



April 2017 Newsletter

How Long Should I Keep It?

Most of us like to save money. We do our best to stretch our dollars and look to get as much out of our purchases as possible. However, where food is concerned, the old saying that all good things must come to an end holds true.

It's a common practice of many to store certain foods in the refrigerator to extend the quality of the foods. However, the question of how long we can keep foods refrigerated is often a mystery. Research shows that the length of time you can store foods in the refrigerator depends on whether or not the food is fresh, unpackaged food, or packaged. It is also important to note whether the package has been opened or whether the food was previously cooked.

Generally speaking, fresh foods, opened foods, and cooked foods should not be kept refrigerated longer than four to seven days. If you want to keep the food longer, it is best to freeze the food and use it later. Doing so will significantly reduce the risk of contracting a food-borne illness.

It is also important to keep in mind that even frozen foods do not last forever. A general rule to follow is that fresh meats should be stored frozen for no longer than three to four months (fresh fish can be stored for up to six months). Items such as bacon, cooked fish, bread and rolls can be stored for up to one month. Frozen eggs, butter, and margarine

can be stored for up to one year. Natural and processed cheeses can be stored from four to six months.

Refrigerating/freezing is a great way to save! Here are a few additional tips:

- Research indicates that most of the products claiming to extend the life of vegetables, cheeses, and greens in the refrigerator do not actually stop the decay caused by the natural release of gasses from the food items. It's better to store leftovers in the original packaging and tape the bag shut to ensure freshness.
- The shelving on the door of your refrigerator is the warmest part of the refrigerator. The back of your refrigerator is the coldest part. Store foods in the refrigerator accordingly.





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Local Events



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Easy Chicken Pot Pie

Makes: 6 Servings

Ingredients

- 1 2/3 cups frozen mix vegetables*
- 1 cup cooked chicken*
- 1 cup baking mix*
- 1/2 cup milk*
- 1 cup cream of chicken soup*
- 1 egg*

Directions

- 1. Wash hands and any cooking surfaces.*
- 2. Pre-heat oven to 400°F.*
- 3. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate*
- 4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.*
- 5. Bake 30 minutes or until golden brown.*
- 6. Let cool for 5 minutes and serve.*



Cranberry Pumpkin Muffins

Makes: 12 servings **Serving Cost: \$0.27**

Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg, large (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

Directions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

