

FREE



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Issue 2

Nov 2011 - Jan 2012

cents able HEALTH

FOR THE WAY WE LIVE AND EAT TODAY

celebrate

CITRUS!

Travel the world with our

**leftover
turkey
recipes**

Roast

your way to
a healthy holiday
and New Year

**2012
trends**

What's new in
**weight
loss**

PLUS fresh, affordable
recipes in every issue!



Recipe on page 15

Ask Whitney!



Whitney Packebush, RD, LD
Fareway Corporate Dietitian

Q: What can I do from a nutrition standpoint to stay healthy during cold and flu season?

A: Although there are many myths that claim one food or nutrient can protect you from a plethora of ailments and illnesses, that is simply not true. A diet rich in a variety of foods produces synergy, which means the nutrients in your body work better when they work *together*. Instead of trying to find the next miracle cure, focus on eating a balanced diet full of whole grains, fruits, veggies, dairy and lean protein. Daily recommendations for each food group vary depending on your age, gender and physical activity, but use the following general guidelines for men and women over the age of 19.

Grains – 5- 8 ounces, with 3-4 of those being whole grains

Vegetables – 2.5 – 3 cups

Fruits – 1.5 – 2.5 cups

Dairy – 3 cups

Protein – 5.5 – 6.5 ounces

Want to contact Whitney?

Send her your nutrition questions

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Budget friendly snacks under 150 calories per serving



14 celebrate **CITRUS!**



4 Healthy trends in **2012**

For more information on the products featured in this issue of CentsAble Health Magazine, please visit the following websites:

www.dreamfieldspasta.com, www.alfrescoallnatural.com,
www.planters.com, www.kraftfoods.com, www.nabisco.com,
www.dole.com, www.luckyleaf.com, <http://us.powerade.com/zero/>,
www.fritolay.com, www.bettycrocker.com,
www.snapple.com

2012 TRENDS

Get a sneak peek at 2012's NUTRITION REVOLUTION!



Sugar Over High Fructose Corn Syrup

High fructose corn syrup (HFCS) has gotten a lot of negative press lately in association with childhood obesity, and manufacturers are taking your concerns seriously. Many manufacturers are removing HFCS from their products and switching back to traditional sugar. Although opinions differ on the effects of HFCS, now you will have the ability to choose your sweetener in some of your favorite foods.

Milk: The New Sports Drink

We all know milk is important for strong bones and teeth. But for workout recovery? *The Journal of the International Society of Sports Nutrition* found that low-fat milk actually rehydrates better than traditional sports drinks due to its combination of electrolytes, vitamins, minerals, protein and carbohydrates. When we sweat, we lose sodium, calcium and potassium – all of which are found in milk. Muscle-building protein and energy-storing carbohydrates are also found in the ideal ratio in chocolate milk.



Mobile Apps

Did you know iPhone and Android users spend about 80 minutes each day using apps on their phones? Fareway offers a FREE user-friendly, practical app for your smart phone to make grocery shopping easier



and help improve your well-being. Fareway's mobile app allows you to locate the nearest store and daily deals, make a shopping list and access CentsAble Health nutrition and wellness information.

Fareway Brand Fever

Today's economy has made most of us think twice about our spending habits. Store brand items, like those carried by Fareway, can help you save \$\$\$ and still feed your family wholesome meals. One study found that filling a shopping cart with store brand items instead of name brand items can save you up to 30 percent. That means if you spend \$100 a week on groceries, you could save over \$1,500 a year!



Nutrition Information at your Fingertips

Beginning in early 2012, retailers with more than 20 locations will be required to list calorie content in plain sight and have additional nutritional information available upon request. Some restaurants have already enforced these guidelines by providing calorie content on their menus. Don't be afraid to ask for more information before ordering – you may be surprised by what you find.

2012 is sure to bring about exciting endeavors in the world of nutrition. Make sure you're on the forefront by shopping at Fareway!

WHAT'S NEW... in weight loss

Are you one of the 45 percent of all Americans who set a New Year's Resolution? If you are, your goals probably revolve around your health and your budget (over half of all resolutions do). Hopefully, you are the one person out of four that succeeds long-term at your goals by remembering that weight loss is really as simple as **weight loss = calories in < calories out**



Lucky Leaf® fruit pocket

Tackle your health and financial goals with healthy, budget-friendly snacks for

LESS THAN 150 CALORIES & UNDER \$1 PER SERVING

SWEET

1) Fiber One® 90 Calorie Bar Fiber has been shown to aid in weight management by keeping you satisfied longer. Most Americans only get about half of the recommended daily fiber, but each bar contributes 20% of the Daily Value.

