



K-State Research and Extension Family Nutrition Program

DINING ON A DIME

Eating Better for Less

July / August

Are You Throwing Away Food (& Money & Time)?

Families living in the U.S. throw out about 15 percent of the food and 10 percent of the beverages that they buy. This means that if your family spends \$100 a week on groceries, you could be throwing away \$25 a week, or \$100 a month in discarded food! Imagine what you could do with that extra money — and with the extra time needed to shop for the food that gets wasted. Read on to find ways to reduce food wastage in your home. Then cash in on the savings!



Organize. Save money at the grocery store by what you do before leaving the house. Check your food supplies and plan meals around what you already have. Use the oldest foods in your cupboard or freezer first. Make a grocery list for items you need to buy. Avoid buying perishables that aren't in your menu plan. Or, adjust your meal plan if you buy perishables that you didn't originally plan to get.



Buy fewer perishable foods in each shopping trip. Buy only the amount of fresh meats, fruits, vegetables and other perishables that you can eat in a few days. Stuffing a refrigerator full of food makes it harder to know what's inside. Forgotten food is more likely to spoil. Buy canned, frozen or dried foods to use until you shop again.

Serve small portions first. Rather than risk wasting part of a large served meal, plan to offer a second portion if you or a family member are still hungry.

Plan for “planned-overs.” You may have more product than a recipe calls for, such as the extra half package of some food. Or you may have more food than your family can eat at one meal. Make a plan to eat these foods later. Could you serve it for lunch tomorrow? Use it in a dinner salad? Freeze extras for later use?

Food Patrol. Check your refrigerator daily for foods that need to be eaten soon. If they are raw, cook seafood, poultry and meats in the first day or two. Be creative, or find a recipe to use up certain foods. For instance, use a too-ripe banana in a smoothie. Chop rubbery carrots or other vegetables and cook them in a soup or in spaghetti sauce.

Source (Accessed 5/18/2015): D. Gunders, *Wasted*, pp 12-13, www.nrdc.org/food/files/wasted-food-ip.pdf

Newsletter developed by Erin Henry, R.D., L.D., and Mary Meck Higgins, Ph.D., R.D., L.D., FAND, K-State Research and Extension Human Nutrition Specialist and Associate Professor, Department of Human Nutrition.

Twenty Seconds that Could Save Your Life

Want to avoid getting sick? Did you know that the best way to protect your health and prevent spreading germs that can cause infections and disease is inexpensive, easy and quick? It's as simple as washing your hands with soap and water for the next 20 seconds! Many people could benefit from washing their hands more often.

Dirty Business

When should you and your family wash your hands? The United States Centers for Disease Control and Prevention recommends hand washing in these situations:



- Before eating, or feeding a baby
- Before, during and after handling or preparing food
- After using the toilet or changing a diaper
- After sneezing, coughing or blowing your nose
- Before and after tending to someone who is sick
- After touching a pet or a pet's waste, leash, toys or food
- After touching garbage or anything dirty or contaminated
- Whenever they look dirty

Hand Washing Tips

Turn on the faucet and wet your hands. Turn off the faucet. Use soap. Rub your hands together for 20 seconds (about the time it takes to sing the "Happy Birthday" song two times). It takes that long to remove the germs. Rinse off the soap well with running water. Do not touch the sink with your hands. If possible, shut off the faucet using a clean towel. Dry your hands with a clean towel or air dry them. Do not rub your hands on your clothes.

Hand Sanitizers

If your hands are not visibly dirty or greasy, and soap and water are not available, use a disposable wipe or a hand sanitizing gel with at least 60% alcohol to clean your hands. They are not as effective as soap and water, particularly when your hands are visibly dirty or greasy, and they don't eliminate all types of germs. You can use hand sanitizers anywhere, and if your hands are not visibly dirty, they can quickly reduce the number of germs on your hands. The amount of gel needed varies by product, so follow the instructions on the label. Rub the sanitizing gel all over your hands and fingers until your hands are dry.

Wash Often and Well

Use soap and water frequently. Clean the backs of your hands, fingertips, fingernails, thumbs, and in between your fingers. Wash well to get rid of the germs that can make you sick and spread to other people.

