



Family Nutrition In Action

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Safe Shopping: Food Safety Tips

Keep you and your family safe when shopping at the grocery store.

Check the dates on all food items:

- **Sell-by** – this date tells the store how long to display the product.
- **Use-by** – this is the last date recommended for the use of the product while at peak quality
- **Best if used by or before** – For best flavor or quality.

When shopping:

- Keep your raw meats in plastic bags to avoid cross-contamination.
- Select refrigerated and frozen foods last, just before checking out.

Once you are home:

- Take perishable foods into your house first and refrigerate or freeze immediately.
- Use poultry and ground meats within 1 to 2 days after purchase.
- Beef, lamb, pork, veal, and opened lunch meats should be used within 3 to 5 days.
- Eggs can be refrigerated for 3 to 5 weeks.

SOURCE: PENNSYLVANIA STATE EXTENSION



Healthy Shopping: A Guide through the Grocery Store

Did you know that all grocery stores have a similar layout? It is helpful to know where healthy foods are in grocery store. You will save time and money by not buying additional items. Shop wisely using these guidelines to help you and your family stay healthy!

Before you go grocery shopping:

- Know how much money you can spend, what foods you have at home, and what foods are on sale.
- Make a menu plan for the week and write a shopping list based on your plan.
- Eat a small, healthy snack so you are not hungry when shopping.

When you are ready to shop, understand your store's layout.

- The front of the store usually contains produce and the bakery.
- The back of the store usually contains dairy, meat and eggs.

Shop the store's border or edges first!

- Around the border of the store, you will find fresh produce, meats, dairy, breads, and healthier, less processed foods.

Shop on aisles only containing items on your list.

- When shopping in the aisles, look at items stored on higher and lower shelves.
- More expensive items are found at "eye-level," between knee-height and shoulder-height. These items are easy to grab and toss in the cart. Beware, these are the items that the store wants to sell most !

When you arrive at the checkout:

- Ignore the magazines, candy, and soda displays. This is the store's last attempt to get you to spend money.
- Watch the register or check your receipt for any errors in price.
- Make sure that your grocery items get put back into your bag or cart. Also, ensure that breakable or crushable items are bagged correctly. Ask that cold foods be bagged together so you can unpack them first when you get home.

SOURCE: CLEMSON COOPERATIVE EXTENSION

For more information, contact your local County Extension Office:



VEGGIE CORNER EGGPLANT

Eggplant is a rich, deep purple vegetable capped with grey-green leaves. Eggplant can vary in shape and size, from round to finger-shaped. It is naturally low in calories, low in sodium and has no fat. It has a fair source of potassium and iron and is a very good source of fiber.

How to Buy:

- Choose eggplants that are firm, smooth, and a deep-purple color.
- Avoid eggplant with blue or brown streaks, or that are shriveled and flabby.

Cost:

- A pound of fresh eggplants costs on average \$1.40.

How to Prepare:

- Cut eggplant into cubes and add to your favorite curry sauce and simmer until tender. Serve over brown rice.
- Add eggplant to a stir-fry.
- Top a pizza with cubes of eggplant. Add tomatoes, black olives and red onion.

Storage:

- Wrap eggplant in plastic and store in the refrigerator; Use within one week of purchase.
- Eggplants are not good for drying or freezing.

SOURCE: UNIVERSITY OF MINNESOTA EXTENSION, AMS USDA, UNIVERSITY OF ILLINOIS EXTENSION

EASY EGGPLANT PARMESAN

SERVES: 6; COOKING TIME: 1 HOUR

INGREDIENTS

- 3 cups spaghetti sauce
- 6 ounces skim mozzarella cheese, grated
- 2 tablespoons parmesan cheese

DIRECTIONS

1. Preheat oven to 350°F.
2. Spray a 9x13 inch baking dish with cooking spray.
3. Pour 1/2 cup of spaghetti sauce in pan.
4. Peel eggplant and slice into 1/2-inch thick, round slices.
5. Put half of the slices in the baking dish. Top with 1 cup of sauce, half of the mozzarella cheese, and the rest of the eggplant.
6. Cover with the rest of the sauce and sprinkle with Parmesan cheese.
7. Cover with foil and bake for 45 minutes. Top with the rest of the mozzarella cheese and return to the oven, uncovered, until the cheese is melted.

SOURCE: UNIVERSITY OF MAINE EXTENSION

Nutrition Facts

Calories: 277
 Fat: 6.8 g
 Carbohydrates: 29.4 g
 Protein: 12.4 g
 Sodium: 420.2 g

Did you know...

- Eggplants are a part of the nightshade family, so they are related to potatoes, tomatoes, and peppers.
- When cooking eggplant, limit the amount of oil or butter you use. It absorbs fat quicker than other vegetables.



SOURCE: UNIVERSITY OF MINNESOTA EXTENSION



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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