2) Weight Watchers® Ice Cream Bar Choose from a variety of flavors for 4 points or less. That's under 120 calories to satisfy your sweet tooth.

3) Fruit pocket with Lucky Leaf® Apple Pie Filling Fill 1-6" tortilla with ¼ cup Lucky Leaf® Apple Pie Filling, a dash of cinnamon and nutmeg, and 1 tsp walnuts. Place on a baking sheet and slit top to let steam escape. Bake for 8-12 minutes at 350°F, or until golden brown.

BONUS: Lucky Leaf® Apple Pie Filling is fat free, low calorie and has no high fructose corn syrup.

SAVORY

4) 2 Tbsp Velveeta® Queso Blanco Spinach & Artichoke Dip with 3 Triscuits® (see recipe) Transform traditional cheese dip to help meet your 5-9 daily veggie servings. When served with Triscuits®, this dip also helps meet your whole grain requirements.

5) Rold Gold® pretzel kabobs with cheese and fruit Pretzels are fat free and trans fat free, making them a smarter choice than most fried snack foods. Pairing with cheese and fruit helps make pretzels a balanced snack that travels anywhere.

BONUS: pretzel kabobs are kid-friendly for children who aren't ready for toothpicks!



6) 2 al fresco® Tomato Basil Wrap Wheels (see recipe) These wheels are made with al fresco® All Natural chicken sausage, which contains less saturated fat than traditional sausages and comes in a variety of delicious, pre-seasoned flavors.

7) 12 Planters® NUT•rition Lightly Salted Almonds with 2 Tbsp raisins Planters® NUT•rition almonds have half the sodium of salted almonds. They're also a good source of vitamin E, fiber, copper, magnesium, manganese, phosphorus and riboflavin.

BEVERAGES

Don't forget about calories from drinks, too.

8) Diet Snapple® Snapple® products contain no artificial flavors or preservatives and most of the diet varieties contain zero calories.

BONUS: Diet Snapple® Lemonade Iced Tea is made with green and black tea leaves, which provide natural antioxidants to help reduce heart disease and certain cancers.

9) Crystal Light® No matter which flavor you choose -- and there are plenty of choose from -- each serving of Crystal Light® contains a mere 5 calories. You can even take Crystal Light® To Go packets with you to enjoy a low calorie drink any time.



VELVEETA® Queso Blanco Spinach & Artichoke Dip

Prep time: 10 minutes | Total time: 10 minutes
Makes 32 servings, 2 Tbsp each | Cost per serving 20¢

Ingredients

1 lb (16 oz) VELVEETA® Queso Blanco cheese, cut into
½ inch cubes
1 pkg (10 oz) frozen spinach, thawed and drained
1 can (14 oz) artichoke hearts, drained and chopped
¼ tsp onion powder
½ tsp garlic powder
Triscuits®

COMBINE all ingredients in a microwave safe bowl.
MICROWAVE on high for 5 minutes or until cheese is
completely melted. STIR after 3 minutes. SERVE with Triscuits®

Nutrition information per serving: 50 calories; 3 g fat; 10 mg cholesterol;
220 mg sodium; 3 g carbohydrate; 0 g fiber; 3 g protein
Recipe courtesy of Kraft Foods®



al fresco® Tomato Basil Wrap Wheels

Prep time: 5 minutes | Total time: 10 minutes
Makes 5 wheels | Cost per serving 74¢

Ingredients

1 link al fresco® All Natural Tomato Basil Chicken Sausage
(cooked and sliced)
1 tortilla
1 Tbsp light Italian dressing
½ cup DOLE® Spring Mix, Baby lettuce
1 red pepper (cut lengthwise into ¼" strips)
1 green pepper (cut lengthwise into ¼" strips)
¼ cup shredded cheese



MICROWAVE tortilla for 15-30 seconds. PLACE remaining
ingredients on tortilla and ROLL tightly. CUT into 5 pieces.

Nutrition information per wheel: 67 calories; 3 g fat; 19 mg cholesterol;
207 mg sodium; 5 g carbohydrate; 1 g fiber; 5 g protein
Another delicious & healthy recipe from al fresco® All Natural



Petite Sirloin Roast and Filets

Lean choices you can enjoy during the holidays
AND after New Years!

What is the Petite Sirloin

Roast? The Petite Sirloin Roast is a smaller, **premium** roast at an **affordable** price. Because this roast is from the top sirloin, it is rich and **flavorful**, yet versatile --every bite is edible because all unwanted fat and connective tissue are removed. The Petite Sirloin Roast is cut into 1 ½ to 2 ½ pound portions, which can be left whole or sliced into **thick-cut filets**.