Source (Accessed 6/18/2015): [Handwashing: Clean Hands Save Lives](http://www.cdc.gov/handwashing), Centers for Disease Control and Prevention, www.cdc.gov/handwashing

You may view previous newsletters at www.ksre.ksu.edu/HumanNutrition/p.aspx?tabid=184 This issue is an updated revision of the "Dining on a Dime" October 2008 and March 2007 newsletters. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Erin Henry and Mary Meck Higgins, "Dining on a Dime," July 2015.

Water — Pure and Simple?



About 34 gallons of plain bottled water per person were bought by people living in the U.S. in 2014, according to the Beverage Marketing Corporation. Bottled water is the second-largest beverage market. (The first is carbonated soft drinks.)

A smaller market exists for bottles of "enhanced" water beverages. These brands contain added ingredients, such as vitamins, minerals, fruit flavors, other flavors, sugar and caffeine. Dozens of these types of bottled water beverages are now available. Some boast that they enhance immunity, give us energy or otherwise improve our health. Is there any evidence?

Worth the Hype? Many of the "nutrient-enhanced" waters contain ingredients that haven't been proven to bring the results marketers promote. For people looking to increase their vitamin and mineral intake, eating more fruits and vegetables, or taking a complete multivitamin with minerals supplement, will be better for the body.

Be aware that many brands of fortified water are not calorie free. They may have 10 to more than 125 calories from added sugars per 20 ounce bottle. Check the Nutrition Facts label.

Many brands of enhanced water promote "improved energy." Most of these brands contain caffeine, but may disguise it by listing only its source. For example, guarana plant seeds are rich in caffeine. If the amount of caffeine is listed, you may need to calculate the caffeine content from the listed 8-ounce serving to the amount you actually drink, such as a 20-ounce serving. Quenching your thirst on a hot day with a lot of caffeinated water could lead to potential health problems, such as with your blood pressure, heart rate or ability to fall asleep.

Almost all bottled water beverages are packaged in single-use plastic bottles, most of which end up being discarded instead of recycled.

The bottom line? Water beverages enhanced with vitamins or other nutrients are more expensive than plain water. But there is little health benefit in spending the extra money, and possibly some harm. There's no need to break the bank on a "bottoms up" with bottled water.



To save money, and also save the environment from pollution and depletion of natural resources, use a refillable water bottle instead. Use tap water or filtered tap water from the faucet. If desired, add flavor to the water with a few slices of cucumber or fresh fruit, such as a lemon or lime.

For more information about healthy eating, contact your local extension office. This material was funded by USDA's Supplemental Nutrition Assistance Program. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.



Dining on a Dime's Cooks' Corner

Apples 'n Rice (Makes 3 servings, each 1/2 cup)

This rice dish with apples makes a delicious dessert. It can also be served as a breakfast food or snack. Brown rice is a whole grain. Choose instant brown rice if you want it to cook quickly.

Ingredients

- 1/3 cup uncooked brown rice, any kind (or use white rice, if desired)
- Apple juice
- 1 medium apple
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon vanilla flavoring

Directions

Note: You may double the recipe. **1.** In a covered saucepan, prepare rice according to package directions, except use apple juice instead of water, and do not add salt. **2.** When rice is tender, remove saucepan from heat. **3.** Wash apple under cold running water. Core apple, but do not peel. Chop. **4.** Stir apple, cinnamon and vanilla into cooked rice. **5.** Serve immediately, or cover and refrigerate until chilled. **6.** Cover and refrigerate leftovers within 2 hours.

Nutrition Facts: Each serving (1/2 cup) provides 90 calories, 0g fat, 0g saturated fat, 0g trans fat, 22g carbohydrate, 1g protein, 0mg cholesterol, 0mg sodium and 2g dietary fiber. Daily Values: 0% vitamin A, 6% vitamin C, 2% calcium, 2% iron.



Cooperative Extension Service
K-State Research and Extension

K-State, County Extension Councils,
Extension Districts, and the U.S.
Department of Agriculture cooperating.

K-State is an equal opportunity provider
and employer.