



April 2011

**Wibaux County
Extension Office**

Dear Homemakers,

It's hard to believe we are nearing the end of another school year. I don't know where the time has gone.

Thanks to all who volunteered their time and to those who attended the Wibaux Health Fair. Your continued support is greatly appreciated. For those of you thinking ahead to county fair entries, the Wibaux County Fair will be held August 25-28, 2011. I have enclosed a tentative fair schedule to keep you updated on this year's events.

As always, if you have any questions or need information on a publication, please feel free to call or stop by the Extension Office. Also, check out our website at www.wibauxextension.com.

Sincerely,

Patti A. Goroski
Administrative/Program Assistant

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Prairie Fare: Add Sanitizing to Your Spring Kitchen Cleaning Routine

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

If you're thinking about spring cleaning, kitchens are a good place to start. By definition, cleaning removes particles, including dirt and food, from surfaces. Cleaning usually involves washing surfaces with soap and water, rinsing with clean water and air-drying or using a paper towel for drying.

Besides cleaning, you might consider sanitizing kitchen surfaces, including countertops, cutting boards, refrigerator drawers and other surfaces. Bacteria, including Salmonella, E. coli and Listeria, may be spread from contaminated hands to food or from contaminated surfaces, such as cutting boards, knives and other equipment, to food.

Sanitizing takes cleaning one step farther. Sanitizing reduces or eliminates germs, such as Salmonella, on surfaces. After cleaning the surface, such as a cutting board, spray the surface with the sanitizer of choice or prepare a larger amount in a sink and immerse the item. Leave the sanitizer on the surface for the suggested amount of time. Allow the surface to air-dry or use a clean paper towel to dry.

According to a study published in the Journal of Food Protection, several common household products are effective as sanitizers and are safe to have around food. One of the best in-home sanitizers is diluted unscented chlorine bleach (about a scant teaspoon of bleach per quart of water in a spray bottle).

When a diluted chlorine bleach solution is sprayed on cleaned surfaces and allowed to remain for at least one minute, E. coli, Listeria and Salmonella contamination can be reduced by 99.99 percent. Surfaces must be cleaned before using the chlorine solution because detergents and dirt can inactivate chlorine bleach.

Hydrogen peroxide can reduce E. coli and Salmonella, but not Listeria, when applied to surfaces and allowed to stand for 10 minutes. Undiluted white vinegar at room temperature can reduce Salmonella contamination when allowed to stand for 10 minutes. However, undiluted vinegar is not effective in the inactivation of Listeria or E. coli.

Foodborne bacteria can sicken us all. Some populations are more vulnerable to foodborne illness, so reducing disease-causing germs in their environment becomes even more important. If you live with someone who is elderly, immune-compromised or ill, or if you have children under age 5 in your home, consider sanitizing your kitchen surface



Prairie Fare: Tempt Yourself & Others With Healthful Snacks

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

Our environment can influence how much we eat and the food choices we make. That's why vending machines with tempting candy bars, chips and sweetened beverages are no longer an option in many schools.

We can enhance our food environment at home by making healthful choices readily available for ourselves and our family and friends. For example, if you are not meeting the recommendation for about 4½ cups of fruits and vegetables daily, start by altering your food environment.

If fruit is a little lacking in your diet, consider putting a bowl of cut fruit, such as pineapple or cantaloupe, in your refrigerator and ready to serve. Alternatively, put a bowl of apples or bananas on your counter that are ready to grab and go. If you pack your lunch, include a piece of fruit every day.

If you can't resist chips and candy, either leave them at the grocery store or put a serving, as defined on the nutrition label, in a bowl. Stop with one serving. Pay attention to the flavor and texture of your treat, so you truly enjoy it.

If you really like sweets, enjoy them in moderation. Researchers have shown that the size of serving utensils and bowls can influence how much food people serve themselves.

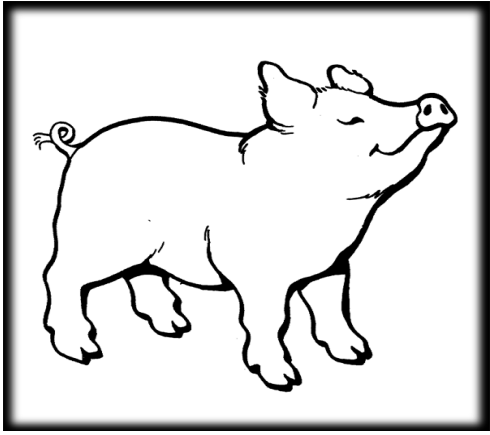
In a study done by Cornell University researchers, participants were provided a large or small bowl and a large or small serving spoon for ice cream. Those who used the larger bowl served themselves nearly one-third more ice cream. Those who used the larger serving spoon served themselves 15 percent more ice cream. Those who used a large spoon and large bowl took 57 percent more ice cream.

