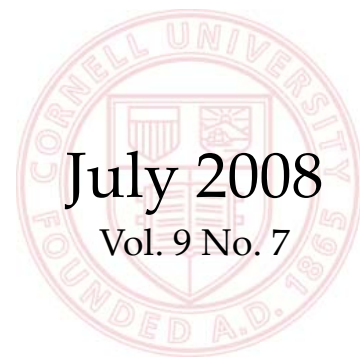


Eat Smart New York!



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Save Money With These Simple Tips



Save Money On Gas



- Make sure your tires are inflated to the right pressure
- Use cruise control*
- Use air conditioning when driving on the highway
- Check to see what grade gas is recommended for your car - why buy premium when the car only needs regular?
- Change oil and air filters and rotate tires when recommended
- Carpool with a neighbor to work or to do errands and shopping
- Combine all your errands into one trip and map out the most direct route
- Driving 75mph rather 65mph uses 15% more gas
- Turn off your car rather than let it idle

*If you are in a mountainous area you should turn off cruise. It will try to keep you up to the speed you've set and will use a lot of extra gas downshifting to lower gears to accomplish this.

Save Money On Energy

- Use cold water to wash clothes and if possible, hang them to dry
- Set your hot water heater at 120°F
- Keep shades down and drapes drawn during the hottest part of the day and then open them at night
- Use fans rather than air conditioning
- If purchasing a room air conditioner, make sure it is the right size for the room
- Plug chargers for electronics into a power strip and once everything is charged, turn off the power. Chargers use electricity even when not charging equipment
- Replace traditional light bulbs with compact fluorescent bulbs
- When using a dishwasher, let dishes air dry

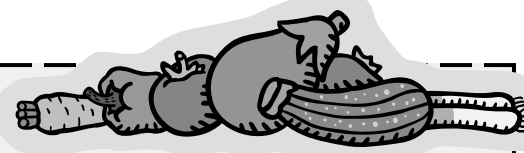
Save Money With These **Simple Tips** continued...

Save Money On **Groceries**

- Always shop with a list
- Check unit prices and buy the package with the lowest unit price
- Reconsider the amount of snack food and drinks you buy - water, home brewed ice tea and powdered drink mixes are a better buy than those in bottles
- Brown bag your lunch to work each day
- Limit your trips to the grocery store - the more times you enter the store each week, the more times you will spend money and most times you will buy more than what you originally came for
- Add vegetarian meals to your week's menu
- Shop at the farmers' market or road side stands. Try picking your own fruits and vegetables at U-Pick locations
- Learn to cook - eating meals out is much more costly than preparing meals at home
- Limit the number of frozen meals you buy
- Don't buy in large amounts just because it is on sale if you cannot use the product before it goes bad or you don't have the room to properly store it



Vegetable Medley with Salsa Dip



Makes 4 servings

- 2 carrots - cut into 3-inch sticks
- 2 celery stalks - cut into 3-inch sticks
- 1/2 jicama - peeled and cut into 3-inch sticks
- 1 bunch radishes - trimmed
- 6 green onions - trimmed
- 1 cup fat-free sour cream
- 1 cup Fresh Salsa

Directions:

1. Arrange vegetables on a platter.
2. In a small bowl, mix sour cream and salsa. Serve.

Fresh Salsa Ingredients:

- 2 chopped tomatoes
- 1/2 chopped onion
- 3 finely chopped jalapeno chiles - seeded if desired
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- juice of 1 lime

Fresh Salsa Preparation:

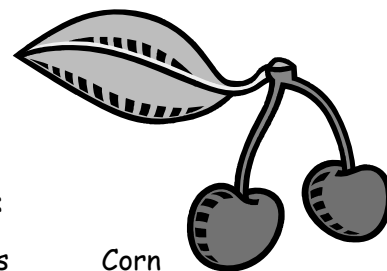
1. In a medium bowl, mix all ingredients
2. Serve or store salsa in refrigerator for up to three days in a covered plastic or glass container.

**Nutrition Facts: Serving Size-1 cup vegetables and 1/2 cup salsa; 150 Calories; 5 Calories from Fat; 0% Calories from Fat; 0.5g Total Fat; 0g Saturated Fat; 0g Trans Fat; 10mg Cholesterol; 290mg Sodium; 30g Carbohydrates; 7g Dietary Fiber; 11g Sugars; 5g Protein; 110% Vitamin A; 80% Vitamin C; 15% Calcium; 8% Iron

Source: <http://recipefinder.nal.usda.gov>, Adapted from: *It's So Easy*, Contra Costa Health Services, California 5-A-Day

**Nutrition Facts calculated by the Food Processor(R) Nutrition Analysis Software from ESHA Research, Salem, Oregon

What's in Season?



