

Cent\$ible Nutrition News

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Cost Cutter: Hunting for a Good Buy

If you are a hunter, you may have a freezer full of meat. If not, consider adding meat to your freezer when it is on sale. This is a good way to keep meat on hand and make cooking easier.

By looking at grocery store ads and keeping track of prices, you will be able to identify a good deal when you see one. It might be helpful to set aside money each month just for good deals to go in your freezer.

Later, you can grab something out of the freezer instead of taking another trip to the store.



*Helping
Families Eat
Better for Less*

Time for Wild Game

Deer, antelope, and elk hunting seasons are beginning in Wyoming. For many families, this means freezers will soon be full of wild game. Wild game is a low-fat, high protein meat that can be enjoyed throughout the year, if properly processed and stored.

If you are a hunter, make sure to freeze the meat when it is fresh. Remember to use safe hand washing and sanitation procedures when processing meat. Meat should be packaged and refrigerated or frozen quickly. Use high-quality freezer paper to avoid freezer burn. If you are not a hunter and are given wild game, ask to make sure it was safely handled to avoid foodborne illnesses.

If you've never had wild game, you are in for a treat. It is a good protein option. It tends to have less fat, fewer calories, and slightly more protein than other meat. Many people use wild game in place of beef in recipes. For example, you can use ground deer to make hamburgers. Or, you can use it in soup, like the Ground Elk Vegetable Soup in this newsletter.

Like all meat, wild game needs to be refrigerated or frozen until it is ready to use. When you are ready to use it, remember to thaw it in the refrigerator, cold water, or microwave.

For more information on hunting and wild game, contact your local extension office.



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PHYSICAL ACTIVITY

In the Woods

As the seasons change, walking in the woods or at the park can be a beautiful way to stay active. Take a walk with your kids and ask them what changes they see. Along the way you can collect colorful leaves or spot some wildlife. This is a great time of year to see birds migrating, antelope grazing, and rabbits nibbling before winter comes.

Fall is also a great time to be active as you prepare for winter. Raking leaves, cleaning out flower beds, and putting away gardening tools are good fall activities. As you work or walk, remember to drink plenty of water. The temperature may be cooler, but you still need to stay hydrated.

Enjoy fall!



FAMILY CORNER

Ground Elk Vegetable Soup

Enjoy this tasty soup with your family on game night.

Ingredients

- 1 pound ground elk, deer, or beef
- 2 cups potatoes, diced
- 2 carrots, diced
- ½ cup onion, chopped
- ½ cup celery, diced
- 2 Tablespoons olive oil
- ¼ cup brown rice
- 2 cups diced tomatoes
- 2 quarts water

Directions

1. Wash hands with warm, soapy water.
2. Brown meat and onion with olive oil in a skillet. Drain the fat.
3. Put remaining ingredients and meat mixture in a large pot.
4. Simmer for about 2 ½ hours.

Keeping Wild Game Meat Safe

Like all meat, wild game needs to be properly stored and cooked to be safe to eat. This guide will help you keep your wild game safe, from freezer to table.

- Frozen meat should be kept at 0 °F or below and used within 1 year.
- Meat in the refrigerator should be kept below 40 °F. Raw ground meat can be kept in the refrigerator for 1-2 days. Raw roasts, chops, and steaks can be kept in the refrigerator for 3-5 days.
- Game meat, ground and whole cuts, should be cooked to at least 160 °F.
- Game birds should be cooked to at least 165 °F.
- Don't forget to use a separate cutting board for meat.

References

- www.extension.umn.edu
- <http://burt.unl.edu>
- www.uwyo.edu/uwe
- www.uwyo.edu/centsible
- www.foodsafety.gov

Want more tips and recipes? Call **1-877-219-4646** today! Or visit uwyo.edu/centsible.



SENIOR SENSE

Cook Once, Eat for Weeks

Cooking can seem like a hassle, especially when you are cooking for just one or two people. If it seems like you are spending a lot of time cooking, try cooking one time to last for several weeks. To do so, follow these easy steps:

1. Plan what meals you would like to have. For some ideas, check out CNP's two week menu plan: <http://www.uwyo.edu/centsible/recipes.html>.
2. Shop for the items you need.
3. Cook all of the meals you planned.
4. Package and freeze these meals in individual sized containers that can be easily de-frosted and heated.

Now you have meals ready to make at your convenience.

KIDS CORNER

Fall is on the Way!

Do you like fall? What do you do to stay active in the fall?

Fall is a great time for all kinds of yummy food. How many fall foods can you name? (Hint: think about what you eat at Thanksgiving)

(Possible answers: pumpkin, acorn squash, butternut squash, turkey, potatoes, sweet potatoes, apples, pears, cranberries)

Side Note:

Shooting sports are very popular in Wyoming for both adults and youth. If your child is interested in shooting sports, the Wyoming 4-H program has several shooting programs for youth. You can find out more by visiting <http://www.uwyo.edu/4-h/index.html>.

FEATURED RECIPE

Cabbage Rolls with Wild Game

Ingredients

- 1 pound ground elk, deer, or beef
- 4 slices low-fat bacon, chopped
- 1 cabbage
- 1 teaspoon parsley
- 2 teaspoons garlic powder
- 1 egg
- 1/3 cup brown rice
- 1 onion, sliced
- 1 Tablespoon olive oil
- 2 ¼ cup tomatoes, crushed
- 14 ½ ounces low-sodium beef broth
- 1 teaspoon thyme
- Salt and pepper

Directions

1. Wash hands with warm, soapy water.
2. Preheat oven to 350 °F.
3. Bring water to a boil in a large pot.
4. Mix together meat, rice, egg, and seasonings, except thyme.
5. Core cabbage and place in water for 2 minutes.
6. When pliable, peel off each leaf and run under cold water. Drain and pat dry.
7. Place about 3 Tablespoons of meat mixture near the bottom of the leaf. Fold in sides, then the bottom, and roll up.
8. Heat 1 Tablespoon of oil in a Dutch oven and sauté onions.
9. Add tomatoes, broth, and thyme and simmer.
10. Lay rolls in sauce seam side down. Sprinkle with salt and pepper. Ladle sauce over rolls.
11. Cover and bake for 1 hour and 20 minutes.

Serves 6

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“It’s best to not cut your food on the same cutting board because then you’d be contaminating other foods you cut or prepare.”
-CNP Participant

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Freemont (Riverton), 857-3660	Unita, 783-0570
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Hot Springs/Washakie, 347-3431	

For information on how to apply for supplemental nutrition assistance, please call 1-800-457-3659.

 Toll-free in Wyoming at 877-219-4646
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