



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to <http://nutrition.wsu.edu/take5/index.html>.

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This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

We value your opinions - please fill out our short questionnaire!

Please take a few minutes to provide your input. We conduct a survey of our readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours.

All information is confidential.

Please click on the following link to complete this short survey:

<http://surveygoldcloud.com/s/B1E6BC6A5BAA4BEC/41.htm>

This Month's Focus: Low-Cost Recipes

Stretching the food budget generally means knowing how to cook, often from scratch. Many Americans, regardless of income level, don't have the food preparation skills or knowledge to make use of inexpensive, fresh, and minimally processed ingredients. As nutrition educators, we can foster the enjoyment of cooking while exposing our clients to unfamiliar foods and kitchen techniques. One of the first steps is to find the right recipe; nutritious, inexpensive, easy, quick, and, of course, tasty. And it needs to work perfectly the first time. A tall order? Our readers offer their suggestions for websites and books that fill the bill. In this issue of the *Energize Newsletter for Nutrition Educators* we focus on a topic that you have requested: recipes using inexpensive ingredients. Read on for useful resources for you to use in your classes, demos, and handouts.



Photo courtesy of WSU Food \$ense

Cookus Interruptus is a great site with funny and easy-to-follow cooking videos, says Acacia Zambrana, *Food \$ense* Coordinator in Snohomish County. Although the focus is on local and organic foods, many of the recipes are very doable on a budget. Acacia comments that they have everything from how to cut an onion and sharpen your knife to things like miso happy soup and hoppin' john. See www.cookusinterruptus.com. (Contact; Acacia Zambrana, *Food \$ense* Coordinator, WSU Snohomish County Extension, 206-459-9378, Larson2@wsu.edu.)

An **app called Handpick**, also suggested by Acacia, lets users type in a few ingredients that they have on hand, and it suggests other ingredients that go well with them. From there it pulls up pictures of dishes that people have made with those ingredients. See <http://handpick.com> for app and Instagram.

Washington State Department of Health's **Health Education Resource Exchange (H.E.R.E.)** website has some educational materials that come with recipes, including some in other languages. Margaret Dosland with the WIC Nutrition Program notes that the "I'm 1 – Let's Have Fun!", "I'm 2 – Look What I Can Do!", "I'm 3 – Please Play with Me!", "I'm 4 – Let's Explore!" series includes recipes and are available in nine languages, <http://here.doh.wa.gov/ed-materials/subjects/nutrition>. (Contact: *Margaret Dosland*, Training Consultant, Washington State WIC Nutrition Program, Margaret.Dosland@doh.wa.gov.)

Terry Perry with *Food \$ense/EFNEP* in Spokane says her teachers enjoy using recipes in several **children's books by Molly Katzen**: *Pretend Soup*, *Salad People*, and *Honest Pretzels*. All are picture recipes, <http://kidoinfo.com/ri/pretend-soup-salad-people-honest-pretzels-the-new-moosewood-cookbook-and-the-new-enchanted-broccoli-forest>. (Contact: Terry Perry, *Food \$ense/EFNEP* Manager, WSU Spokane County, 509-477-2194, TPerry@spokanecounty.org.)

Anna Kitchin with *Food \$ense* in King County suggests the **Spend Smart, Eat Smart** website, www.extension.iastate.edu/foodsavings. Not only does it include recipes, but it also has many helpful suggestions for menu planning, including budget-friendly entertaining menus for birthday parties, tailgating/Super Bowl, and holidays. The site also includes videos showing how to prepare recipes, as well as downloadable handouts in English and Spanish. Anna uses the attractive "Healthy & Homemade Nutrition and Fitness Calendar" as an educational enhancement to hand out at some of her classes, www.extension.iastate.edu/humansciences/nutrition-calendar. (Contact: Anna Kitchin, Extension Coordinator *Food \$ense* Program, King County, Washington State University Extension, 206-263-1907, anna.kitchin@wsu.edu.)

