la carne cruda de res, aves, pescado o mariscos. Es mejor de poner la carne en bolsas plásticas para que la sangre o el jugo no contaminen los otros alimentos que compre.

En la caja de la tienda, embolse los vegetales y las frutas separadamente de la carne o los químicos caseros.

Gracias a Peggy Van Laanen y Amanda Scott, de Texas a & M

Safe handling of fresh fruits & vegetables

Shopping

There are several easy steps you can take to help keep fresh fruits and vegetables safe to eat.

When you are shopping for fresh vegetables and fruit, only choose produce without damage or mold. If you can't find good quality produce it's better to use frozen or even canned.

Select pre-cut fresh vegetables and fruit that are refrigerated or surrounded by ice. Avoid torn packages. Check the "use-by" date and be sure to eat the fruit or vegetables before that date.

In the shopping cart, keep your produce separate from raw meat, poultry or seafood. It's best to put the meats in plastic bags so that blood or juice does not contaminate other foods you are buying.

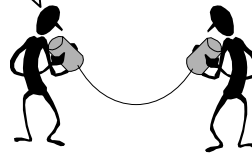
At the check out stand, make sure that fresh veggies and fruit are put in separate bags from raw meats or household chemicals.

Thanks to Peggy Van Laanen y Amanda Scott, from Texas a & M

She's a Regular Gal!

Why is that such a snacky-looking menu?

Because it's what kids like!



There's plenty of fiber in the foods she eats – that's why. To keep your digestive system healthy and regular, drink plenty of water (or *aguas frescas*) and eat enough fiber. You need 25-30 grams each day. Most people don't reach this goal, but if you eat lots of plant foods, you'll get it.

Need to change your eating habits? **“Gradually”** is the key word. Add more beans, whole grains, nuts, seeds, and cooked and raw vegetables and fruit to your meals.

Try this menu, and then make up some of your own:

Breakfast:	Breakfast Burrito (corn tortilla, egg, cheese, tomato, beans)	7 grams
Lunch	Creamy Spinach Dip & Baked Chips	11 grams
	Pico de Gallo	3.5 grams
Snack:	Popcorn; also - Fruit Smoothie	3.9 grams
Dinner:	Hamburger on WW Bun w/the works	9 grams
	Garlic Potato Wedges	4 grams
Total for day:		40 grams fiber

¡Ella es una chica regular!

Porqué – hay mucha fibra en los alimentos que come. Para mantener su sistema digestivo saludable y regular, tome mucha agua (o *aguas frescas*) y coma suficiente fibra. Usted necesita 25-30 gramos cada día. Mucha gente no alcanzan este objetivo, pero si come muchos alimentos de plantas, *usted lo alcanzará*.

¿Se necesita cambiar sus hábitos de comer? **“Gradualmente”** esta es la palabra clava. Agregue a sus comidas más frijoles, granos integrales, nueces, semillas y legumbres y frutas (crudos y cocidos).

Pruebe este menú – entonces elabore algunas suyas.

Desayuno:	Burrito (tortilla de maíz, blanquillo, queso, jitotomate, frijoles)	7 gms
Lonche	Salsa de Espinaca y Doritos Horneados	11 gramos
	Pico de Gallo	3.5 gramos
Bocadillo:	Papitas de maíz; Licuado de Frutas	3.9 gramos
Cena:	Hamburguesa en Pan de Trigo Integral con” todo”	9 gramos
	Trozos de Papas Asados con Ajo	4 gramos
Total por día:		40 gramos de fibra

UCICE's
Favorite
Family
Food
66



Walk & Watch the Changing Season



As the season changes, cooler temperatures arrive (we hope!). The sky is clear, piles of pumpkins are stacked in the fields – the harvest is in. It's an *invigorating* time of year to get out and walk with your family for exercise.

If it's been awhile since you walked briskly, start with this easy routine. It's suitable for all ages. It's good for your heart. It's even a good choice if you are recovering from illness or surgery (ALWAYS check with your doctor before beginning an exercise program).

- Start walking at an easy pace for 5-10 minutes.
- Stop and find a fence or pole for support while you do gentle stretches for about 5 minutes. (Examples: With your shoulders & back straight, look over your left shoulder as far as you can, then over your right shoulder. Repeat several times.

Reach to the sky with your left hand; stre-e-e-tch up high. Now repeat with the right.

Holding your support, bend one leg slightly. Swing the other leg several times. Reverse legs & repeat.)

- Start walking again and keep up a good pace (you should be breathing harder but still be able to speak comfortably). Walk 30-60 minutes.
- End with another 5 minutes of stretches.



