

Eating Healthy When You Don't Have Time

Don't let your hectic day keep you from eating healthy meals. Some time saving tips and planning ahead can let you eat a healthy meal in record time.

- Use prewashed veggies and salad greens from the grocery store.
- Cook double or triple batches of grains like brown rice, oatmeal or quinoa ahead of time and freeze in meal size portions.
- Cook a large pot of soup, stew or chili to provide dinner and lunch the next day. Your crockpot will be great for this.
- Pack a healthy lunch the night before when you are not so rushed. Peanut butter or hummus on crackers or bread with sliced fresh veggies is healthy and quick.
- Low-fat cream cheese on a whole grain toasted waffle topped with fruit makes a delicious breakfast on the go.

Planning ahead can make all the difference when you are short on time.



www.thebakingbeauties.com

Source: Healthy Eating When You Don't Have Time

Cranberry Sauce

2 cups fresh cranberries

1/2 cup orange juice

3/4 cup sugar

- Wash and drain cranberries.
- Combine cranberries, juice and sugar in a saucepan.
- Cook over low heat for 5 minutes until cranberries pop open.
- Remove from heat and let cool. Sauce will thicken as it cools.
- Store in refrigerator.

Makes 6 one-half cup servings.

Per serving:
122 calories, trace fat, trace protein, 31g carbohydrates, 1g dietary fiber, 1 mg sodium.



Source: Eating Right is Basic

A is for Apple



Remember the old saying “an apple a day will keep the doctor away”? Well, that may not be too far from the truth. Nutrition science is finding that apples can prevent health problems or at least reduce health risks our bodies face every day.

Antioxidant compounds and fiber found in apples are good for your heart. The fiber also helps with blood sugar regulation and keeps our digestive system working well. Besides these impressive health benefits, apples are packed with important vitamins and minerals but are low in calories. An average apple contains only 80 calories with zero fat, cholesterol or sodium which makes them a perfect snack for any time.

Apples have it all: taste, looks and nutrition without the expensive cost. There are hundreds of varieties of apples but most people have only tasted the more popular varieties such as Red Delicious or Granny Smith. Apples can be sweet, tart, soft and smooth or crisp and crunchy, depending on the one you choose.

Some of the best choices for baking are McIntosh and Granny Smith. Good selections for eating are Honeycrisp, Gala and Red Delicious. The Honeycrisp variety has exceptionally crisp, juicy, sweet-as-honey flesh with just a hint of tartness. Galas are a firm apple with a sweet taste, while Red Delicious have a good flavor and crunchy texture which makes both of these perfect for eating as well.

Lisa McCoy, MS, RDN, Extension Educator, FCS-Healthy Living

Show Me The Money

Hello! I serve as the financial literacy educator for Allegany County. In the next few editions of the newsletter, I will be talking about earning, saving, spending, borrowing, and protecting your money. My role as an extension educator is to expand your knowledge in these areas. As an introduction, I will leave you with some “food” for thought.

- * What are some potential opportunities for you to earn more money?
- * Do you know where you are spending your money?
- * Are you saving money for your next purchase, an emergency, or retirement?
- * When you borrow money, are you getting the best interest rate?
- * How are you protecting your money and identity?

Stay tuned next month for more on opportunities to earn money!

Jesse M. Ketterman, Jr. PhD



Home Sweet Home

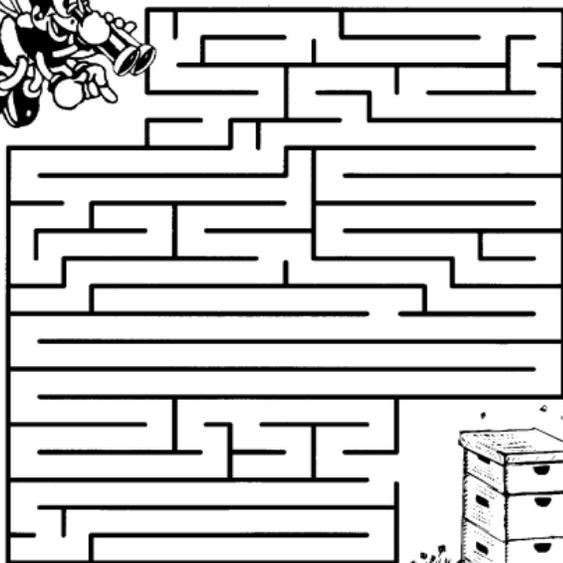


Its National Honey Month!

*Some other Sweet
Facts:*

*The taste of honey differs depending on which flowers the bees visit.

*Honey bees visit two million flowers to make one pound of honey.



Did You Know?

Each beehive contains thousands of worker bees and drones but only one queen.

National Honey Board

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The Expanded Food and Nutrition Education Program (EFNEP) helps families, **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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