Other Cornell studies have shown that leaving empty bottles, cans, cups and even food waste (such as chicken bones from chicken wings) in front of us can remind us to curb our eating.

If you ever plan snacks or meals for a meeting, whether for a faith community, club or business, provide some healthy options. If you are bringing food for a potluck, consider bringing a large nutrient-rich salad with a variety of greens and sprinkled with dried fruit and nuts or seeds. Bring whole-grain bread or crackers. If you bring desserts, cut them in smaller pieces and consider sprinkling the top with powdered sugar instead of thick frosting.

Try these healthful, tasty snack ideas from the various food groups:

- * Grain group: whole-grain mini muffins, banana bread or pumpkin bread, air-popped popcorn, whole-grain crackers
- * Vegetable group: baby carrots, broccoli florets, cauliflower, salsa
- * Fruit group: grapes, strawberries, melon chunks, oranges, plums, apples, pears; dried fruit; pre-measured fruit cups
- * Milk group: string cheese and low-fat or fat-free yogurt
- * Meat and beans group: unsalted or lightly salted nuts or low-fat bean dip



Prairie Fare: Pork is Leaner Than Ever

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

Today's pork is very lean, with 16 percent less fat and 27 percent less saturated fat compared with pork produced just 20 years ago. In fact, a 3-ounce serving of pork tenderloin has 2.98 grams of total fat, which is nearly the same fat content as a skinless chicken breast, which is 3.03 grams of fat per 3-ounce serving.

Depending on our portion sizes and our food preparation methods, however, we can completely change the nutrition profile of our main course. If we add rich gravies and sauces or add a lot of fat when cooking meat, our lean protein choices could gain many calories.

If you are seeking the leanest cut of pork, look for "loin" on the meat label. For example, pork loin and loin chops will have the least fat, saturated fat and calories. You can trim excess fat from other cuts before cooking it.

When you're ready to cook, consider low-fat cooking methods, such as grilling, broiling stir-frying and pan-broiling. Use a rack during broiling, so the natural fat drips away. When pan frying, skim fat before serving.

When it's time to serve yourself a portion of meat, develop an eye for serving size. Remember that a 3-ounce serving is about the size of a deck of cards. Most adults need 5 to 7 ounces of protein foods from the meat and beans group per day.

For a flavorful and quick meal, stir-fry pork with vegetables, such as broccoli and carrots. Place a small amount of oil or cooking spray in your nonstick pan, heat it, and then add thin strips of plain or marinated pork. Quickly move the meat around the pan. Remove the cooked meat from the pan to prevent overcooking during the vegetable preparation. Stir-fry a variety of vegetables, add a small amount of your favorite stir-fry sauce, add the cooked meat and serve your colorful, nutritious main course.

Here's a recipe for grilled pork from the National Pork Board. For more information, see the NDSU Extension Service publication "Now Serving: Lean Pork!" available at <http://www.ag.ndsu.edu/pubs/yf/foods/fn1475.pdf>.

Favorite Grilled Pork Chops

4 pork chops, 3/4-inch thick 3/4 c. Italian dressing 1 tsp. Worcestershire sauce

Place all ingredients in a self-sealing bag; seal bag and place in refrigerator for at least 20 minutes (or as long as overnight). Remove chops from bag, discarding marinade, and grill over a medium-hot fire, turning once, just until done, about eight to 11 minutes total cooking time. The internal temperature should reach 160 F as measured by a food thermometer.

Makes four servings. Each serving has 210 calories, 5 grams (g) of carbohydrate and 11 g of fat.

Prairie Fare: Try the Stairs More Often

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

Walking up and down steps is a good form of exercise. If your joints can handle it, taking the steps instead of the elevator can help with weight management and tone and strengthen your muscles.

Walking up steps burns more calories than walking down steps. For example, a 150-pound person would burn about 50 calories in 10 minutes when walking down steps. If that same person spent 10 minutes walking up steps, he or she would burn about 100 calories.

Walking up steps is particularly good exercise for the muscles at the front of your thighs (quadriceps) and your backside (gluteus maximus).