Cuando cambia la estación del año, las temperaturas bajan. el cielo está claro, hay calabazas amontonadas en los campos – la cosecha está casi completa. Esta es una época del año estimulante para caminar juntos con su familia.

Si hace tiempo desde que usted ha caminado con brío, empiece con esta rutina fácil. Es apropiado para todas edades. Es buena para su corazón. Es hasta una buen elección si usted está recuperándose de enfermedad o de cirugía (SIEMPRE hablá con su doctor antes de empezar un programa de ejercicios).

- Empiece a caminar con un paso fácil por 5-10 minutos.
- Deje de caminar y busque una cerca o un poste para apoyarse mientras se estire suavemente por casi 5 minutos. (Ejemplos: Con sus hombros y espalda rectos, mire sobre su hombro izquierdo lo más lejos que pueda, entonces sobre su hombro derecho. Repítelo varias veces.

Alcance al cielo con su mano izquierda arriba; estírese muy alto. Entonces use la mano derecha y repítelo esto varias veces.

Mientras se sujete al poste, doble una pierna ligeramente. Balancée la otra pierna enfrente y por atrás, varias veces. Usando la otra pierna, repítelo.)

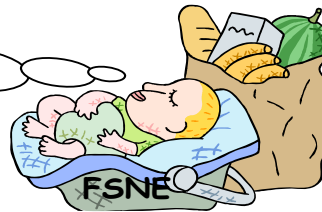
- Empiece a caminar otra vez y mantenga un paso bueno (debe respirar con fuerza pero todavía hablando confortablemente). Camine 30-60 minutos.

- Termine con otros 5 minutos de estirarse.



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 healthy foods for better diet and funds this newsletter.



Resolution:
Save \$ on
Food!

Resolution:
Pack more
Nutrition
into meals!
Tips:

What'll We Have For Dinner?

Harvest Food Stamp Menus:

Sunday: Grilled Pork Chops, Cabbage Sauté (add sliced garlic & onions and cook till cabbage is just limp but still really green. A few caraway or fennel seeds would be nice if you have them), Glazed Carrots, Steamed Small Potato w/Chopped Parsley. Brownie Pudding

Monday: -Stuffed Peppers, Whole Wheat Rotini (pour some of the pan sauce from the peppers over the noodles), Spinach Salad with low-fat Ranch and home-made croutons; Sundae with vanilla frozen yogurt and late peaches.

Tuesday: - Oven-fried chicken thighs* (*save a few for Thurs dinner), sweet potato wedges, big dark green salad w/garden vegetables, w.w. dinner roll; bread pudding with raspberry sauce (put berries in blender to puree).

Wednesday: Slow cooker beans & ham hocks* (*save 1 for Thurs dinner), sautéed Swiss chard with garlic, whole grain bread with a little honey, Indian Summer Fresh Fruit Compote (Dice these fruits & top them with a little vanilla frozen yogurt softened and mixed with a smidgen of cinnamon: Bartlett pears, Gravenstein apples – the light green ones with many red stripes-, red flame grapes, Greengage plums & wedges of figs)

Thursday: Harvest Jambalaya: a casserole using brown rice cooked pilaf style (brown in olive oil first, then cook in broth till done) stirred together with bits of the cooked-ahead chicken and ham, up to a cup of green peas (throw them in frozen- theyll be just right after a minute or so) and lots of ripe red bell peppers that have been sautéed till nicely done with garlic and onion. Add a big dark green salad, garlic bread and a lemony pudding.

Friday: Grilled Mackerel, Steamed Potato with Chopped Parsley, Sliced Tomato & Cucumber Vinaigrette; Apple Crisp.

Saturday: - Slow-Cooker Minestrone (use lots of harvest veggies: Tomatoes, Bell Peppers, Squash, Chard), Garlic Bread, Fresh Fruit Salad with Ricotta Dressing , Oatmeal-Raisin Cookies

**Remember, you can cook ham hocks the day before, refrigerate and discard hardened fat to use in this low-fat dish.*

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.

Right now you'll find peppers, onions, tomatoes, squash, & chard available, at peak flavor. Feature these vegetables in your family's meals. Enjoy!

Mackerel is the featured fish in these menus. Mmm! Tasty! It provides Lots of Omega 3s and is also **quite** inexpensive. If need be, you can use Tilapia, which is often on sale.

Have you tried making croutons for salad or soup? Save bread ends, tightly wrapped, in the freezer. Dice them & toast them in a 350F oven till golden. Bread ends are also used for puddings-.

