

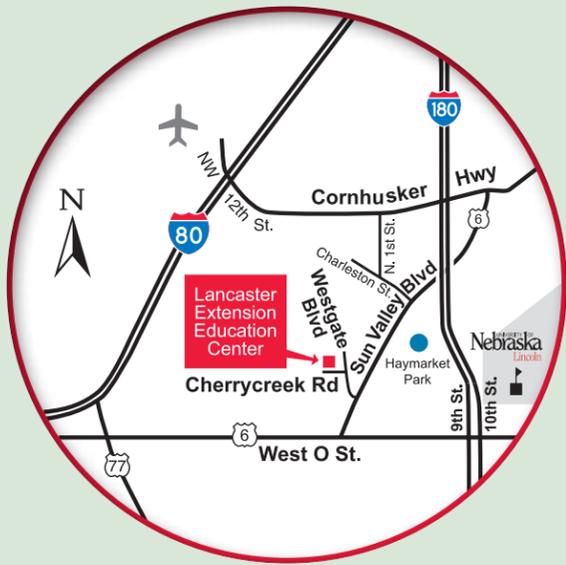
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NEBLINE

The NEBLINE is published monthly (except December).
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Check Out food.unl.edu

Helpful, healthy food resources and recipes

Alice Henneman, MS,
RDN
Extension Educator

Everyone eats!
By visiting Nebraska Extension's <http://food.unl.edu> website, you can find practical, tested tips and recipes for helping you:

- Eat healthier
- Quickly and economically prepare tasty meals
- Follow food safety practices that keep you from getting sick.

<http://food.unl.edu> is one of the nation's most recognized Extension food-related websites. Last year it received over 2.6 million page views from 225 countries and is the University of Nebraska-Lincoln's Institute of Agriculture & Natural Resources most visited website. The website and its offerings have been recognized by six national awards, 25 peer-reviewed national posters and presentations, and nine peer-reviewed journal articles.

Find the following resources and more at <http://food.unl.edu>

PowerPoints and Handouts

View self-paced slideshows, handouts and related recipes from some of Nebraska Extension in Lancaster County's classes at <http://food.unl.edu/free-food-nutrition-fitness-and-food-safety-educational-powerpoints-and-handouts> You also can download the PowerPoint if you'd like to give these presentations yourself. For example:

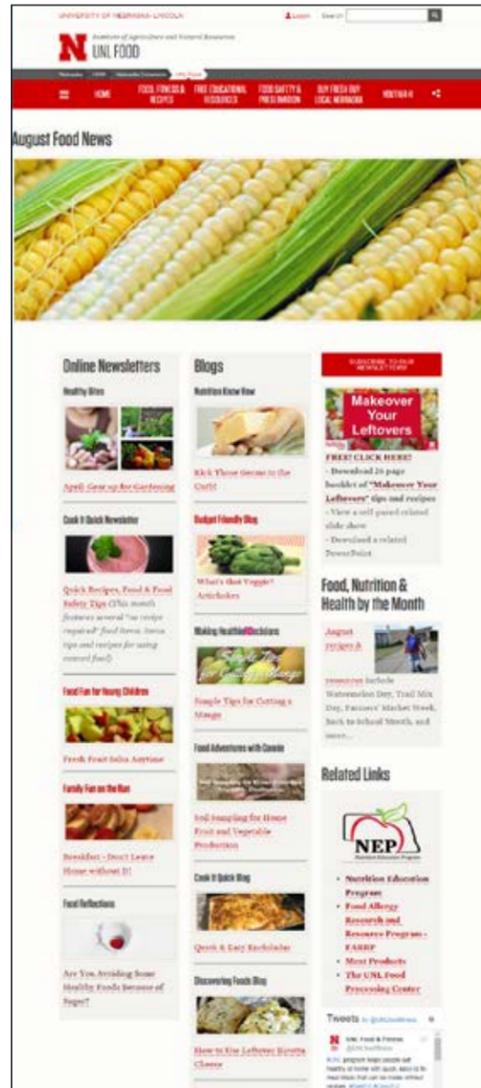
- **Makeover Your Leftovers**
- **Slow Cooker Meals**
- **Healthy Cooking with Fresh Herbs**
- **Holiday Food Mixes in a Jar**

Email Newsletters

Learn personally from these resources. Share and/or reproduce them to spread the word about healthy eating. Check them all out at <http://food.unl.edu/email-newsletters-signup>

Here's a brief description of the different newsletters:

- **Healthy Bites** focuses on a different food, nutrition and/or health theme each month.
- **Cook It Quick** aims to make you "hungry for healthy food" by offering tips and delicious, quick-to-prepare, inexpensive recipes.
- **Food Fun for Young Children** serves up quick, healthy meal and snack ideas and recipes for younger children.
- **Family Fun on the Run** is designed to help you and your family achieve a healthier lifestyle by making walking an important part of your personal fitness program.



Food Safety and Preservation

Nebraska Extension Educators have put answers to some of the questions we get asked most frequently at <http://food.unl.edu/food-safety-preservation>. These areas are included:

- Safe food storage
- Safe food preparation and handling at home
- Food poisoning
- Canning, freezing and drying food

Agriculture and Food in Nebraska

Nebraska Extension works with food from "farm gate to consumer plate." Learn more about these topics:

- **Ag and Food** at <http://food.unl.edu/ag-food>
- **Buy Fresh Buy Local Nebraska** at <http://food.unl.edu/buy-fresh-buy-local-nebraska>

Recipe Central

Enjoy healthy cooking from your own kitchen. Use recipes from the following Recipe Central collections to get started at

<http://food.unl.edu/recipe-central>.

Recipe sections include:

- **Food Fun for Young Children**
- **Cook It Quick**
- **Discover Seasonal Cooking**
- **Cooking with Kids**
- **Gluten-Free Baking with Sorghum**
- **Nutrition Education Program**

- **Food Reflections** provides a "how-to" message on food, nutrition or food safety for health professionals, educators and consumers.
- **Nebraska Extension's Calendar of Food Days, Weeks and Months** is a monthly, web-based food-themed calendar. It provides resources for selected national food-themed days, weeks and months.

HEALTHY EATING

ENJOY NEBRASKA FOODS!

Alice Henneman, MS, RDN, Extension Educator

How to Keep Guacamole from Turning Brown

Here's a food tip idea I recently put on <http://the.food.unl.edu> and shared via the Cook It Quick email newsletter.

Avocados are frequently cited by health professionals as containing a healthy fat. Guacamole is a delightful way to enjoy avocados. Here is a way, I discovered recently, on how to keep guacamole from turning brown if you prepare it a few hours — or even 24 hours — ahead of time.

Pack guacamole firmly (to remove air bubbles) and so it is level in a container with a tight-fitting lid. I pressed down on the guacamole with a spoon as I was packing it.

Cover with about 1/2-inch of lukewarm water. Place lid on container and refrigerate.

Carefully pour off the water before serving. Stir guacamole to mix in any remaining moisture.

