



# Family Nutrition In Action

October/November 2014

## IN THIS ISSUE:

- Eating on the Go
- Leftovers: Keep Your Family Safe
- Container Gardens
- Recipe: Rainbow Coleslaw
- MyPlate Tips

### Leftovers: Keep Your Family Safe

While leftovers make a quick second meal or snack, store and reheat them correctly so they are safe to eat.

Tips to store and reheat leftovers:

- Store foods within 2 hours after cooking. Throw away any perishable food that has been at room temperature for more than 2 hours. Perishable foods include cooked foods, deli meats, and mayonnaise based salads (such as potato salad).
- Cool foods quickly to keep bacteria from growing. Divide large pots of soup or cut turkey into small pieces to help them cool down faster and reduce bacteria growth.
- Reheat leftovers to at least 165°F. Use a food thermometer to ensure this target temperature is reached.



SOURCE: USDA.GOV



## EATING ON THE GO

The kids are back to school, the holidays are right around the corner, and your plate is full. Plan and make snacks and meals ahead of time to keep your stomach and wallet full during this busy time. Want to avoid overeating and get the nutrition your body needs too? Here are some snack and meal ideas to give you the energy you need and help you feel satisfied so you can avoid eating too many extra treats.

### Snacks on the Run

- **Grains:** Popcorn, whole grain crackers, or granola
- **Fruits:** Raisins, a piece of fresh fruit, or canned fruit packed in 100% fruit juice or water
- **Vegetables:** Carrot sticks, celery, or cherry tomatoes
- **Protein:** Sliced deli meat, peanut butter, or hummus
- **Dairy:** Low-fat or fat free cheese stick or yogurt

### Grab-and-Go Meals

- **Breakfast:** Whole grain bagel with peanut butter, whole grain cereal with low-fat or fat free milk, granola bars, and yogurt with fruit are all great foods that can help you start the day off right.
- **Lunch and Dinner:** Salads with fish or chicken breast, a bean burrito, or sandwiches (with lean turkey or chicken deli meat and vegetables) are healthy on-the-go, quick entrees. Complete the meal with vegetables and whole grain sides, such as brown rice, whole grain rolls, and quinoa.
- **Dessert:** Craving something sweet? Fruit is a great alternative to sugar sweetened desserts. Fruit that is on sale at the grocery store is usually in-season, fresher, and more flavorful. Farmers markets are also a great place to find fresh fruit at a lower price. Canned or frozen fruit is a good choice too—just watch for added sugar!

For more information, contact your local  
County Extension Office:  
UF/IFAS Extension Walton County  
Ricki McWilliams—rickim@ufl.edu  
Family & Consumer Sciences Agent  
850-892-8172

## CONTAINER GARDENS



Growing fruits and vegetables at home is a great way to save money on fresh produce. Gardening adds physical activity in your day and you cannot find produce any fresher than out of your own back yard. Container gardens are great for those who have never gardened before, have little extra time, are on a strict budget, or little room for a garden. To get started, follow these steps:

- 1) Choose a container and fill it with potting soil. Containers can be a flower pot, a bucket, an old clothes hamper, or even a canvas bag.
- 2) Choose your plants. Seeds or small plants (seedlings) take longest to grow, but are cheapest. Any of the following grow well in pots during the mild Florida fall/winter:
  - Herbs
  - Green leafy vegetables such as lettuce, Swiss chard or mustards
  - Broccoli or Cauliflower
  - Radishes
- 3) Put your container in an area that gets 6-8 hours of sunlight per day.
- 4) Water your garden often – check soil moisture to determine when to water. The soil should feel like a damp sponge.
- 5) Provide your plants a granulated slow, release fertilizer according to the package instructions.
- 6) Check your plants often for any signs of pests or disease to catch problems early.
- 7) Harvest and enjoy the “fruits of your labor”.

Questions on container gardening?  
Contact your local Extension office.

## Rainbow Coleslaw

Servings: 12  
Serving size 1/2 cup

### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- 1/4 teaspoon celery seed (optional)
- 1/2 cup low-fat Cheddar cheese, cut into cubes

### Steps:

1. In a large bowl, combine all the vegetables
2. In a small bowl, mix mayonnaise, vinegar, and celery seed (if desired) to make a dressing.
3. Put the dressing over the vegetable mixture and toss until well coated. Toss salad with cheese and serve chilled.

SOURCE: SNAP-ED CONNECTION

### Nutrition Facts:

(per serving)

Calories: 30  
Fat: 1g  
Carbohydrates: 4g  
Sodium: 145mg  
Fiber: 1g  
Protein: 2g

## MyPlate Tips: Making Half Your Plate Fruits and Vegetables

1. Fruits and vegetables in season are easier to get, have more flavor, and are usually less expensive.
2. For fruits and vegetables that are not in season, look for frozen or low-sodium canned options.
3. Buy small amounts more often to make sure you can eat them before they go bad.

SOURCE: CHOOSEMYPLATE.GOV