



**Volunteers
of America®**

Colorado Branch

Volume 2, Issue 8

August/Sept. 2006

Inside this issue:

Savvy Shopper	1
Crossword Fun	2
Quick Fix	3
Lou's Tip	3
Healthier Foods	4
Insert	



Shop Smart:

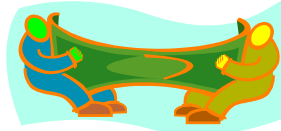
- * Always make a list before you go to the store
- * Never go to the grocery store feeling hungry
- * Always get a rain-check if a special isn't available
- * Buy day-old bakery items if they can be used quickly

Stretching

Your Food Dollar

Be A 'Savvy' Shopper

By Leighanna Konetski, RD
Community Nutritionist



Budgets are tight and eating healthier can be more expensive. But in the long run, not watching what you eat may cost you more in medical bills and doctor visits. In fact, eating healthy doesn't have to send your monthly grocery bill skyrocketing. The following savvy shopping tips can really help lower your grocery bill and at the same time improve your nutrition.

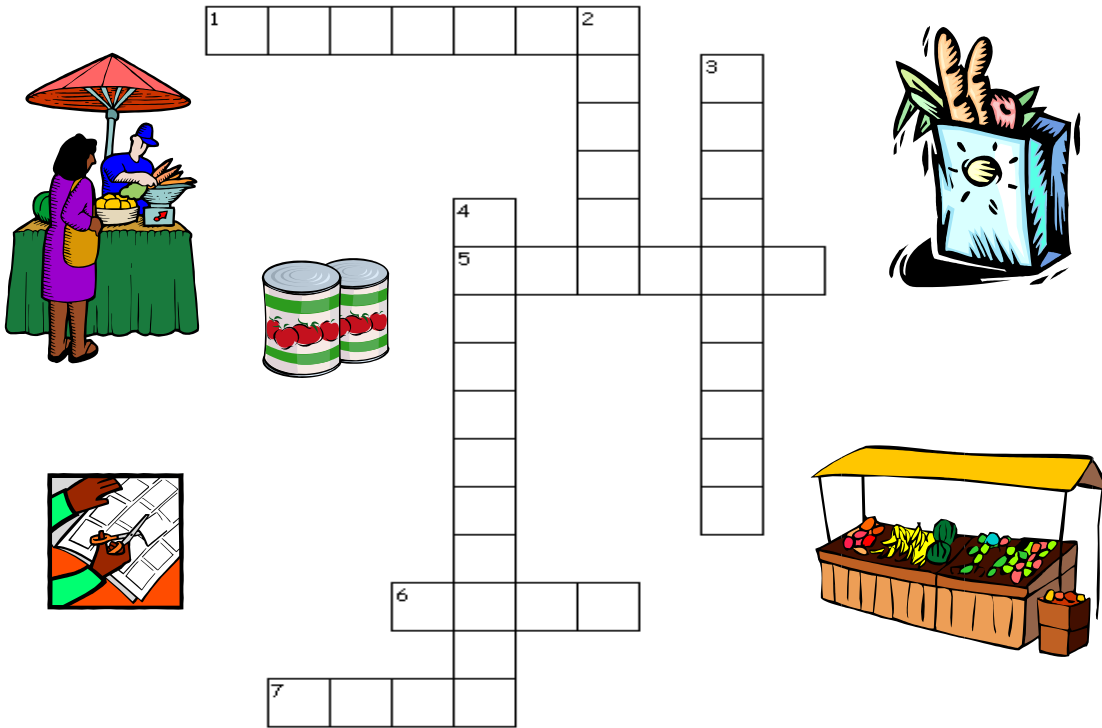
some great buys and stock up on things you regularly use.

