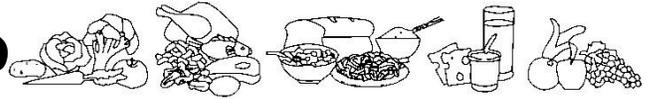


# Food \$ense



Wisconsin Nutrition Education Program

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**UW**  
**Extension**  
Cooperative Extension

## What's for Supper??

Do you plan your meals ahead of time for the next day or week? Menu planning saves time, energy, money, headaches and helps you:

- make a grocery list from your menu choices,
- enjoy cooking with less stress,
- have more variety with your foods and meals,
- eat healthier by cutting down on fast food pickups and unbalanced meals,
- save money by eating out less, using coupons, and using more seasonal ingredients.

### Helpful hints for making menus:

- choose foods your family enjoys,
- choose items from each of the food groups to make a healthy balanced meal,
- prepare easier recipes on nights you will be home later and make time-consuming dishes on the weekends,
- list ingredients needed to prepare each meal; check your pantry, refrigerator and freezer; add items not on hand to your shopping list,
- include the whole family in planning. It can be fun and everyone gets a chance to help!



Sources: USDA, USDHHS, MyPyramid.gov

**TIP:** Plan two or more meals from a large roast: cook pot roast with vegetables. After the meal, cut up remaining meat in 2-cup portions and freeze for beef-vegetable soup, casseroles or sandwiches.

### Potato Chip Chicken Fingers

- 1 whole boneless, skinless chicken breast
- 5 to 6 ounces potato chips, any flavor
- 1 egg
- 2 Tablespoons low-fat milk

1. Preheat oven to 400° F.
2. Cut chicken into finger-size pieces.
3. Fill a large, sealable plastic bag with potato chips; seal bag and crush chips with back of a wooden spoon.
4. In small bowl, whisk the egg and milk.
5. Dip the chicken pieces into the egg mixture, then into the bag. Shake gently to cover; place coated chicken on baking sheet.
6. Bake for 20 minutes, turning once during baking time, until golden brown.
7. Serve with barbeque sauce, salsa or honey mustard.

*You can substitute crushed crackers or corn flakes for the potato chips in this recipe. The egg plays an important role in this recipe—it holds the crumbs to the chicken for a nice, crunchy coating.*



Source: Kids a Cookin' Kansas State University

## Need Food?

When you are already on a tight budget and someone loses a job, or your social security just doesn't cover all your monthly expenses, what's a person supposed to do? Despite our best budgets, sometimes emergencies strike.

Many communities have a resource for families in need of food to get through these tough times. It might be called a food bank, a food shelf, or a food pantry. The rules may vary from site to site. Pantries are listed below. More details are on the UW-Extension website at <http://grant.uwex.edu/nutrition-education/food-resource-guide/>.

**Boscobel UMC:** 104 Buchanan Street; 375-4565; 3<sup>rd</sup> Saturday 8:30 am-10:30 am

**Immaculate Conception Mobile;** 405 E LeGrand; Boscobel; 3<sup>rd</sup> Tuesday 1 pm

**SW CAP Northern;** 600 St Hwy 133 East; Boscobel; 375-5903; Mon., Wed. & Fri. 9-4

**Cassville Emergency;** 725-2340, 725-5595 or 725-5528; Anytime

**Fennimore;** 1170 Lincoln Avenue; 822-4060; 2<sup>nd</sup> Wed. 9:30 am-11:30 am; 2<sup>nd</sup> Thurs. 1 pm-3pm

**Hazel Green;** 2115 N. Main Street; Hazel Green; 854-2536; Sat. 9 am-11 am; Tuesday 6-7 pm

**Lancaster;** 225 S. Madison Street; 723-7070; Mondays & Thursdays 7-8 pm

**Livingston Area Outreach;** 943-6260; Anytime by appt.

**Riverdale Food Pantry;** 116 N. Beech Street; Muscoda; 739-3391; 3<sup>rd</sup> Monday 1-5 pm

**St. John's Mobile;** 231 N. Wyalusing Street Patch Grove; 2<sup>nd</sup> Tuesday 2-3 pm

**St. Mary's Mobile;** 345 N. Court; Platteville; 348-9735; 3<sup>rd</sup> Friday 12:30-1:30 pm

**Platteville;** 1345 N. Water Street; 778-8572; 1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, & 5<sup>th</sup> Thursday 9 am-12:30 pm; 3<sup>rd</sup> Thursday 5:30-7 pm

## Using a Meat Thermometer

Using a meat thermometer takes the guesswork out of cooking. Besides helping to prevent foodborne illness, a meat thermometer helps to prevent overcooking.



There are five types of meat thermometers:

- Regular, ovenproof: put into food at the beginning of cooking and stays there.
- Instant-read and digital: not intended to stay in food while cooking; gives a quick read when the stem is inserted about two inches.
- Pop-up: often found already inserted in poultry. Verify that meat is done by checking the temperature with a standard thermometer as well.
- Microwave-safe: designed for use in microwave ovens only.
- Disposable thermometer: use once and toss; meant for grilling at picnics and tailgates.

Using a meat thermometer will help ensure your safety and make sure your food is cooked to your liking.

