

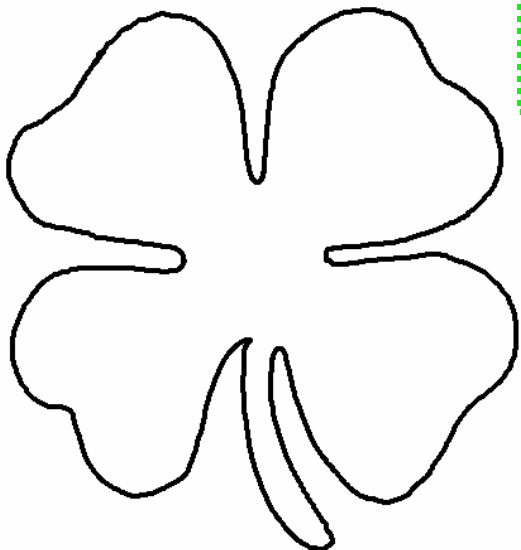


March 2009

# HCSF Newsletter



Happy **St. Patrick's Day!** Celebrate with healthy green snacks below. Check out the **Mythbusters** section for tips to buying healthy and affordable groceries. Trace the shamrock for festive decorations and games!



Don't have English muffins? Use a glass to cut a round shape out of a slice of bread!

## SHAMROCK TOASTIES



### Ingredients:

- Boppin' bell pepper (green)
- English muffin
- Spaghetti sauce
- Cheddar cheese

### Directions:

- Slice a green pepper crosswise near the pointed end to get a small, three-lobed shamrock shape. (If your pepper has four lobes, you've got a lucky clover instead.) Cut a small slice for a stem.
- Toast half an English muffin or bread round. Top it with 1 Tablespoon of spaghetti sauce and 1 Tablespoon of cheddar cheese and the pepper shamrock. Place the muffin on a tray, and then broil it in a toaster oven or oven until the cheese is melted.

Can't get your kids to even **think** about eating veggies? Research has shown that kids prefer veggies with cool names. Try using fun names and see how it goes. We'll do our part with new recipes like the one below, with more to follow!



## ORANGE-GLAZED DINOSAUR BROCCOLI TREES

### INGREDIENTS:

- \* 1 10-oz package frozen broccoli florets
- \* 2 tablespoons water
- \* 1/2 cup orange juice
- \* 1 tablespoon brown sugar
- \* 1 1/2 teaspoons cornstarch
- \* 1/2 teaspoon salt
- \* 1 teaspoon grated orange peel (optional)



### DIRECTIONS:

1. Place broccoli and water in a microwave-safe bowl. Cover and microwave on high for 6-8 minutes or until broccoli is tender; drain.
2. In a small bowl, combine the orange juice, brown sugar, cornstarch and salt and stir until smooth. Transfer sauce into a saucepan.
3. Bring sauce to a boil; cook and stir for 2 minutes or until sauce is thickened.
4. If using, stir orange peel into sauce
5. Toss broccoli with sauce and serve hot.



# Mythbusters



**Myth:** Buying Healthy Food is Too Expensive.



**Truth:** Check out our recent cost comparison of some common grocery items – we think you’ll agree that the cost difference is small.



Item	Quantity	Price	Item	Quantity	Price
Coca-Cola	12 pack	\$3.98	Diet Coke	12 pack	\$3.98
Kool-Aid	32 servings	\$2.28	Crystal Light	32 servings	\$2.65
2% Milk	Gallon	\$2.90	Skim Milk	Gallon	\$2.88
White Bread	20 oz	\$1.13	Whole wheat bread	20 oz	\$1.52
Jack’s frozen pizza	Whole	\$3.25	Chicken breasts	1 lb	\$3.49
Lay’s potato chips	12 oz	\$2.88	Red delicious apples	3 lb bag	\$3.48
Saltine Crackers	1 lb	\$2.38	Chewy granola bars	10 pack	\$2.18
Iceberg lettuce	12 oz	\$1.44	Romaine lettuce	12 oz	\$2.38
Oscar Meyer hot dogs	10 pack	\$1.98	Oscar Meyer turkey franks	10 pack	\$1.97
Oscar Meyer ham	1 lb	\$4.00	Fresh deli turkey	1 lb	\$4.48
Lucky Charms cereal	14 oz	\$3.04	Cheerios	14 oz	\$2.78
Ground chuck	1 lb	\$2.83	Ground Sirloin	1 lb	\$3.44
		\$32.09			\$35.23



## Other Tips:

- Buy only fresh fruits and veggies that are in season. If it’s March, you’re not going to get cheap strawberries. If the produce you want isn’t in-season, canned and frozen fruits and vegetables are just fine. They are just as nutritious as fresh... as long as you stay away from butter and cheese sauce covered vegetables and fruits with added sugar or heavy syrups.
- Buy small amounts of fresh produce until you know how much your family will realistically eat in a week. Sometimes, the “cost” of food isn’t the purchase price; it’s losing it to spoilage because your family didn’t get to eat it.
- Make meat go further by making casseroles or stir-fries and mixing it with cheaper healthy alternatives such as beans, pasta and frozen veggies.
- Cook batches of dishes such as chili, soups or stews, and freeze them in handy sizes. Then you will have cheap healthy meals that will last. Frozen meals will also save you money on those nights when you’re too tired to cook and thinking about hitting the drive through.