We all rely on good joint health for easy movement. Joints are made up of cartilage and a lining called synovium. Joints cushion our bones and allow free movement.

Most of us know someone who suffers from osteoarthritis, which affects an estimated 27 million Americans. Osteoarthritis is known as the "wear-and-tear" joint disease. Overuse and repetition often are to blame, but some diseases, some medications and normal wear and tear all can promote deterioration of our joints.

Maintaining a healthy weight places less strain on your joints, and exercise is a key to weight maintenance. Water aerobics, swimming, cross-country skiing and biking are examples of joint-friendly fitness activities. Be sure to stretch before exercising and try low-impact exercise, not bouncing movements.

On the nutrition side, drink plenty of water to help prevent dehydration and keep joints lubricated. Eat a balanced diet with plenty of fruits, vegetables and foods containing omega-3 fatty acids, such as salmon, tuna and walnuts, to promote joint health and overall health.

For additional information and resources, see "Nourish Your Joints," a publication of the NDSU Extension Service available at



© Primal Pictures www.primalpictures.com <http://www.ag.ndsu.edu/pubs/yf/foods/fn1489.pdf>.

Family Mealtimes Can Be A Reality

Eating together as a family can be a challenge because of today's busy lifestyles. Family mealtime used to be the foundation of everybody's day. However, now only about 28 percent of families eat together seven days a week, and 24 percent eat together less than three times a week.

"Studies have shown that families who eat together often choose more healthful foods, such as vegetables," says Julie Garden-Robinson, North Dakota State University Extension Service food and nutrition specialist. "Dinnertime is a perfect time to teach your children about eating healthfully." The only time some family members can spend with each other is when they're eating together.

"Children get more than nutritional education and family time when they eat with their family," says Sean Brotherson, NDSU Extension family science specialist. "Children are more self-confident and get better grades, and they are more active in school-based activities. They also are less likely to abuse drugs as a result of spending time with their family while they are young."

Here are some tips for putting tasty, healthful meals on the table easily:

- * Take time to plan meals for the week. Planning saves time, money and frustration.
- * Find several recipes your family likes. Keep ingredients for these recipes on hand for when you need to make quick adjustments to meal plans, such as a change in schedule or someone requests a favorite recipe.
- * Keep your menus simple. They don't have to be elaborate or difficult to prepare.
- * Set aside a chunk of time, such as Sunday afternoon, to prepare portions of meals for the week. For example, cook and season ground beef for tacos, and cook and cube chicken breasts for chicken and rice casserole. Then freeze the ground beef and chicken in freezer-safe containers or zip-close bags. On the day you're having tacos or chicken and rice casserole, pull out the ground beef or chicken and you're ready to go.
- * Develop a food budget. Check grocery store sale ads and incorporate on-sale items into the week's menus.
- * Have your kids help prepare meals. The kitchen provides a perfect learning environment for children while providing a bonding experience for you and your children.
- * Encourage your family to eating habits. To help them and fun snacks, or try container garden with your vegetable eating. Serve with meals, and have water beverages to quench thirst Have whole fruit more

For more information on together for nutritious the budget, visit



develop healthful do that, offer healthy starting a traditional or child to promote low-fat or fat-free milk instead of sweetened throughout the day. often than fruit juice.

how to get your family meals without breaking

<http://www.ag.ndsu.edu/pubs/meals.html>.

Prairie Fare: Time, Money Influence Food Preparation

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

If you were to draw a circle and break it into a wheel with 24 segments representing hours in the day, how would you spend your time? I'll get you started. On an average weekday, you might spend eight hours sleeping and nine hours at work. If that's the case, you have used up about 70 percent of your time. You now have seven hours to do everything else.

In those seven action-packed hours, you may need to build in time to commute to work; care for your children, pets and/or home; pay bills; and, we hope, have some time for exercise and recreation. You might want to brush your teeth and take a shower, too.

This thinking exercise made me a little tense. Did I forget anything we need to jam into those seven hours? Oh, yes, we need to eat, too. That usually means cooking unless you have unlimited funds for takeout or restaurant meals.

Most of us do not have an unlimited budget. In fact, food plans such as the "thrifty food plan" have been devised to help limited-income families stretch their dollars to be able to feed their families with a healthful diet. However, following the thrifty plan usually requires spending about 80 minutes a day on food preparation.

How does available time influence food preparation decisions? We could make a guess based on our personal observations. However, we need unbiased research to be able to make statements based on actual data.

An economic study reported in a publication by the U.S. Department of Agriculture found that income, gender, employment status and number of children influenced the time spent on food preparation.