Freestyle Recipes – Leika Suzumura of Seattle Tilth foregoes recipes in her after-school cooking clubs with middle and high school students. She'd rather have teams of students prepare something nutritious from what happens to be on hand. Providing guidance about what constitutes a healthy meal and what the five flavors (sweet, sour, salty, bitter, umami) are, she offers an environment where they have the freedom to explore food and make dishes in their own way. "We talk about fun and delicious more than healthy and nutritious," Leika says. (Leika Suzumura, Cooking and Nutrition Program Director, Seattle Tilth, 206-214-8892, leikasuzumura@seattletilth.org.)

Arizona's Nutrition Network's "Champions for Change" website has a wide variety of low-cost recipes for kids and adults, www.eatwellbewell.org/recipes.

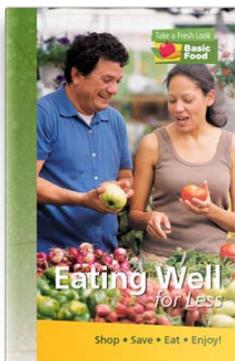


Photo courtesy of WSU *Food \$ense*

The cookbook **Eating Well For Less** includes flavorful recipes for low-income populations, such as those on the Supplemental Food Assistance Program (SNAP). It also offers valuable tips for cost-conscious food shopping, easy marinades, skillet meals, and easy-to-follow advice for healthy eating. All recipes were pilot tested, even with kids. The booklet is available in print and downloadable formats in both English and Spanish, and individual recipes are downloadable at <http://nutrition.wsu.edu/ew4l>.

Recipes on the **Food Hero** website are favorites of many nutrition educators, in part because they are low-cost, nutritious, quick and easy, and include attractive photos. Each recipe can be printed with or without nutrition information. Some are available in Spanish.



Photo courtesy of Laura LaMotte, Food Hero.

Developed south of the (Washington) border by Oregon State University Extension, <https://foodhero.org/recipes/healthy-recipes#M>.

At **USDA's Mixing Bowl** website www.whatscooking.fns.usda.gov/ when users enter the name of a particular ingredient in the search box, up pop recipes from a database that includes Child Nutrition Programs, Supplemental Nutrition Assistance Program (SNAP), and MyPlate (Centers for Nutrition Policy and Promotion). Also on that site is a link to a beautifully photographed cookbook of recipes submitted by kids from all 50 states for the First Lady's 2014 Healthy Lunch Room Challenge, www.letsmove.gov/sites/letsmove.gov/files/WHCookbook_071014.pdf. A USDA cookbook for schools features large-quantity recipes (50 and 100 servings) from a Team Nutrition and Let's Move competition of recipes submitted by 340 teams of school nutrition directors, students, and others, <http://www.fns.usda.gov/sites/default/files/toc-schools.pdf>.

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Harvest of Recipes with USDA Foods by the Food Distribution Program on Indian Reservations is a collection from regional and traditional recipes submitted by tribal members. A handy index helps locate recipes that use foods that may be in the food packages from the FDPIR. Each recipe comes with a photo and nutrition information showing that the recipes were adapted to be sensible in levels of fat, sodium, and sugar without sacrificing taste. Go to <http://www.whatscooking.fns.usda.gov/>, Cookbooks, Ready Made Cookbooks, A Harvest of Recipes with USDA Foods. By the way, in Washington State, there are 29 federally recognized tribes, according to the Governor's office on Indian Affairs.

When working on her master's degree in food policy in New York, grad student Leanne Brown set out to make a cookbook for Americans using a food budget of \$4.00 per day. She figured this is what SNAP recipients receive (although SNAP is intended as a supplemental amount to food expenses). **Good and Cheap: Eat Well on \$4/Day** is the winner of the International Association of Culinary Professionals cookbook award. Available for purchase or for free download at www.leannebrown.com.