How do I order it? Simply ask your **Fareway Meat Experts** for a **Petite Sirloin Roast**. If you want the roast cut into sirloin filets, you can do this at home, or have it done for you by your Fareway Meat Experts.

How do I cook it?

For roast: Season and roast with our recipe on page 9. OR use your favorite seasonings and roast at 325°F for approximately 30 minutes per pound in a shallow roasting pan. Do not add water or cover. Remove roast when meat thermometer reads 135°F for rare; 150°F for medium.

For filet: (cut 1 ¾ to 2 inches thick) Skillet to oven

Preheat oven to 350°F. Meanwhile, heat an oven-proof skillet* over medium heat. Place filets in skillet and brown for approximately 2 minutes. Flip filets and place skillet into preheated oven. For medium rare filets, cook for 19 to 23 minutes, or until the filet reaches an internal temperature of 135°F; for medium filets, cook for 24 to 28 minutes, or until filet reaches an internal temperature of 150°F. Remove from pan and tent loosely with aluminum foil. Let stand 5 to 10 minutes (temperature will continue to rise ~10°F).



**if skillet is not oven-proof, transfer filets to rimmed baking sheet and cook for 3 to 5 additional minutes.*

Broil

Position oven rack so that surface of beef will be 3 to 4 inches from heat. Preheat broiler per manufactures directions for 10 minutes. Place beef on rack of broiler pan. Broil for 12 to 14 minutes, turning once.

What are the nutritional benefits?

Aside from delivering **10 essential nutrients** including zinc, iron, protein and B vitamins, the Petite Sirloin Roast is portioned smaller and is well trimmed to provide a **lean** (and mouthwatering) main course.

Whether you're serving the Petite Sirloin Roast to please a hungry crowd or to coincide with your New Year's Resolutions, try these easy, elegant, stress-free meal solutions for a healthful meal **without compromising taste or quality.**



Simple Petite Sirloin Roast

Makes 6 to 8 servings
Total time: approx. 2 hours

Ingredients

- 1 petite sirloin roast (1 ½ to 2 pounds)
- 1 cup fresh parsley leaves
- 2 garlic cloves
- 1 tsp pepper
- 1 Tbsp olive oil

Directions:

PREHEAT oven to 325°F. **PLACE** parsley, garlic, pepper and 1 Tbsp olive oil in a food processor or blender until well blended. **RUB** mixture evenly over all surfaces of the roast. **PLACE** roast on rack in shallow roasting pan. **INSERT** ovenproof meat thermometer so tip is centered in thickest part of beef. Do NOT add water or cover. **ROAST** for approximately 30 minutes per pound for medium rare to medium doneness.

REMOVE roast when meat thermometer reaches 135°F for rare; 150°F for medium. **TRANSFER** roast to carving board and tent loosely with aluminum foil. **LET STAND** for 10 minutes (temperature will continue to rise about ~10°F).

Nutrition information per serving: 219 calories; 9 g fat; 3 g saturated fat; 3 g monounsaturated fat; 70 mg cholesterol; 94 mg sodium; 5 g carbohydrate; 1.4 g fiber; 28 g protein



Grilled Steak and Fresh Mozzarella Flatbread

Makes 4 servings
Total time: 20 to 25 minutes

Ingredients

- 1-1 ¼ pound petite sirloin center filets, cut 1" thick and tied
- 1 ½ tsp lemon pepper
- 2 cup fresh packed baby spinach
- ¾ cup fresh mozzarella
- 2 Tbsp fresh basil
- 1 ½ tsp balsamic vinegar
- 4 pita breads

Directions:

PRESS lemon pepper evenly onto steaks and **COOK** using directions from page 8. Meanwhile, **COMBINE** spinach, cheese and basil in large bowl. **DRIZZLE** with balsamic vinegar; **TOSS** to coat and set aside. **PLACE** pita bread in 400°F oven for 5 to 6 minutes. **TURN** and **COOK** for 3 to 5 additional minutes, or until pita is golden brown. **CARVE** steak into slices. **TOP** pita with steak and spinach mixture.

Nutrition information per serving: 437 calories; 15 g fat (7 g saturated fat; 0 g monounsaturated fat); 92 mg cholesterol; 467 mg sodium; 37 g carbohydrate; 4.6 g fiber; 38 g protein

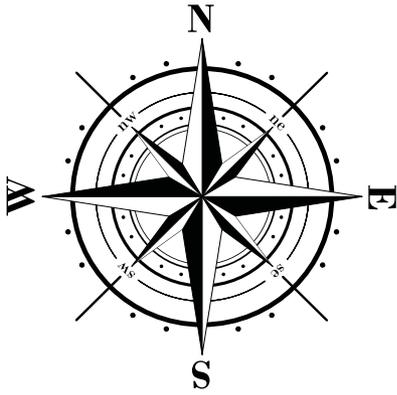
Recipes modified from the Iowa Beef Council
For more great beef recipes, visit www.iabeef.org



Cook once, dine twice!

