

# Eat Well!

A Newsletter for Healthy Eating



## Food Waste: Let's Talk Trash!

**Winter  
2016**

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Kate Yerxa, Extension Educator

About 90 billion pounds of food is wasted each year. There is the need to reduce food waste as the population grows. Food waste costs each person \$370 per year.<sup>1</sup> Plus, food waste goes to feeding landfills and not to feeding people. If wasted food was food we could eat, it would feed 25 million more Americans each year.

What is food waste? Food waste is food that goes uneaten. This may be fresh food that goes bad before it is eaten, or canned food that is past its expiration date.

How can you reduce food waste? Below are a few tips to get you started:

- Plan your meals.
- Store fresh foods to reduce the chance they go bad.



- Organize your refrigerator and cupboards to make sure you use the oldest food first.
- Use leftovers for lunches and other meals.



- Freeze leftovers to eat at a later time.

Small changes can add up and help you reduce food waste.



<sup>1</sup>United States Department of Agriculture. *Let's Talk Trash*, [www.choosemyplate.gov/lets-talk-trash](http://www.choosemyplate.gov/lets-talk-trash).



**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well* newsletter to find great tips to save money on food. **SAVE MONEY.**

# Food Bites

## Keep It Clean

By Kimberly Thomas, ISU Dietetic Intern

When feeding your family a healthy diet, it is important to eat enough of fruits and vegetables. Try to make half your plate fruits and vegetables at each meal. All forms of fruits and vegetables are healthy, including fresh, frozen or canned. Check out [www.choosemyplate.gov](http://www.choosemyplate.gov) to view the recommendations for fruits and vegetables.



Following these safety tips for cooking, storing and buying fruits and vegetables will keep you from getting sick.

### Purchasing Fruits and Vegetables

- Do not buy fresh vegetables or fruits that have bruises or cuts in the skins.
- Do not purchase canned fruits or vegetables if cans are dented or rusted.
- Do not purchase frozen fruits or vegetables, if bags are dirty or torn.



### Fresh Fruits and Vegetables

- Wash fresh fruits and vegetables in cold water before peeling, cutting, eating or cooking, even fruits and vegetables with skins that will be peeled.



- Fruits and vegetables like broccoli or leafy greens should soak in cold water for two minutes. Dry the leafy greens with clean paper towels before preparing.
- Once washed, refrigerate fruits and vegetables immediately unless using. Your refrigerator should be kept between 35- 40° F.
- Do not re-wash fresh produce that has already been washed.
- Special fruit and vegetable washes are not necessary.
- Always wash your hands with warm soapy water before preparing or eating fresh fruits or vegetables.



*Adapted from The University of Maine Cooperative Extension, Bulletin #4336, Best Way to Wash Fruits and Vegetables <http://extension.umaine.edu/publications/4336e/>.*



# Kid's Korner

## Fun Fruit Parfait

*Enjoy fruit all year long with this delicious parfait!*

Winter months are the time to enjoy fresh citrus fruits such as oranges, grapefruit and clementines. Frozen berries and peaches make great replacements for fresh fruit. Try this recipe and enjoy fruit all year long.

### Ingredients

- 1 cup lowfat or nonfat vanilla yogurt
- ¼ cup frozen fruit
- ¼ cup cereal (for example, Cheerios)
- 2 orange slices

### Directions

1. Choose a tall clear glass.
2. Put a large spoonful of yogurt in the bottom of the glass.
3. Next put half of the frozen fruit pieces on the yogurt.
4. Put another spoonful of yogurt on top of the fruit.
5. Next put half of the cereal on top of the fruit.
6. Follow with another spoonful of yogurt and the other half of the frozen fruit.
7. Finish with a small scoop of yogurt and top with the rest of the cereal and the orange slices. Enjoy!



### Nutrition Facts

Serving Size 8 oz (303g)  
Servings Per Container 1

Amount Per Serving

**Calories 210**    **Calories from Fat 35**

% Daily Value\*

**Total Fat 3.5g**    **5%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 20mg**    **7%**

**Sodium 210mg**    **9%**

**Total Carbohydrate 30g**    **10%**

Dietary Fiber 2g    **8%**

Sugars 22g

**Protein 12g**

Vitamin A 15%    •    Vitamin C 50%

Calcium 45%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Makes 1 serving    Serving Size: 1 cup

Cost per serving: \$1.55

# Ask Eat Well

Diane Qualey

Community Education Assistant, Cumberland County

Diane has worked for the UMaine Cooperative Extension Eat Well Program for 20 years and has been an active 4-H leader for over 40 years. She takes pride in ensuring that her clients and youth members understand the value of healthy living and eating. In her free time, Diane enjoys playing with her five grandchildren, quilting and camping. Diane actively volunteers for the Special Olympics, her town library and for several country fair associations.



## Q. What is the best way to store winter squash?

**A.** The best way to store winter squash is to keep them in a cool, dry place. The different Maine varieties of winter squash are acorn, butternut, buttercup, hubbard, and spaghetti, which are available from September to February. My favorite is buttercup squash.

Winter squash will keep for several months after harvesting and are always eaten cooked. Most

varieties have orange flesh that is slightly sweet with a nutty flavor.

