



Spring 2016

Inside

- **Food Bites**
Backyard Composting
- **Kid's Korner**
Growing Herbs
- **Ask Eat Well**
Debra Spurling,
Hancock County
- **Eat Well Recipe**
Breakfast Spaghetti
Pie
- **Food Safety**
Egg Safety



Eat Well!

A Newsletter for Healthy Eating

Reduce, Reuse, Save Money

By Kimberly Thomas, ISU Dietetic Intern

In America, wasting food costs a family of four approximately \$1500 per year and produces lots of extra trash. Try these tips to help your family save money and reduce the amount of trash they produce.

Before you shop:

1. Check the items you already have in your cabinets and refrigerator.
2. Think about your week ahead, work, school and sporting events and plan quick meals for those days or use leftovers.
3. Create a calendar for the week that lists family events and meals so everyone know the plan for meals.
4. Review the school lunch menu and the days your children will be eating school meals so that you don't have to plan lunch for them on those days.
5. Review grocery store flyers and store specials for items on sale.

6. Make a grocery list that includes all ingredients needed for the dinners, and add the items needed for lunches and breakfasts.



At the store:

7. Use your list and stick to it.
8. Shop for frozen and refrigerated items last to help keep them safe and cold.
9. Keep a cooler or insulated bag in your car to keep cold foods, cold in case you are not going directly home.

By following these tips you will save money on gas and time, with less trips to the grocery store. You will reduce waste by only buying what you need and using it all.



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

Backyard Composting

Kathy Savoie, Extension Educator

Backyard composting is another great way to help reduce the amount of food loss and waste throughout the United States. Consider that about 90 billion pounds of edible food goes uneaten each year.¹ This costs most people about \$370 each year.

Did you know that food scraps and yard waste make up 20-30% of the waste stream?

Backyard composting helps to keep these materials out of landfills, cuts down on your trash costs and creates rich compost for your lawn and garden!

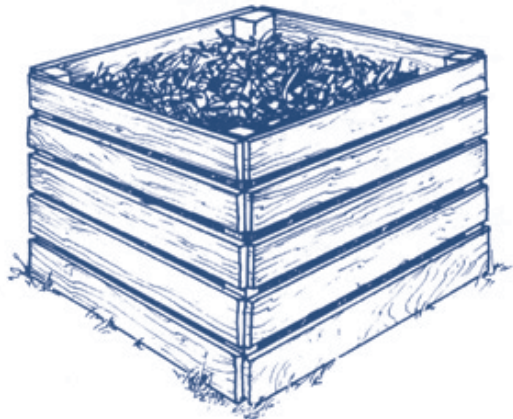
For more information on how to start composting, check out these resources:

<http://umaine.edu/publications/1143e/>

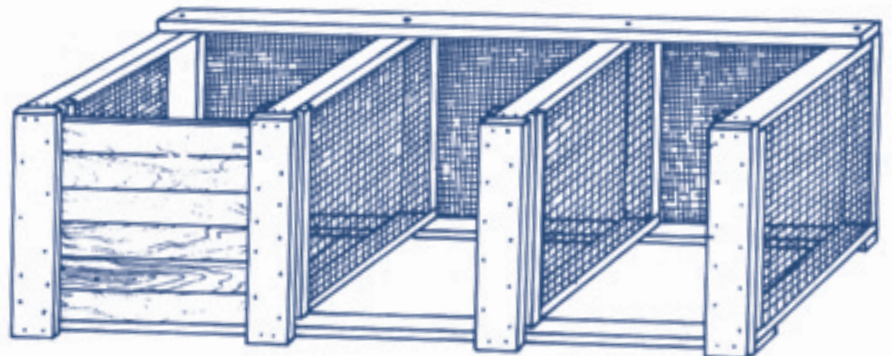
<http://www.choosemyplate.gov/lets-talk-trash>

<http://www.choosemyplate.gov/sites/default/files/misc/CompostGuide.pdf>

¹ Buzby, J.C., Wells, H.F., and Hyman, J. 2014. *The Estimated Amount, Value, and Calories of Postharvest Food Losses at the Retail and Consumer Levels in the United States*. Economic Research Service, U.S. Department of Agriculture, Economic Information Bulletin Number 121 (Feb.).