Chop Chop Magazine's website has an extensive collection of recipes that kids can make themselves or with a parent/caregiver, www.chopchopmag.org/recipes. The magazine is endorsed by the American Academy of Pediatrics and has won a James Beard Award as well as other awards. Recipes are consistent with MyPlate.

Feeding America's **Healthy Food Bank Hub** features recipes that have been screened to be appropriate for food bank clients and that meet specific nutritional criteria, <http://healthyfoodbankhub.feedingamerica.org/tools-and-resources/?r=209>.

IN THE MEDIA

State Legislation Passed This Month Enables More Walking and Biking – In our state capitol, the 16-Year Transportation Revenue Package will enable kids and adults to have more healthful physical activity. The funding that nutrition educators and others can celebrate includes \$56 million in new state revenue for Safe Routes to School, \$75 million in new state revenue for pedestrian and bicycle grant projects, and \$89 million for state projects which are mainly for bikes and walking. For more information about this announcement July 13, see the Childhood Obesity Prevention Coalition website, <http://copcwa.org/breaking-major-wins-for-washingtons-kids/>.

TOOLS OF THE TRADE

A Bite of Food Sense is a set of 53 recipes developed through Washington State University SNAP-Ed. All recipes were tested with adults who access food through WA food banks. There are five sets of recipe cards: Thrifty Main Dishes, Quick Whole Grains, Add Color (Fruits and Vegetables); Kid-tested Snacks, and Kid-tested Fruits and Vegetables. The latter two packets include well-tested recipes used in youth programming. These recipes are available in color for free download and are 'print ready' in both English and Spanish. Access at <http://nutrition.wsu.edu/incentive-recipes/>.



Photo courtesy of WSU Food Sense



Photo Courtesy of Martha Marino

WASHINGTON GROWN

Fresh This Month – Although it's only July, we're already seeing local produce that's typically not in season until August. Our record-breaking heat in June prompted early harvests of corn, tomatoes, melons, stone fruit, and squash.

Cantaloupe – When Is It Ripe? One of the most frequently asked questions by consumers in the produce department is how to choose a ripe cantaloupe. We all have tasted luscious, juicy, sweet, fragrant cantaloupes, as well as those that are under-ripe and hard. How to know the difference? As nutrition educators, we can guide our clients to choose and enjoy this nutritious fruit with a few simple tips. Look for a taught rind that hasn't shriveled and isn't cracked. The color underneath is a hint to the color inside the melon: if it's green, the cantaloupe is likely unripe so look for a pale orange or golden color. Locate the blossom and stem ends, then gently press the blossom end. It should yield to pressure, much as an avocado. Give it a sniff to find out if it smells fragrant and, well, cantaloupe-y. If you're doing a demo about how to select a ripe cantaloupe, here's a video that might provide some ideas: [youtube.com/watch?v=qBrOp79SwyI](https://www.youtube.com/watch?v=qBrOp79SwyI).

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DID YOU KNOW?

A pluot is a combination of the best of a plum and an apricot. Other names for this stone fruit combo are aprium, aprilum, plumcot, and dinosaur egg. These mega-sweet fruits are sources of vitamins A and C, folic acid, and potassium. Some consumers wonder if this odd fruit is the product of a genetically modified organism (GMO), instead it has been created by hybridization.

**EAT TOGETHER EAT BETTER – Family Meals Focus**

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Cook Together is a key component of the *Eat Together, Eat Better* program and materials developed in a partnership with WSU Extension and the Washington State Dairy Council. WSU staff created lessons to use in community venues, with an entire set of lesson plans about cooking together geared for adults, families, and youth. To access the lessons, go to <http://nutrition.wsu.edu/eteb-lessons/> and scroll down to Cook Together. For colorful recipe cards to use as class handouts, go to <http://nutrition.wsu.edu/eteb-incentives> and scroll down to ETEB Incentives, Recipes.

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