For an extra treat, you can save the seeds and bake them. Wash the seeds, add a little salt or cinnamon and sugar and then toast them in your oven at 350°F for 20 minutes.

Source: UMaine Extension Bulletin #4176, Vegetables and Fruits for Health: Winter Squash and Pumpkins <http://umaine.edu/publications/4176e/>.

## Preparing Winter Squash

<b>Steaming</b>	<ol style="list-style-type: none"><li>1. Wash, peel and cut the vegetable into two-inch cubes.</li><li>2. Steam for 25-40 minutes, or until the vegetable is fork-tender.</li></ol> <p><i>Another option is to steam larger pieces with the rind left on. Once they are cooked, the rind can easily be removed. Once steamed, the squash and pumpkin can be served cubed or mashed.</i></p>
<b>Baking</b>	<ol style="list-style-type: none"><li>1. Wash squash. If the squash is smaller just cut in in half. If it is large, cut it into individual portions to shorten the baking time.</li><li>2. Once cut, scoop out all of the seeds and fibers.</li><li>3. Bake the vegetables at 400° F for 1 to 1 ½ hours.</li></ol> <p><i>Best types of squash to bake are acorn or butternut squash.</i></p>

**Eat Well** is published four times a year for current, past and future UMaine Extension Eat Well program participants. For more information on Eat Well, contact your County Extension office. **Managing Editor:** Kate Yerxa, MS, RD, **Extension Editor:** Phoebe Nylund, Eat Well Program. **Eat Well Committee:** Kathleen Savoie, MS, RD, Extension Educator; Kate Yerxa, MS, RD, Extension Educator; and Christine Finemore, Community Education Assistant. **Design and Production:** Phoebe Nylund, Eat Well Program.

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# Food Safety Corner

## Don't Throw \$ Away

By Kimberly Thomas, ISU Dietetic Intern

Proper shopping, storage and preparing of foods will keep money in your pocket and reduce food waste.

### Four Tips to Keep Your Food Safe

#### CLEAN

- Wash hands and countertops with warm soapy water before preparing any food.
- Wash cutting boards and utensils in warm soapy water.
- Wash all fruits and vegetables before eating or preparing, scrub those with rough skin.

#### SEPARATE

- Keep meats and eggs separated from fresh foods in your grocery cart, bags and refrigerator.
- Use separate cutting boards for meats and vegetables or fruits.
- Do not put cooked food on a plate that held raw food.

#### COOK IT RIGHT!

- Use a meat thermometer and cook foods to safe internal temperatures – *See chart in next column.*
- Never eat raw or under cooked eggs.
- For microwaves: Always use microwave safe dishes and wraps and cook according to package directions.
- Always heat leftovers and sauces until the temperature is 165°F.

#### CHILL PROMPTLY

- Refrigerate or freeze meats and produce within two hours of purchase.
- If freezing, wrap with plastic or aluminum foil over original packaging.

- Never defrost meats at room temperature. Instead defrost in the refrigerator for 24 hours.
- Place leftovers in small portions in shallow containers and refrigerate.
- Keep food uncovered after cooking to cool down more quickly. Refrigerate within two hours.
- Use gel packs, in insulated lunch bags, to keep packed lunches cold.

#### SAFE INTERNAL TEMPERATURES CHART

Food	Safe Temperatures
Ground Meat and Meat Mixtures	
Beef, pork, veal, lamb	160° F
Turkey, chicken	165° F
Fresh beef, veal, lamb, steaks, roasts, chops	145° F
Poultry	
Chicken and turkey, whole Poultry breasts, roasts	165° F
Poultry thighs, legs, wings	165° F
Duck and goose	165° F
Fresh Pork	
Ham, fresh	160° F
Ham, precooked (to reheat)	140° F
Eggs	
Eggs - cook until yolk and white are firm and egg dishes	160° F
Leftovers and casseroles	165° F



## Quick and Easy Eat Well Recipe

### Creamy White Bean Chili



This recipe is terrific for leftover turkey or chicken!

#### Ingredients

- 1 tablespoon canola oil
- 1 medium onion, chopped
- 2 cups chopped, cooked chicken (chop into ½ inch cubes)
- 2 (15.5 oz) cans low-sodium white cannellini beans
- 1 (15 oz) can low-sodium chicken broth
- 2 (4 oz) cans chopped green chilies (drain off liquid)
- 1 tablespoon of low-sodium taco seasoning
- ½ cup lowfat plain yogurt
- ½ cup shredded lowfat cheddar cheese (optional)

#### Directions

1. In a large saucepan, add oil and sauté onions over medium heat for approximately 10 minutes.
2. Add chicken and stir.
3. Drain and rinse the beans. Add the beans, broth, green chilies and taco seasoning.
4. Heat until boiling. Reduce heat to a simmer and cook uncovered 30 minutes.
5. Stir in yogurt.
6. Top each serving with one ounce of shredded cheddar cheese, if desired.

Makes 6 servings    Serving size: 1½ cups    Cost per recipe: \$10.00    Cost per serving: \$1.66

#### Nutrition Facts

Serving Size 1 1/2 cups (377g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 330	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 610mg	<b>25%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 4g	
<b>Protein</b> 30g	
Vitamin A 2%	• Vitamin C 25%
Calcium 15%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
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Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	