Stop at your local farmers' market or farm stand this month and look for:

Beans, yellow	Beans, green	Beets	Broccoli	Cabbage	Carrots	Corn
Cucumbers	Lettuce	Onions	Peas	Peppers	Potatoes	Summer squash
Swiss chard	Tomatoes	Blueberries	Cherries	Peaches	Plums	Raspberries

Many farmers' markets in Western New York now accept food stamps. Markets accepting food stamps will most likely have a table set up where you will swipe your EBT card and in return receive tokens worth the same amount that you swiped your card for. There is another program available at many of these markets and it is called NY Fresh Checks. To participate, you will need to buy \$5 worth of tokens at a participating market and you will receive \$5 additional dollars in tokens to spend at the market. The great thing about this program is that you can double your money and you can take part in the program each time you come to the participating market!

Peachy Pops

Makes 6 servings

- 2 peaches
- 2/3 cup low-fat, vanilla yogurt
- 2 cups orange juice



Directions:

1. Use a knife to remove the skin from the peaches, and to chop the peaches.
2. Spoon the peaches into each of the 6 paper cups.
3. Place the yogurt in a medium mixing bowl.
4. Slowly pour and stir the orange juice into the yogurt. Mix well.
5. Pour some of the juice and yogurt mix into each cup to cover the peaches.
6. Place a spoon in the center of each cup.
7. Cut 6 squares of aluminum foil big enough to cover the tops of cups. Stab each spoon handle through each piece of foil. The foil will hold the spoon in the center of the cup.
8. Place cups in the freezer for at least 4 hours.
9. Just before serving, peel the paper cups away from the pops to eat.

**Nutrition Facts: Serving Size-1 prepared pop (155g); 90 Calories; 0 Calories from Fat; 0% Calories from Fat; 0g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 20mg Sodium; 20g Carbohydrates; 1g Dietary Fiber; 17g Sugars; 2g Protein; 2% Vitamin A; 6% Vitamin C; 4% Calcium; 0% Iron

Source: <http://recipefinder.nal.usda.gov>, Adapted from: Pennsylvania Nutrition Education Network Website Recipes

Oprah's Outtasight Salad

Makes 4 servings

- 2 cups salad greens of your choice
- 1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)
- 1 cup canned in juice pineapple chunks, drained or fresh orange segments
- 1/4 cup Dynamite Dressing
- 2 Tablespoons raisins or dried cranberries
- 2 Tablespoons chopped nuts, any kind



Dynamite Dressing Ingredients:

- 1/4 cup yogurt, nonfat, fruit-flavored
- 1 Tablespoon orange juice
- 1 1/2 teaspoon white vinegar

Directions:

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

Dynamite Dressing Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

**Nutrition Facts: Serving Size-1 cup prepared salad (140g); 100 Calories; 25 Calories from Fat; 25% Calories from Fat; 2.5g Total Fat; 0g Saturated Fat; 0g Trans Fat; 0mg Cholesterol; 30mg Sodium; 18g Carbohydrates; 2g Dietary Fiber; 14g Sugars; 2g Protein; 70% Vitamin A; 20% Vitamin C; 6% Calcium; 4% Iron

Source: <http://recipefinder.nal.usda.gov>, Adapted from: It's So Easy, Contra Costa Health Services, California 5-A-Day

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START NOW!

BUDGETING

KEEPING IN SHAPE

SAVING MONEY ON FOOD

COOKING

EATING HEALTHY

MAKING TASTY MEALS

Visit a farmers'
 market with your
 children this month.

Use the following questions
 to help your child learn more
 about the food at the market
 and the farmers who grow the
 food.



- What's in season now? Can you list 3 fruits and 3 vegetables you can find at the market?
- Name one fruit or vegetable that comes in different varieties at the market.
- What is your favorite fruit or vegetable available today at the market?
- Name one fruit or vegetable at the market that you have never seen before today.
- Name one fruit or vegetable you usually see at the supermarket but don't see at the farmers' market. Why do you think you can't find that fruit or vegetable today?
- Ask a farmer what is his or her biggest challenge on the farm.
- Ask a farmer how they take care of their soil.
- What healthy foods can you buy from the market today to make a healthy meal at home?

Adapted from www.cuesa.org

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

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