

# MAKE YOUR FOOD DOLLARS COUNT

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## ARE YOU GETTING ENOUGH FRUIT??

Many studies have shown that by increasing your consumption of fruit every day (2-4+ servings), you may lower your risk for developing certain diseases including heart disease and certain types of cancer. So, let's get going!! Here are some simple recipes to help you include more fruits in your diet, every day!

### "Any-Fruit" Smoothie

- 1 cup cut-up ripe fruit (such as banana, strawberries, peaches, mango, and blueberries)
- 1/2 cup low fat vanilla yogurt
- 1/2 cup low fat milk
- 1/2 cup ice cubes
- pinch of sugar
- ground cinnamon (optional)



In a blender, puree until smooth and serve. Can be served for breakfast or snack.

### Peachy Pops

- 2 peaches (1-1/2 cups chopped)
- 2/3 cup low fat vanilla yogurt
- 2 cups orange juice
- 6 paper cups (3 or 5 oz)
- 6 plastic spoons

Chop peaches and divide among 6 paper cups. Place yogurt in medium bowl. Slowly pour orange juice into yogurt, stirring until blended. Pour juice mixture over peaches. Freeze until slushy (1 hour). Place plastic spoons in center. Freeze until firm. Package in freezer bags to store. To eat, peel paper cups away from pops.



### Watermelon-Blueberry Banana Split

- 2 large ripe bananas
- 8 scoops watermelon, seeds removed
- 1 pint blueberries
- 1/2 cup lowfat vanilla yogurt
- 1/4 cup crunchy cereal



Cut the bananas crosswise in half; cut each piece lengthwise in half. For each serving, place 2 pieces of banana against the sides of small dishes. Place a scoop of watermelon at each end of the dish. Fill the center with blueberries. Stir the yogurt smooth; spoon over the watermelon. Sprinkle with the cereal.

### Apple Orange Salad

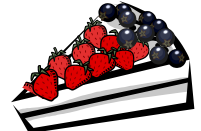
- 2 red skinned apples
- 1 cup mandarin oranges, drained
- 1/3 cup frozen orange juice concentrate
- 4 cups shredded salad greens
- walnuts (optional)



Core apples and cut into eights. Slice them crosswise and combine with juice concentrate. Toss slightly. Just before serving, put greens in bowl, add fruit mixture. Toss and sprinkle with walnuts. Serve with favorite dressing.

### Fruit Cheese Cake

- Filling:
- 8 ounces (1 cup) low fat cream cheese
  - 8 ounces (1 cup) yogurt cheese\*
  - 2 teaspoons vanilla
  - 2 eggs
  - 1/2 cup sugar



Crush 3 graham crackers and sprinkle into bottom of a 10-inch spring-form pan or 8X8" baking pan. Mix filling and pour over graham crackers. Bake at 350° for 1 hour. Cool. Top with fresh fruit. Serve. Refrigerate leftovers.

#### \* To make yogurt cheese:

- 1 quart (32 ounces) nonfat plain yogurt (do not use yogurt with gelatin)

Set a colander over a large bowl, supporting it so the base of the colander is at least 2 inches above the bottom of the bowl. Line colander with 2 layers of cheesecloth or coffee filters. Spoon in yogurt. Cover tightly with plastic wrap. Chill 12 hours or overnight, pouring off liquid as it drains. Scrape yogurt cheese from cloth and use in cheesecake or other recipes. Makes 1-1/2 cups.



## Stretching Your Produce Dollars

\$Avoid purchasing fruits with signs of decay, skin punctures, or other signs of spoilage.



\$Look for fruit that is firm to the touch. Immediately upon returning home from the store, place the unwashed fruit in the refrigerator. Wash fruit under cool running water before using.

\$Don't trust your eyes to select produce that sells by the piece (heads of lettuce, the box-berries, or the bag-oranges). Use scales to help you get the most for your money.

\$Toss freshly cut light-colored fruit with lemon or orange juice to prevent darkening.

## Food Safety

In order to keep your food safe inside your refrigerator during the hot summer months, follow these simple rules:



Fight Bac

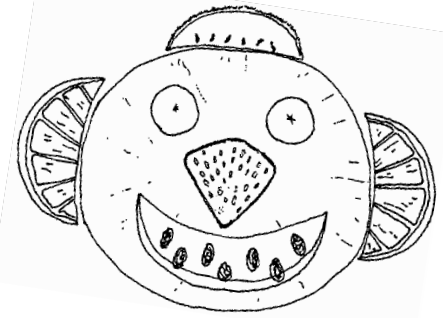
Clean around the outside of your refrigerator, making sure that the coils located behind or below the unit are not clogged with dust.

- The temperature inside the refrigerator should be kept at 40°F or below; the freezer kept at 0°F or below.
- Be sure there is sufficient room for air to circulate inside your refrigerator.
- Keep your refrigerator clean, so there are no spots or spills for bacteria to grow.
- Date and cover all leftovers. Use your leftovers stored in the refrigerator in 2-3 days or freeze immediately and use in 2-3 months.

## Kid's Corner

### Fruity Clown Face

- Face: pineapple slice  
 Hat: half kiwi slice  
 Ears: half orange slice  
 Eyes: grape halves  
 Nose: strawberry half  
 Mouth: cantaloupe slice with raisins



Be creative and try other types of fruit to see what kind of clown face you can make.

### Modifying Recipes with Fruit:

Substitute fruit for typical ingredients in some foods and you'll increase fruit servings and cut out fat and calories at the same time!

Use:	Instead of:
½ cup applesauce, for baking	½ cup oil
½ cup unsweetened pineapple, apple, or orange juice, for salad dressing	½ cup oil
½ cup baby food prunes, for baking	½ cup butter or margarine

\*For more ideas on modifying recipes, call the Cornell Cooperative Extension office in Herkimer at 866.7920.

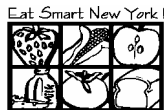
Try visiting area Farmers' Markets for fresh produce from local farmers:

<b>Dolgeville:</b>	Kinney's & SBU lot, 51 N. Main St.	Fridays 8 am - noon
<b>Herkimer:</b>	Hummel's parking lot, W. Albany St.	Thursdays 8 am - noon
<b>Little Falls:</b>	SBU lot, Albany St.	Saturdays 8 am - noon
<b>Middleville:</b>	Route 28, next to Stewart's	Wednesdays 3 pm - 6 pm



## Free Nutrition Education Programs

Nutrition Teaching Assistants are available



to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

### Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

### Contact:

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