- **Clip Coupons:** This may seem like a daunting task—but if you regularly use brand name products this could save you \$\$.
- **Cherry-Pick:** Shopping around at different stores for sales allows you to get
- **Buy in Bulk:** If you have the room to store it properly, this can really lower the unit price you pay for the item.
- **Buy in Season:** Buying fresh produce when it is in season will allow you to save \$\$. It also will increase the variety of foods you eat.
- **Check the Expiration Date:** Purchasing foods near their expiration date will save you \$\$. **BUT** before you buy, make sure you will use it before it expires.

Storage Tips to Keep Food Fresher Longer

- Store flour, sugar and all dry goods in air tight containers.
- Keep your eggs in the carton.
- Rotate your produce. Place new fruits and vegetables behind the older ones.
- Use bag clips or clothespins on all bagged foods for lasting freshness.

'Savvy' Shopping Crossword Fun



Use this newsletter to help you solve the Savvy Shopping Crossword

Across

1. Clipping _____ could save you a lot of money if you buy brand name foods.
5. Never go to the grocery store _____. You'll end up buying things you never needed.
6. Always go to the grocery store with a _____ to help you stay on task and only buy the things you need.
7. Buying in _____ can help you save money on the unit price of the food.

Down

2. Buy fresh fruits and vegetables in _____. This saves you money and helps you eat a variety of foods.
3. Always check the _____ date for last minute discounts.
4. _____ at different grocery stores and you can cash-in on some great buys.

Quick Fix Recipe of the Month

Peach Salsa

Yield: About 2 1/2 cups of salsa
Serving size: 1/4 cup



Ingredients

- 1/2 cup finely chopped red bell pepper
- 1/4 cup finely chopped red onion
- 2 cups 1/2-inch pieces peach (peeled)
- 2 tablespoons chopped cilantro
- 2 tablespoons lime juice

Method:

1. Cook bell pepper and onion in skillet over medium heat until tender, stirring frequently.
2. Mix all ingredients together. Cover and refrigerate about 2 hours or until chilled.
3. Enjoy.



Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 10

Amount Per Serving

Calories 20 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 0g

Vitamin A 8% • Vitamin C 30%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Lou's

Food Safety Tip of the Month— Melon Safety

Melons are in season and in abundance. They are a good source of vitamins and minerals, not to mention just plain delicious. But handle melons with a little extra care. Because they ripen and grow on the ground they can come into contact with bacteria and pathogens that cause food borne illness. When melons are cut, bacteria can be 'brought-in' from the outside rind of the melon on the knife into the inside. To



help avoid this follow the guidelines below when cutting or preparing any melon.

1. Scrub the outside of the melon with cold running water (NO soap) to remove dirt and pathogens BEFORE cutting it.
2. Wash hands, all surfaces and utensils (with hot soapy water) that come into contact with the melon.



Volunteers of America
 2660 Larimer Street
 Phone: 303-297-0408
 Fax: 720-264-3306
 Leighanna Konetski, RD
 Community Nutritionist
 Dawn Hasebroock, RD
 Email: lkonetski@voacolorado.org
 dhasebroock@voacolorado.org

www.voacolorado.org

The Volunteers of America is a national non-profit, spiritually-based human services organization. Since 1896 Volunteers of America Colorado Branch has been seeking to identify and serve the basic needs of the most vulnerable individuals and families in our community. If you would like information on how you can get involved, please call us at:
 303-297-0408.
 Ask for Meals on Wheels.
Meals on Wheels is funded in part by the Denver Regional Council of Governments Area Agency on Aging.

Healthy, Nutritious & Affordable

Hats off to those of you who are always looking for a bargain on healthy items when you go to the grocery store. Check out the following healthier alternatives to some popular foods the next time you are shopping—you might be surprised by how affordable they are.



