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MONTHLY NEWSLETTER

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EATING TO LIVE LONGER

It's no secret – the better we eat, the healthier we are and the longer we live. In recognition of **National Nutrition Month**, here are 10 tips to help you make healthier nutrition choices. But it's not just one of these tips that will be the key to success – the trick is consistency and an overall healthy lifestyle.

- » **Eat more plants**
A diet rich in plant based foods can help reduce the risk of diabetes and cardiovascular disease.
- » **Drink more water**
Drinking enough water every day can help hydrate cells and remove toxins from your body.
- » **Wash fruit and vegetables**
Raw fruits and vegetables can contain salmonella, E. coli and listeria, so make sure to wash them well before eating.
- » **Fill up on good fats**
Focus on monounsaturated fats such as olive oil and avocados.
- » **Don't microwave food in plastic containers**
This can release toxic chemicals called phthalates. Instead, reheat food in a glass or ceramic dish.
- » **Eat less red meat**
Instead, opt for heart healthy fish, nuts and eggs as your go to protein sources.
- » **Sip tea**
Herbal teas such as green and black tea may have antimicrobial properties.

GROCERY STORE BEST BUYS

Making nutritious food choices can be difficult on a limited budget. Choosing the foods you purchase carefully can help you maximize nutrition while sticking to your budget.

Breads and grains

- Look for bargains on day-old bread and bakery products.
- Buy regular rice, oatmeal and grits instead of the instant and flavored types.
- Try whole-grain bread and brown rice to add nutrients and variety to meals.

Vegetables and salads

- Look for large bags of frozen vegetables. They may be bargains and you can cook the amount you need, close the bag tightly and freeze the rest.
- Foods at salad bars can be costly; most will cost less in the produce section. However, if you only need a small amount of a vegetable, buying at the salad bar can save money if it reduces the amount you waste.

Milk

- Buy fresh milk in large containers (gallon or ½ gallon). These cost less than quarts.
- Buy fat-free or low-fat milk to cut the amount of fat in your family's diet. Note that children under 2 years of age should only be given whole milk.

Meat and poultry

- Look for specials at the meat counter. Buying cuts of meat on sale can mean big savings for you.
- Buy chuck or bottom round roast instead of sirloin.
- These cuts have less fat and cost less. (They need to be covered during cooking and cooked longer to make the meat tender.)
- Buy whole chickens and cut them into serving-size pieces yourself.

Dry beans and peas

- You can use these instead of meat, poultry or fish to add variety to your diet. They cost less and provide many of the same nutrients. They are also lower in fat.





RECIPE OF THE MONTH

BANANA BAKED OATMEAL

TOTAL TIME: 45 MINUTES

Ingredients:

Banana Oatmeal is truly the perfect way to start your day and get moving. Once it's baked and had some time to cool, you can cut the Banana Oatmeal into squares for an on-the-go breakfast. It's also a great recipe to reheat on crazy mornings, and as your pre-workout meal.

- 1 cup rolled oats
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 cup 1% milk , or oat milk
- 1 large egg
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 2 medium bananas , (very ripe) chopped

Directions:

1. Preheat oven to 375 degrees and lightly spray a 9" pie pan with non-stick baking spray.
2. In a large bowl mix together the rolled oats, baking powder, cinnamon, salt, milk, egg, honey and vanilla extract until well combined.
3. Gently fold in bananas then pour into pie pan.
4. Bake for 35-40 minutes until golden brown.
5. **Optional:** Add additional sliced banana on top if desired (but if you do still use the two chopped bananas).