Source: American Dietetic Association

### Salmon Patties

- 15 ½ ounces canned, drained salmon
- 1 cup crushed whole-grain cereal or crackers
- 2 lightly beaten large eggs
- 1/2 cup low-fat milk
- 1/8 teaspoon black pepper
- 1 Tablespoon vegetable oil

1. Use a fork or clean fingers to flake salmon until very fine.
2. Crumble cereal or crackers into crumbs.
3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. Mix thoroughly.
4. Shape into 9 patties.
5. Heat oil in a skillet.
6. Over medium heat, carefully brown both sides until patties are thoroughly cooked.

*Replace the salmon with canned tuna fish. For fun, use a combination of both.*

Source: USDA

## Making Ends “Meat”

Meat can be the most expensive grocery item, and if you’re not careful, it can “butcher” your budget. There is plenty you can do to save money on foods from the meat and beans group.



Here are some tips to save money on meat:

- Cut up your own meat. Buy a boneless chuck roast to cut up for soup, stew and stir-fry. Whole chicken usually costs less than pieces, and you can cut it up yourself.
- Watch for special prices on meat, fish and chicken. Plan meals to use the meat you can buy at a good price.
- Buy meat in bulk packages to save money. Freeze portions you might not use right away to prevent spoiling. (Don’t forget to label and date all food placed in the freezer.)
- Buy lean meats. Sure those packages of 70% lean ground beef are cheaper than the 96% lean ground beef, but guess what? After the fat cooks away, that lean package will give you more meat for your money.
- Cut down on the amount of luncheon meats and sausages you buy. Pick store brands to save money.
- Buy dried beans, peas and lentils to make hearty, low-cost soups and casseroles. They are a great source of protein and fiber, plus have a long shelf-life.
- One of the healthiest ways to save money on meat is to watch your portion size! Remember that an adequate serving of cooked meat, fish or poultry is 2 to 3 ounces.

Source: WNEP’s Stretching Your Food Dollars



### *Dear Sue Keeney...*

*Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue’s practical tips on eating for good health, stretching the food dollar & more!*

Dear Sue,

*I recently invited my husband’s parents to our house for dinner. I assumed they would show up around 5 p.m. but instead they showed up at noon! I tried to politely tell them that I invited them to dinner not lunch but they both stared blankly back at me and said dinner is at noon. Please tell me I’m right on this one: **Dinner is eaten in the evening and my in-laws are truly from another planet!***

*Anita B. Wright*

Dear Anita,

Disagreements on meal times or names are common. After a brief history of meal times, it is easy to see why.

In the Middle Ages, dinner was the biggest meal of the day and was eaten between 11 a.m. and 2 p.m. depending on the social class. Only those able to afford candles could indulge in late evening meals. The poorer classes ate while there was still daylight and went to bed not long after dark.

In the 1700’s, the upper-class started staying up and waking up later and mealtimes were pushed back as a result. By the 1800’s, the standard dinner time ranged between 5 to 7 p.m. Because dinner was pushed back so late, ladies started luncheons around noon. The middle-class started to eat lunches at work instead of going home for dinner.

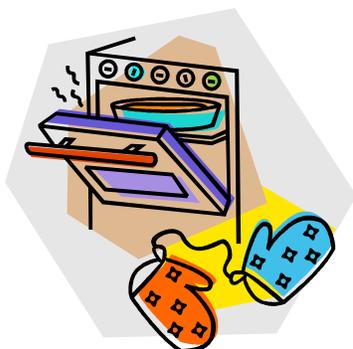
Today, dinner can be eaten anytime between noon to midnight. So my advice for future dinner invitations—tell your guests what time to arrive!

*Sue*

## Make Convenience Foods Healthier

Convenience foods make getting supper on the table for our families quicker. There are ways to make box mixes healthier. Here are some tips you can use:

- Boxed mixes of rice, pasta, stuffing mix: use only half (or omit) the margarine called for in the instructions.
- Seasoned rice mixes: use half of the seasoning packet; add remaining half when cooking plain rice or as a seasoning for slow cooked meats.
- Frozen stir fry meals (those with all ingredients included): use half of the seasoning packet to reduce sodium content.
- Hamburger casserole boxed mix: reduce the fat in ground beef by draining fat from cooked ground beef and then placing beef in a colander over a bowl and rinsing with warm water (1 quart per pound).
- Boxed macaroni and cheese: use half (or omit) the butter or margarine.
- Boxed brownie mix: substitute an equal amount of unsweetened applesauce for vegetable oil (such as 1/2 cup unsweetened applesauce for 1/2 cup vegetable oil); substitute 2 egg whites for each egg.



Source: Iowa State University Extension

*Kids in the Kitchen...*

## "I Can Help!"

Helping with family meals makes your child feel important in your family. You get time together too. Your child learns even when tasks are not perfectly done. So even if you work faster alone, ask your child to help you.

- Pick flowers for the table.
- Create paper placemats.
- Put pets in another room if they demand family attention at mealtime.
- Clear and wash the table. Wash hands.
- Help with table setting.
- Help with simple kitchen tasks, like tearing salad greens or putting bread in a basket.
- Pour milk, perhaps with your help.
- Turn off the TV. Turn on fun music.
- Ask "What would you like to do to help me?" Jot their ideas down.



Source: Nibbles for Health

**GOAL:** Plan suppers for a week. See what you have on hand; try the recipes from this issue. Write your plan here:

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WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 608 723-2136. To learn more about the Wisconsin Nutrition Education Program in Grant County, please contact:



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