Women spent more time cooking than men, and married women with more kids spent more time on food preparation compared with single women. Full-time working women spent about 45 minutes preparing food, while non-working women spent 70 minutes preparing food daily.

Marital status also influenced the amount of time spent cooking. Single women spent 15 minutes less per day on food preparation than did married women.

The amount of time available for cooking was more significant than the amount of money available. According to the researchers, low-income women with full-time jobs had just 40 minutes available per day to prepare food.

So, what's a time-strapped person to do in the kitchen to put healthful meals on the table and not break the budget? The NDSU Extension Service can help. For five weeks of sample menu plans and most of the recipes, go to <http://www.ag.ndsu.edu/pubs/meals.html>. Additional recipes and tips are available at <http://www.ag.ndsu.edu/pubs/now-serving.html>.

Continued **Λ**

Prairie Fare: Time, Money Influence Food Preparation CONTINUED...

These are some ideas to get you started:

- * Plan your menus a week at a time. Consider consulting the weekly specials in the sales ads.
- * Prepare portions of a meal in advance.
- * Prepare double portions of the entrees and freeze the second pan.
- * Use leftovers as the basis for another meal. For example, have chili one night and chili-topped baked potatoes a couple of nights later.
- * Try time-saving equipment, such as slow cookers, microwave ovens and pressure cookers.

Ranchero Beef and Rice Skillet

1 pound lean or extra-lean ground beef
1 medium red or green bell pepper, cut into 1/2-inch pieces
1 large clove garlic, crushed
1 Tbsp. chili powder
½ tsp. salt (or less)
3 c. cooked rice
1 c. frozen peas, defrosted
¾ c. prepared salsa

Prepare rice as directed on the package. Wash and chop bell pepper. In a large, nonstick skillet, brown ground beef, bell pepper and garlic over medium heat eight to 10 minutes or until beef is no longer pink. Break the beef into ¾-inch crumbles. Pour off drippings. Season with chili powder and salt. Add rice to skillet; mix well. Continue cooking two minutes or until rice is hot; stir occasionally. Stir in peas and salsa; heat through.

Makes four servings. Each serving has 340 calories.

Ranch Chicken

4 Boneless, skinless chicken breasts
1 cup Plain non-fat yogurt
¼ cup Skim milk
½ package Dry ranch dressing mix

Combine yogurt, milk and ranch mix, mix well. Put chicken in plastic sealable bag, pour yogurt mixture over it. Seal and refrigerate at least 1 hour. Grill over medium flame 20 minutes, or until done, turning once.

Makes four servings. Each serving has 308 calories.

Prairie Fare: Food Diaries Can Promote Weight Loss

By: Julie Garden Robinson, NDSU Extension Food & Nutrition Specialist

Keeping a food diary takes a little discipline but can be an eye-opening experience. People often eat much more than they realize.

All you need is a piece of paper and a pen or pencil. Then you write down everything you eat, whether it includes M&M's nabbed from a candy dish, crackers in front of the TV, a pizza sample at the grocery store or the taste-test of tonight's stew.

Along with the type of food and the amount, write down where you were at the time you ate it and what your mood was. Were you really hungry or maybe a little bored when you grabbed a snack on the way to the TV? You also can note if you were alone or with a companion.

Researchers have studied the use of food diaries and their role in weight loss. In a study reported in the American Journal of Preventive Medicine, researchers noted that overweight people who kept food diaries lost twice as much weight compared with those who did not keep food diaries.

Besides keeping food diaries, the 1,700 participants in the six-month research study were asked to cut 500 calories from their daily diets, eat more fruits and vegetables, and get 180 minutes of physical activity per week.

They also had the opportunity to work directly with professionals, including nutrition experts, in group sessions. The group sessions also were successful in promoting weight loss, too.

If weight loss or maintenance is among your goals, give food diaries a try. You can make yours as simple or as high tech as you'd like. Write your food intake on a used envelope or scratch paper if you wish.

If you would like to go "high tech," visit the healthy eating website at <http://www.mypyramid.gov>. Try the "tracker" feature and its tutorial. It provides a food group-based analysis or a nutrition analysis of your food intake down to the micronutrient. You can print out a food plan to follow.

After you have written down your food intake for a couple of days, here are some questions to ask yourself. Are you eating at least 4½ cups of fruits and vegetables daily? Are you consuming the equivalent of 3 cups of milk daily? Are half your grain choices whole grain? Do you choose a variety of lean meats and fiber-rich beans?

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