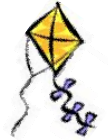




June 2008

HCSF Newsletter

This summer, bring the family outside to soak up some sun and fresh air. Rather than grabbing some fast food, indulge in some of the fresh produce that's in season this month (See page 2). Get the whole family involved in preparing a meal to pack up for a picnic or BBQ in the backyard or park!



Fast Food...Is It Really Worth It?

Everyone is feeling the pain at the pump these days... and at the grocery store too! Although it's tempting to try to stretch your food budget by feeding the family a fast food meal, check out our comparison. We compare not only the cost, but the nutrition info of a McDonald's meal, vs. an at-home cook out. We think you'll agree; homemade is the way to go!



McDonald's – Dinner for 4

	<u>Calories</u>	<u>Total Fat</u>
Quarter Pounder w/ Cheese Meal	1050	51
Quarter Pounder w/ Cheese	510	26
French Fries, large	500	25
Diet Coke, large	0	0
Ketchup packets (3)	45	0
McChicken Sandwich Meal	1210	41
McChicken Sandwich	360	16
French Fries, large	500	25
Coke, large	310	0
Ketchup packets (3)	45	0
Chicken McNugget Happy Meal	600	23
4-pc Chicken McNuggets	190	12
Barbeque Sauce	50	0
French Fries, small	230	11
Ketchup packet	15	0
Hi-C Orange Drink, child	120	0
Cheeseburger Happy Meal	650	24
Cheeseburger	300	12
French Fries, small	230	12
Sprite, child	110	0
Ketchup packet	15	0

Total Cost of Meal: \$13.79 (prices may vary)

Home Cooked Meal:

Grilled Turkey Burger Meal

Dinner for 4



	<u>Calories</u>	<u>Total Fat</u>
Grilled Turkey Burger	244	8
Carrot Fries	88	5
Fresh Fruit w/ Honey Yogurt Dip	103	1
Crystal Light, Sugar-Free Peach Iced Tea (8oz serving)	5	0

Total Cost of Meal: \$8.20



Food is an important part of a balanced diet.

~Fran Lebowitz

By The Numbers...

It's more than just calories that we need to pay attention to, the amount of fat in the foods we eat matters too! Check out the difference in **Total Fat** for the McDonald's meal vs. a 'cook out' meal you can make at home.

Adults should not exceed **78 grams** of fat per day and children should not eat more than **54 grams** per day. Both the adult and child meals at McDonald's are half of the total calories needed in one day and close to half or more than the recommended amount of fat.

And that's for just ONE meal!

It's also important to remember to **eat the rainbow** – the most colorful thing in the McDonald's meal is the packaging. © Including fruits and veggies with every meal will ensure that you and your child get all the important vitamins and nutrients for growing and active bodies!



What's in Season for June?



Strawberries Purchase strawberries that are shiny, firm, and very fragrant. A strawberry should be almost completely red, though some whiteness near the leafy cap is acceptable.

Tomatoes

Choose nicely ripe, rich-colored, well-shaped tomatoes that are slightly soft. Tomatoes should be free of blemishes. **NOTE:** According to the CDC, cherry tomatoes, grape tomatoes, and tomatoes with the vine still attached are not linked to recent illnesses.



Summer Squash Varieties of summer squash include pattypan, sunburst, yellow crookneck and zucchini. Buy squash that have glossy, smooth and firm but tender skins. Small squash are more tender and flavorful.

Peaches

To choose a peach, check for a strong peach fragrance. The fruit should be firm, yet gives slightly to firm pressure. Due to the fact that peaches bruise easily, avoid any fruit with soft spots.



Healthy Meal on a Budget!

\$1.48 per Serving!

Grilled Turkey Burgers

Serves 4

Healthy Tip: Substituting ground turkey for ground beef sheds about 220 kcals, 7g of fat, and 4g of saturated fat!

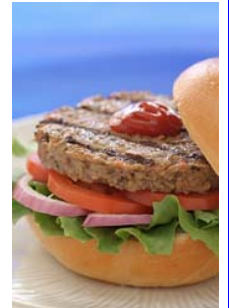
Ingredients:

- 1 lb ground turkey breast
- 1 ½ Tbs Worcestershire sauce
- slices of onion, tomatoes, lettuce leaves, and ketchup for garnishing
- ¼ cup dried bread crumbs (optional)
- 1 tsp hot sauce (optional)
- ¼ cup chopped onion (or ½ tsp of onion powder)
- 4 whole grain wheat buns

Directions:

1. Combine the ground turkey breast, bread crumbs, onion or onion powder, Worcestershire sauce, and hot sauce in a large bowl. Mix well. Divide turkey mixture into 4 equal portions and form into patties.
2. Prepare a hot fire in a charcoal grill, heat a gas grill, broiler, or George Foreman grill. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.
3. Grill burgers until nicely browned on both sides and heated through, about 7 mins a side. Serve each burger on a bun topped with tomato slices, onion slices, lettuce leaves, and a dollop of ketchup. Serving size is 1 prepared burger.

Nutrition Info: Calories 244, Total Fat 8g, Saturated Fat 2g, Protein 17g, Carbohydrate 29g, Fiber 4g, Cholesterol 59mg



\$0.13 per Serving!

Carrot Fries

What's a burger meal without fries? Here's a healthy alternative!

Ingredients:

- 1- 1 ½ lbs of carrots (can buy pre-peeled baby carrots)
- 2 Tbs olive or vegetable oil
- salt



Directions:

Preheat oven to 425°F. Cut carrots into quarters. Mix carrots and oil, and sprinkle with salt. Spread out evenly on a baking sheet. Cover baking sheet with aluminum foil for first 10 minutes of cooking. After 10 minutes remove aluminum foil and bake until crispy.

Another option: Cut potatoes into sticks and prepare them the same way as the carrots to make oven baked potato French fries!

Nutrition Info per serving: Calories 88, Total fat 5g, Sat fat 1g, Carbohydrates 11g, Protein 1g, Fiber 3g

Fresh Fruit with Honey Yogurt Dip

Makes 4 Servings

\$0.36 per Serving!

Ingredients:

- Peaches, pineapple chunks, strawberries, melons, plums, kiwis, blueberries, raspberries.... Whatever is in season!

Dip:

- 1- 1 ½ cups nonfat, plain or vanilla yogurt
- 3 Tbs honey
- 2 Tbs of citrus juice (like lime or orange)



Directions:

1. Stir together yogurt, juice, and honey in a small bowl and chill until ready to serve.
2. Wash and cut up fruit into chunks. Mix all the fruit together in a large bowl. Serve with yogurt dip.

****Note:** While the grill is still hot, you may place firm fruit (like pineapple) or stone fruits (peaches, plums, etc) on the grill for a neat dessert idea! Grilling caramelizes the fruits' natural sugars, turning the sugar brown, sticky, and intensifies its sweetness.

Nutrition Info per Serving: Calories 100, Total fat 1g