Spices & Seasonings to Keep on Hand

A good collection of spices and seasonings add flavor in many recipes.

We need salt in our pantry. However, if we also have spices and seasonings, we can learn to use less salt.

Some spices and seasonings can be costly at first. By only using small amounts, they can last for a long time.

Spices and seasonings eventually lose their flavor. Buy small amounts unless you find you use something more often.

Store spices in a cool, dry cupboard. Do not keep them near the stove or oven, since heat will make them lose their flavor more quickly.

Here are some basic seasonings to start with:

- Salt
- Black Pepper
- Italian Seasoning
- Cinnamon
- Onion Powder
- Garlic Powder
- Vanilla Extract
- Oregano

Source: Positive Promotions Cookbook

Eating Smart Seasoning Mix
Makes 2 3/4 cups

Ingredients:

- 1 1/4 teaspoon black pepper
- 1 tablespoon garlic powder
- 2 tablespoons dried parsley flakes
- 3/4 cup dried, minced onion
- 2 cups dry milk

Directions:

1. Combine all ingredients.
2. Store in airtight container.
3. Use to add flavor in recipes.

Source: Eating Smart Being Active Cookbook
Here's to a Healthy New Year

Start the New Year off right with a renewed commitment to healthy living. Here are some tips to get you on the right track:

- **Use smaller plates.** Studies show that using smaller plates and bowls help you to eat less which promotes weight loss.
- **Move every day.** Getting into the routine of everyday exercise will make it a habit. Soon you will look forward to being active.
- **Rethink your drink.** Many of the extra calories that we consume come from sugar-sweetened drinks, like soda, sweet tea and energy drinks. Substitute water for these drinks more often throughout the day.
- **Get your Zzz’s.** Studies have shown that most adults need at least 8 hours of sleep a night. Getting adequate rest can help you to feel better, lose weight, decrease your risk for cardiovascular disease and diabetes, and boost memory.
- **De-stress.** One of the common stresses in our life today is our connection through technology 24/7. We never get a break from our cell phone, email, computer, television and video games. All of these add to our stress level. Take an hour a day from all electronics and just relax and enjoy the peace and quiet.

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Kitchen Exercises!

1) Warm up by marching in place for one minute while food cooks.
2) Hold cans of veggies, raising them at your sides to shoulder height. Hold for one minute. Repeat 10 to 15 times.
3) Place hands on counter, standing three feet away. Slowly bend elbows until chest reaches the counter. Push back to straight position. Repeat 5 times.
4) With both hands on counter top & feet shoulder width apart, slowly squat, bending knees to your comfort level. Slowly return to standing. Repeat 10 to 15 times.

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A big part of safe cooking is keeping the cook and the kitchen clean. The idea is to keep germs, which can make you sick, out of your food. Here’s some tips:

- *Always wash your hands* with soap and water immediately **before** you begin any recipe. This is especially important for recipes that involve touching the food directly, like kneading dough or mixing ingredients with your hands.
- *Also be sure to wash your hands** before and after handling raw meat, poultry, egg, and fish products because these foods can contain bacteria. You don’t want that bacteria getting on your hands because it could end up in your mouth — yuck!
- *Clean where you touch.* Where was that again? Oh yeah... refrigerator door handle, sink, and microwave or oven door handle. Clean these areas as often as you clean your counters.

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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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