- **Try** 100% Whole Wheat Spaghetti and gain 4 grams of fiber.
- **Try** Baked Chips and eliminate 6-7 grams of fat.
- **Try** Whole Wheat Tortillas and gain 3 grams of fiber.
- **Try** Unsweetened Applesauce and eliminate around 100 calories.
- **Try** Unsalted Almonds and eliminate 150mg of sodium.
- **Try** Instant Brown Rice and gain 3

- grams of fiber.
- **Try** Low-fat or fat-free salad dressings and eliminate up to 14 grams of fat.
- **Try** Low-fat or fat-free dairy products and eliminate up to 8 grams of fat.
- **Try** Egg substitutes and eliminate 5 grams of fat and reduce cholesterol.
- **Try** 100% Orange Juice with added Calcium and get more than 25% of your days calcium.
- **Try** Frozen vegetables and eliminate around 200-300mg of sodium.
- **Try** Low-Sodium canned soups and eliminate around 300-700mg of sodium.

These small switches will help your health savings add up.

Seasonal Fruit and Vegetable Calendar

Buying fruits and vegetables when they are in season makes \$ense. Produce purchased in season is in abundance and tends to be less expensive, it's also at its peak ripeness and full of flavor. Use this as a guide for purchasing produce in season. Because this is only a guide, produce availability will vary depending on the store and location.

January



Avocados, bananas, grapefruit, lemons, oranges, pears, persimmons, tangerines, tangelos, broccoli, cabbage, carrots, celery, mushrooms, onions, potatoes, and turnips.

February

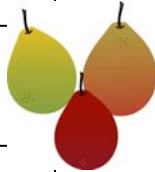


Apples, avocados, bananas, grapefruit, lemons, oranges, pineapple, tangelos, broccoli, brussel sprouts, cabbage, carrots, celery, mushrooms, onions, potatoes, turnips, and pears.



March

Apples, avocados, bananas, grapefruit, oranges, pears, pineapples, tangelos, artichokes, asparagus, broccoli, mushrooms, potatoes, spinach, and turnips.



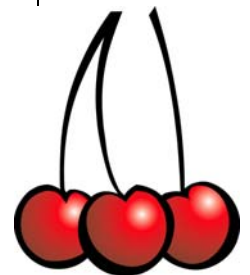
April

Apples, avocados, bananas, grapefruit, mangoes, pears, tangelos, artichokes, asparagus, lima beans, green or wax beans, mushrooms, broccoli, green peas, and spinach.



May

Apples, avocados, bananas, cherries, grapefruit, mangoes, cantaloupe, watermelon, oranges, pears, artichokes, asparagus, green or wax beans, lima beans, broccoli, corn, cucumbers, okra, onions, green peas, potatoes, radishes, spinach and tomatoes.



June

Apricots, bananas, berries, cherries, grapefruit, grapes, kiwi, mangoes, cantaloupe, watermelon, nectarines, peaches, plums, asparagus, cucumbers, beans, corn, okra, onions, green peas, peppers, summer squash, and tomatoes.

August

Berries, figs, grapes, kiwi, mangoes, melons, nectarines, peaches, pears, pineapples, plums, beets, corn, cucumbers, eggplant, onions, peppers, potatoes, summer squash, and tomatoes.

October

Apples, cranberries, grapefruit, grapes, persimmons, pomegranates, beets, broccoli, brussel sprouts, cauliflower, parsnips, sweet potatoes, winter squash, turnips, pumpkin, and rutabagas.

July

Apricots, bananas, berries **OVER** grapes, kiwi, mangoes, melons, nectarines, peaches, plums, beets, corn, cucumbers, okra, onions, green peas, peppers, radishes, summer squash, and tomatoes.

September

Apples, cranberries, figs, grapes, melons, nectarines, peaches, pears, plums, pomegranates, beets, cauliflower, corn, eggplant, okra, onions, peppers, sweet potatoes, winter squash, turnips, and rutabagas.

November

Apples, cranberries, grapefruit, grapes, lemons, limes, persimmons, oranges, pomegranates, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, mushrooms, sweet potatoes, winter squash, and turnips.

December

Apples, cranberries, grapefruit, grapes, lemons, limes, oranges, persimmons, tangerines, broccoli, cabbage, carrots, mushrooms, onions, potatoes, sweet potatoes, turnips, and rutabagas.