

NEWS

You Can Use

January 2015

NUTRITION EDUCATION WITH SENIORS



It's simple to enjoy fruits and vegetables year-round, as fresh, frozen, canned, dried and 100% juice counts toward your daily servings of fruits and vegetables. During the winter months (December through February), the following produce items are in season:



- Brussels sprouts
- Clementines
- Grapefruit
- Kale
- Kiwifruit
- Oranges
- Pears
- Pomegranates
- Sweet potatoes
- Tangerines

NOTE: If you are unable to find a specific fruit or vegetable in the produce aisle, be sure to check for the frozen or canned version. Frozen and canned produce are just as nutrient-rich and fresh because they are picked during their peak growing season.

For a delicious crunch, try corn biscuits!

Corn biscuits, also known as Corn Chex™, are a ready-to-eat cereal which contain added vitamins and minerals. Cereal makes for a healthy, fast snack or meal. Add an extra “nutrition punch” by topping it with some seasonal fruit!

Storage:

- ◆ Check the product's “Best By” or “Best if Used By” date which indicates how long the corn biscuits will stay at peak quality.
- ◆ Store the unopened box of corn biscuits in a cool, dry place such as a kitchen pantry or cabinet for up to one year.
- ◆ Once opened, transfer the corn biscuits into an airtight container or keep the bag tightly sealed. Use within two to three months.

Nutrition: One cup of corn biscuits:

- ◆ Counts as a one-ounce equivalent from the MyPlate grain group
- ◆ Is cholesterol-free and low in fat and sugar, and provides 50% of the Daily Value (DV) for iron, 20% of the DV for vitamin C and 15% of the DV for vitamin A

Uses:

- ◆ Top with fruit and low-fat or fat-free milk for a quick, nutrient-rich breakfast
- ◆ Instead of bread crumbs in recipes, use crushed corn biscuits
- ◆ As an ingredient for a delicious snack mix (see recipe on the back page)



Money-Saving Tips for the New Year

- **Eat out less, eat in more.** Freeze leftovers and use leftover ingredients to create other meals throughout the week.
- **Ask for discounts.** When visiting museums, movie theaters or other events, ask if they sell reduced price tickets for adults age 60+ years. Also, check your local grocery store to find out if they offer a senior discount (usually 5%) on a given day of the week.
- **Request a price match.** If you find that a specific item is cheaper at another store, ask the store you are at if they will match the price. Doing so will help limit the time you spend traveling to different stores to get the “best price.”
- **Plan meals ahead.** Before you go shopping, create an inventory of items in your refrigerator and kitchen pantry. Next, make a list of ingredients needed to make meals for the week. Both of these smart, pre-shopping techniques will reduce the likelihood of purchasing doubles.



Source: Seattle Times

Take-Along Trail Mix

Serving Size: ½ cup
Serves: 8

Ingredients:

1 cup corn biscuit cereal
1 cup sweetened cereal (such as Honey Nut Cheerios®, Frosted Mini-Wheats® or Life®)
1 cup small pretzel twists
½ cup dried fruit (raisins, dried cranberries, dried apricots or pineapple, chopped into small pieces)
½ cup peanuts

Instructions:

1. Mix together all ingredients in a large bowl.
2. Store in an airtight container in a kitchen pantry or cabinet for about one week or in the freezer for several weeks.

Nutritional analysis (about ½ cup): 129 calories, 5 g fat, 0.7 g saturated, 0 g trans, 160.5 mg sodium, 19.2 g carbohydrates, 1.9 g fiber, 7.2 g sugar, 3.6 g protein

Source: Adapted from <http://www.extension.iastate.edu/foodsavings/recipes/take-along-trail-mix>



Helpful Resources

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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