A single compost bin is the easiest and least time-consuming way to compost your yard wastes.



A series of three or more bins is great for those who have a lot of yard waste. It allows waste to be turned on a regular schedule.



Kitchen scraps without meat, bones or fatty foods will help produce high-quality, rich compost for your vegetables, flowers and garden.



Kid's Korner

Growing Herbs



This is a simple and inexpensive way to grow fresh herbs in your kitchen and to have fun at the same time!

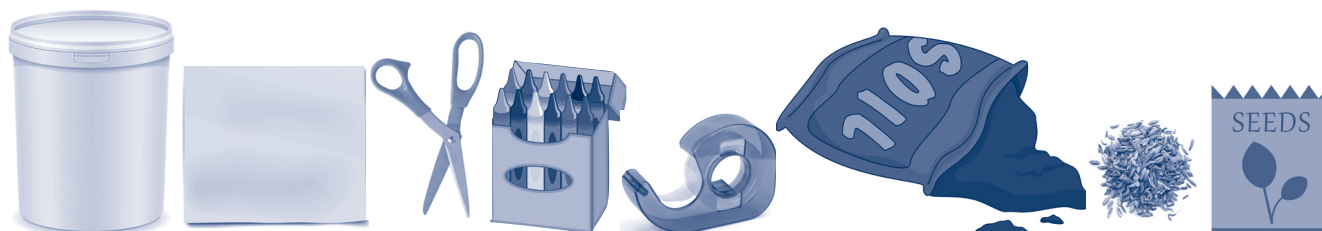
Materials Needed:

- An empty plastic food container (such as a yogurt or cottage cheese container)
- Plain white paper
- Crayons
- Tape
- Scissors
- Potting soil
- Herb Seeds



Directions:

1. Clean the plastic food container with soap and water and let it dry.
2. Poke a few holes in the bottom of the container for drainage.
3. Keep the container lid and use it as a drain plate under the container.
4. Cut paper to match the height of the sides of the container.
5. Have your child decorate the paper however he or she likes.
6. Wrap the decorated paper around the container and tape the edges so it is secure to the container.
7. Fill the container within an inch of the top with potting soil.
8. Read the directions on the seed packet for planting depth. Place seeds into the hole and cover with soil.
9. Water gently and place in a sunny, warm window.
10. Watch your herbs grow. Once the herbs are about five inches tall and have many leaves, they are ready to be used. Parsley, chives, basil and mint are easiest to grow.



Ask Eat Well

Debra Spurling

Community Education Assistant, Hancock County

Debra has worked for the University of Maine Cooperative Extension Eat Well Nutrition Program in Hancock County for 20 years. She really enjoys working with adults and children both at home and in schools.

Debra and her husband live on Mount Desert Island, in the house that she grew up in. She enjoys gardening and supervising her husband on their home improvement projects. She has two children and one very special granddaughter.



Q. I know eggs are inexpensive, but I don't use them very much. What are some quick and tasty meal ideas that use eggs?

A. Eggs are a great source of protein. Keeping hard boiled eggs in the refrigerator for a quick breakfast is a good way to start the day.

For other quick and tasty meal ideas, try making a frittata, quesadilla, fried rice, French toast or an omelet.

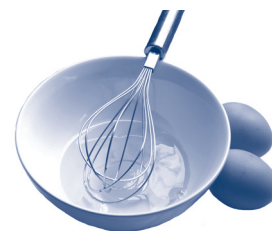
Vegetable Frittata Recipe

Ingredients

4 eggs
¼ cup of skim or 1% milk
Seasoning (salt and pepper to taste)
1 cup of fresh or frozen vegetables (using two or three different vegetables such as broccoli, onion, peppers, spinach or any other leftover vegetable in your refrigerator)
1 tablespoon butter
¼ cup shredded cheddar or Monterey Jack cheese

Directions

1. Heat oven to 300° F.
2. Beat eggs, milk and seasoning in a bowl.
3. Cut up vegetables and add to egg mixture.
4. Heat oven-safe skillet with butter. When butter is melted, pour in egg and vegetable mixture.
5. Cook over low to medium heat until eggs are almost set.
6. Add shredded cheese.
7. Put skillet in a 300° F oven for two to five minutes until cheese is melted and eggs are completely set.



