

# NUTRITION

KNOW  
HOW



A free resource provided for area food bank visitors by the Leon County office of the Texas A&M AgriLife Extension Service

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## New Year, New You: 4 Tips to a Healthier You

Did you make New Year's resolutions to lose weight, get fit or eat healthy? Make this the year you and your family aims for better health by following these 4 tips:

**TIP #1 - Eat the Right Amount of Calories for You:** Everybody requires a different amount of calories depending on their age, gender, height, weight, and physical activity level. Use the MyPlate Plan (<http://www.choosemyplate.gov>) to determine the appropriate amount of calories for you.

**TIP #2 - Build a Healthy Plate by Following the MyPlate Guidelines:**

- Make half of your plate fruits and vegetables
- Enjoy fat-free or low-fat (1%) dairy options
- Make at least half your grains whole grains
- Vary your protein food choices

**TIP #3 - Cut Back on Foods High in Solid Fats, Added Sugars, & Salt:** Consuming foods high in solid fats, added sugars, and salt may increase the risk of certain chronic diseases. Drink water instead of sugary drinks. Select fruit for dessert. Instead of salt, season with herbs and spices. Compare sodium in foods like soup, bread, and frozen meals. Eat processed foods in moderation.

**TIP #4 - Be Physically Active Your Way:** Start by doing what you can and picking activities you like for at least 10 minutes at a time. To gain the most health benefits, adults should aim for at least 150 minutes of moderate-intensity aerobic activity each week and youth should do 60 minutes or more of physical activity daily.

Source: <http://food.unl.edu>

<http://leon.agrilife.org>  
<http://fch.tamu.edu>

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HAPPY NEW YEAR

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# 10 tips

## Nutrition Education Series

# save more at the grocery store



## 10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

**1** **find deals right under your nose**  
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

**2** **search for coupons**  
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



**3** **look for savings in newspaper**  
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

**4** **join your store's loyalty program**  
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

**5** **buy when foods are on sale**  
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

**6** **find out if the store will match competitors' coupons**  
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

**7** **stay organized so coupons are easy to find**  
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



**8** **find a coupon buddy**  
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

**9** **compare brands**  
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

**10** **stick to the list**  
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



# Handwashing

## at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



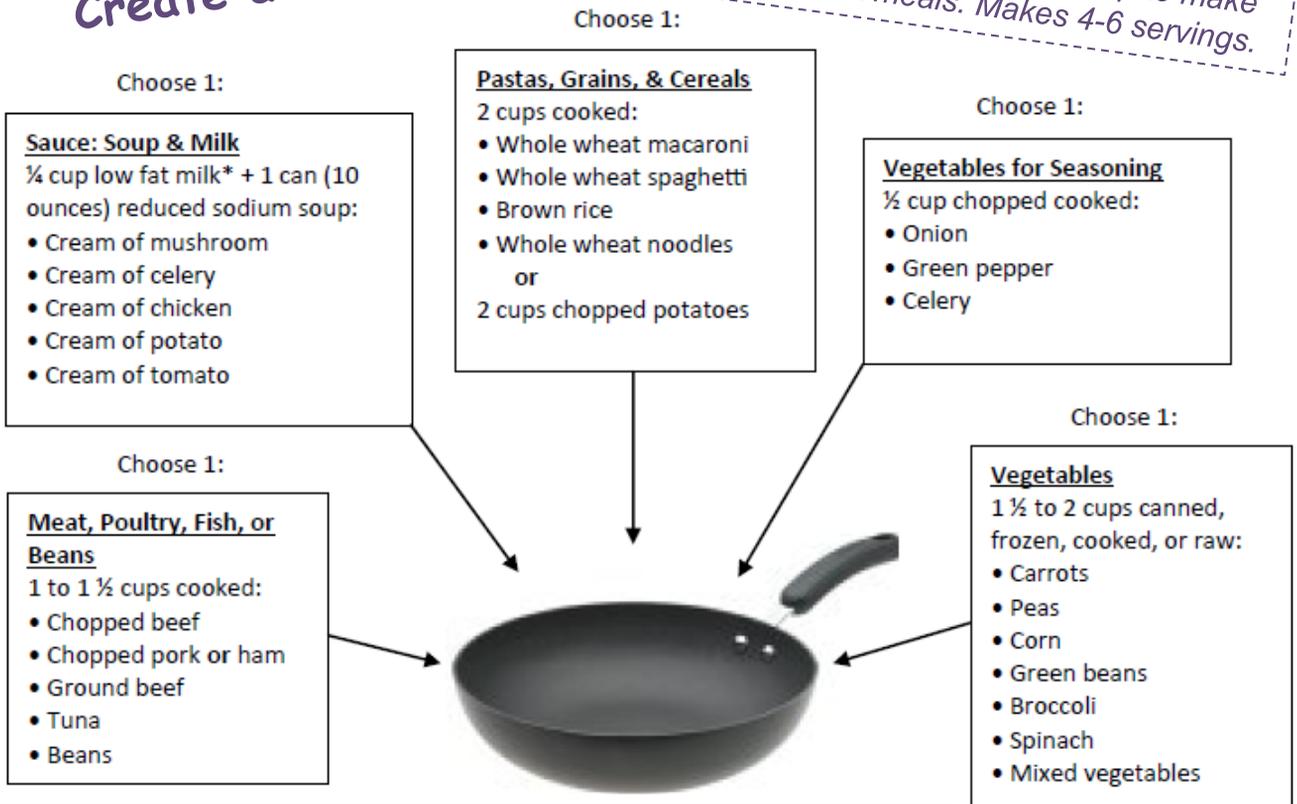
Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

Looking for ideas on how to use certain ingredients?  
Please let me know what ingredients you are needing help with, and I'll share recipes in upcoming issues.



## Create a Casserole

This one recipe can be changed up to make several different meals. Makes 4-6 servings.



Choose 1 food from each box. Stir together in a large skillet or greased baking dish. If using a baking dish, then preheat oven to 350 degrees. Add salt and pepper to taste. Heat and stir for about 10 minutes in skillet or bake in oven for 20 minutes or until bubbly. Add more milk if casserole gets dry. Pour into a serving dish and top with 2 tablespoons of dry bread, cereal or cracker crumbs.



## Almost a MyPlate Sundae

Be sure to get your Vitamin C to protect you against cold and flu!

½ cup fresh, sliced strawberries or other fruit cut into bite-sized pieces  
1 graham cracker square (2½ inches), crushed  
½ cup low-fat yogurt, any flavor  
1 tablespoon chopped nuts, any type  
Wash your hands and clean your cooking area. Wash and slice fruit. In a plastic sandwich bag or bowl, crush the graham cracker square. In a small bowl, layer the crushed graham cracker, yogurt, fruit and nuts. Enjoy!

