

Finding Forgotten Food

Alice Henneman, MS, RD
Extension Educator

Perhaps you've purchased something only to find there already was a container in the back of a storage area. Or, felt like you were on an archaeological excavation as you sorted through the items forgotten in the back of a storage space. Take a turn for the better by using a turntable. Here are some possible examples; once you start, you may think of many more.

Use a **smaller turntable** for foods such as:

- refrigerated mayonnaise, mustard, pickles, nut butters, etc.
- boxes and cans of tea in the cupboard.

Use a **larger turntable** in locations such as:

- in the refrigerator for storing bigger items such as whole



Smaller turntable in refrigerator



Larger turntable in refrigerator



Larger turntable under sink

- grain flours.
- underneath the kitchen sink for accessing cleaning products.

TIPS:

- Only place turntables on solid refrigerator shelves versus open shelving.
- Measure the **width** and **depth** of your shelf space.
- Consider purchasing the type of turntables that have a rubber-type nonskid top surface. Foods are less likely to spin off or tip over when the table is turned.

- Test the turntable in the space available BEFORE removing the label and throwing away the box and receipt!

Camp Abbott: a Summer Success



for Limited Resource Families

Hilary A. Catron
Extension Assistant
& Mardel Meinke
Extension Associate

This summer, Nutrition Education Program staff taught nutrition lessons at Camp Abbott, a nine-week youth enrichment program sponsored by the Capitol Sports Foundation and The Ethel S. Abbott Sports Complex. More than 280 youth in grades 3-7 participated. The camp promotes academics and athletics in a fun learning environment.

Nutrition sessions were designed around the weekly themes of Camp Abbott and included hands-on activities, games and healthy snacks. For example, during Shark Week, class participants discussed plant and animal sources of protein, ran an egg relay, and enjoyed peanut butter shark bites.

The fossils found around Camp Abbott during Dinosaur Week led to a discussion about the importance of



Camp Abbott participants react to tasting "sour" as they learn about the four tastes — sweet, sour, bitter, and salty — during MASH week.

getting enough calcium every day. The "Most-to-Least" calcium game had participants rank different foods based on the amount of calcium they contained. Participants really *dug*

their dinosaur dirt cup snacks (recipe below).

"The Tuesday nutrition programs were among their favorite activities," said Camp Abbott Program Director Brent Martin.

Evaluations gathered at each lesson indicated that almost all of the Camp Abbott participants were going to try to make healthier food choices. One student said, "I am going to try to drink less pop," and "I am going to try to drink more milk." Many also said they were going to try to make some of the healthy snacks at home.

Dinosaur Dirt Cups

- 1-1/2 tablespoons Vanilla Instant Pudding Mix
- 1/3 cup very cold milk
- 2 tablespoons crushed chocolate graham crackers
- 1 gummy worm

1. Place instant pudding in cup.
2. Add milk.
3. Stir until pudding is dissolved.
4. Let pudding stand until thick.
5. Place gummy worm in pudding.
6. Cover with graham crackers (dirt)



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October is a month of food celebrations. Here are two that feature foods popular with Nebraskans.

National Popcorn Poppin' Month

Popcorn is a good choice for healthy eating. It contains fiber, providing roughage the body needs in the daily diet. Popcorn is low in calories — only 31 to 55 calories in one cup of unbuttered, and when lightly buttered, one cup still only has 133 calories.

Here are some popcorn ideas for another special time in October — Halloween.

Healthy Halloween Party Foods

1. BONY FINGERS — fill clear plastic gloves (the type designed for wearing in the kitchen when preparing food) with popcorn. Tie the end with orange and black ribbon.

2. HALLOWEEN PARTY POPCORN — combine your choice of the following ingredients. By mixing Halloween candy with popcorn, you cut back on the total amount of candy offered. Serve with a scoop from a large bowl. Or, fill a self-closing sandwich bag with popcorn for each child.

- popcorn
- candy corn
- nuts
- raisins and other dried fruit
- gummy worms
- orange/black "m&m's" or jelly beans

3. GHOSTS — wrap a small popcorn ball in plastic wrap. Place wrapped ball in the middle of a large, sturdy white napkin. Tie the napkin together over the popcorn ball with white string, so the ends of the napkin hang out to form the body. Draw on a scary face with a black marker.

National Pork Month

Through changes in feeding and breeding techniques, today's pork has 31 percent less fat than 20 years ago with many cuts as lean as skinless chicken. Here's a pork recipe from the National Pork Board (www.otherwhitemeat.com) that includes another Nebraska grown food, Great Northern Beans.

Speedy Pork Cassoulet

(Serves 4)

- 1 tablespoon vegetable oil
- 2 medium onions, chopped
- 2 cloves garlic, crushed
- 3 boneless pork chops, cut into 3/4-inch cubes
- 2 cans (15-ounce) Great Northern beans, rinsed and drained
- 3/4 cup chicken broth
- 1/3 cup chopped sun-dried tomatoes packed in oil, drained
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon dried thyme, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped parsley
- 1/4 cup seasoned breadcrumbs

Heat oil in a deep saucepan over medium-high heat. Cook and stir onions and garlic until tender but not brown. Add pork, cook and stir for 2-3 minutes or until lightly browned. Stir in beans, broth, tomatoes, rosemary, thyme, salt and pepper. Bring to boiling; reduce heat, cover and simmer 10 minutes or just until pork is tender, stirring occasionally. Spoon cassoulet into individual soup bowls. Sprinkle each serving with parsley and breadcrumbs.

Tips:

- Check on the label, Web site or manufacturer how long the sun dried tomatoes in oil will keep if you plan to hold them — opened in the refrigerator — longer than a few days. Other uses for sun dried tomatoes packed in oil include: mixed with pasta, potato and macaroni salads, served on crackers with cream cheese, mixed with mashed potatoes. NOTE: the olive oil will harden after it is refrigerated but will liquify again at room temperature.
- To freeze extra sun-dried tomatoes in oil, use the "plop method" — like when making baby food. Drop by tablespoons on a sheet of waxed or parchment paper or plastic wrap on a metal baking sheet or pan. Freeze until solid and transfer to a freezer bag. Use individual "plops" as needed. For best flavor, use within a few months. Label the date put in the freezer. NOTE: Occasionally when aluminum foil comes in contact with a highly acidic food, small harmless pinholes are formed in the foil. For this reason, it's not recommended to place "plops" on aluminum foil.
- Extra chicken broth may be frozen in ice cube trays and transferred to freezer bags as needed.
- If you don't have seasoned bread crumbs, sprinkle with a few crushed crackers.

Cooking Tools Class Oct. 26

Explore the world of affordable, easy-to-use cooking tools at a one-night class "Cooking Tools for Guys and Gals" on Oct. 26 from 6:30 to 8 p.m. at the Southeast Community College (SCC) Continuing Education Center, 301 S. 68th Street Place, Lincoln. Cost is \$6. Call 437-2700 for registration information.

The class is geared for those who want a tasty, affordable meal without much fuss and mess — perfect for those just starting out, singles, college students and those on a budget. Class will include sampling, demonstration and discussion. Dessert will be served.

The class is co-sponsored by SCC and University of Nebraska Cooperative Extension in Lancaster County Extension, and presented by Extension Educator and registered dietitian Alice Henneman.