Makes 4 servings Serving size: 1 slice
Cost per recipe: \$1.89 Cost per serving: \$0.47

Frittatas make a healthy, quick, and tasty meal!

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.

This material was funded by the National Institute for Food and Agriculture's (NIFA) Expanded Food and Nutrition Education Program (EFNEP).

This institution is an equal opportunity provider and employer.

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information, or veteran status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, 581.1226, coinfo@umit.maine.edu.

Quick and Easy Eat Well Recipe

Breakfast Spaghetti Pie



This recipe is great for using up leftover spaghetti. Adding eggs and cheese makes it a perfect breakfast that includes grains and protein for lasting energy.

Ingredients

- 4 cups plain, cooked spaghetti (½ box of uncooked spaghetti)
- 4 teaspoons olive or canola oil
- 2 small onions, chopped
- 4 large eggs
- ½ cup skim or 1% milk
- ⅓ cup grated parmesan or shredded lowfat cheddar cheese
- 1 tablespoon dried oregano
- ½ teaspoon ground pepper
- 1 (14.5 oz) can of drained, low-sodium diced tomatoes

Optional, any leftover cooked vegetables such as broccoli, carrots or peas.

Directions

1. If not using leftover spaghetti. Cook spaghetti in a large pot of boiling water until tender but firm. Drain in a colander and rinse with cold water.
2. Heat oil in a large non-stick skillet over medium heat. Add onions and cook until soft and golden brown, approximately 10-12 minutes.
3. Beat eggs and milk together in a large bowl. Combine with onions, cheese, oregano, pepper and tomatoes. Add spaghetti and extra vegetables, if desired.
4. Spray skillet with a non-stick spray and place over medium heat. Pour spaghetti mixture into skillet and spread evenly.
5. Using a spatula along the edges, gently lift the edges to determine doneness. Once golden brown on the bottom, use a spatula and slice into halves. Flip each half over to cook opposite side.
6. Cooking time takes approximately 10-12 minutes. Serve hot.

Makes 6 servings Serving size: 1 slice

Cost per recipe: \$4.93 Cost per serving: \$0.82



Nutrition Facts

Serving Size 1 Slice (180g)
Servings Per Container 6

Amount Per Serving

Calories 230 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 130mg 5%

Total Carbohydrate 35g 12%

Dietary Fiber 3g 12%

Sugars 6g

Protein 10g

Vitamin A 10% • Vitamin C 20%

Calcium 10% • Iron 10%

*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

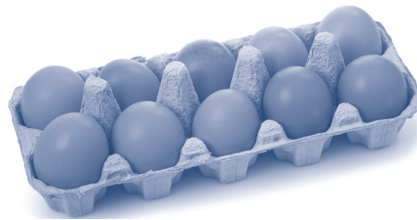
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Food Safety

Egg Safety

By Kimberly Thomas, ISU Dietetic Intern



Eggs are a terrific low calorie, high protein, low cost food. They taste great and can be used in many different recipes. Eggs by themselves can be fried, scrambled, poached or hard-boiled. Handling and storing eggs properly will avoid health risks that could cause illness.

- Always buy eggs that are sold in a refrigerated section. The cold temperature keeps the eggs fresh. Once purchased, refrigerate immediately.
- Always check the “sell by” date and do not buy eggs that are beyond this date.
- Open the box and check the eggs for cracks, dirt or broken shells before buying. Do not purchase if you find these things.
- Always keep your eggs refrigerated. Only remove the number of eggs needed when using and keep the carton in the refrigerator.

- Do not wash eggs. Eggs are already washed and sprayed with an oil to preserve the freshness.
- If an egg breaks before you are ready to use it, pour the egg into a clean plastic container with a tight lid. Keep refrigerated and use within two days.
- Always wash your hands before and after preparing your eggs.
- Always cook eggs until well done (the yolk needs to be firm, not runny) and egg dishes to 160° F. Do not serve raw or partially cooked eggs or egg dishes.
- Eggs will keep fresh up to 3 weeks in the refrigerator.

*Adapted from University of Maine Cooperative Extension Publications:
Food Safety Facts, Bulletin #2257*