Ten ways to slice & serve the Petite Sirloin Roast

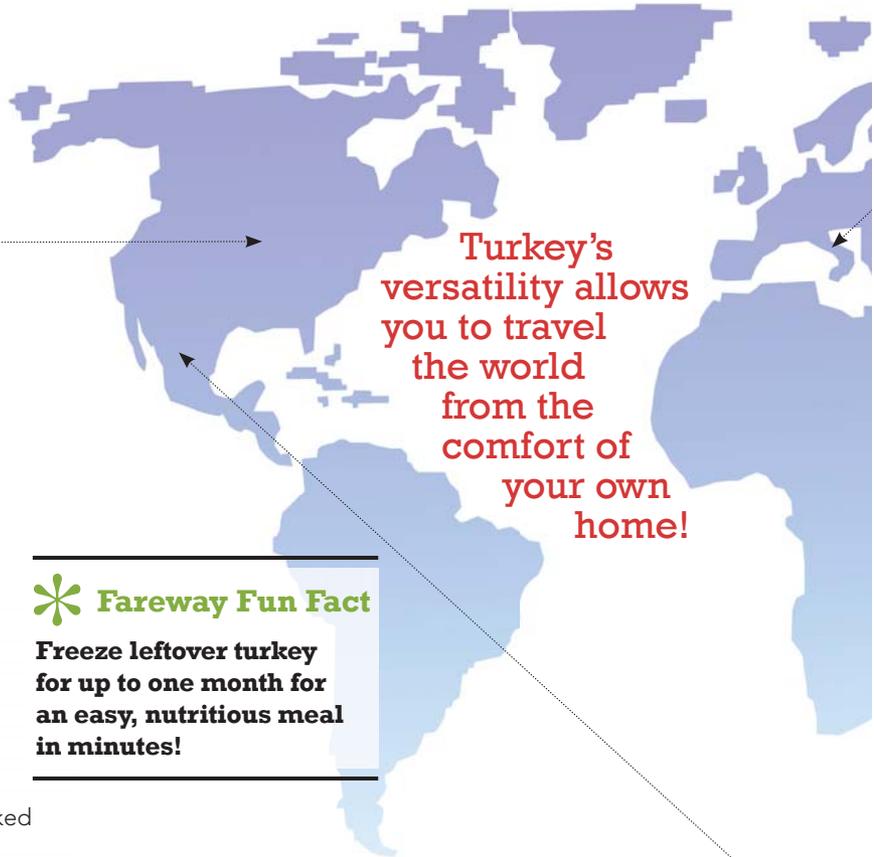
1. Sliders
2. Fajitas
3. Salads
4. Stir fry
5. Quesadillas
6. Tacos
7. Beef stew
8. Chili
9. Steak & egg breakfast burritos
10. Pasta salad



Tour with **TURKEY**



Whether you have just finished a holiday dinner with family and friends or are looking for a resolution-friendly option for one, leftovers add ease and convenience to any meal. Roasted turkey contains 25 grams of protein and only 180 calories and 3 grams of fat in every three ounce serving.



Turkey's versatility allows you to travel the world from the comfort of your own home!

North America

Easy as Pie-Turkey Pot Pie

Prep time: 5 minutes | Total time: 60 minutes
Makes 6 servings: | Cost per serving: \$1.36

Ingredients

- | | |
|---|------------------------------|
| 1 (15 ounce) package refrigerated pie crusts (2 crusts) | 2 cups chopped cooked turkey |
| 2 (10 ¾ ounce) cans cream of potato soup | ½ cup low-fat milk |
| 1 (16 ounce) bag frozen mixed vegetables, thawed | ½ tsp dried thyme leaves |
| | ½ tsp black pepper |

PLACE one pie crust on the bottom of a 9 inch deep pie plate. **MIX** remaining ingredients in a mixing bowl. **SPOON** mixture onto crust and **TOP** with second crust. **PINCH** sides together and **CUT** slits in the top of the pie. **BAKE** in 375°F oven for 40 minutes. **COOL** 10 minutes before serving.

Nutrition information per serving: 485 calories; 22.5 g fat; 53.7 mg cholesterol; 726.4 mg sodium; 51.6 g carbohydrate; 3.5 g fiber; 19 g protein

Fareway Fun Fact

Freeze leftover turkey for up to one month for an easy, nutritious meal in minutes!





Italy

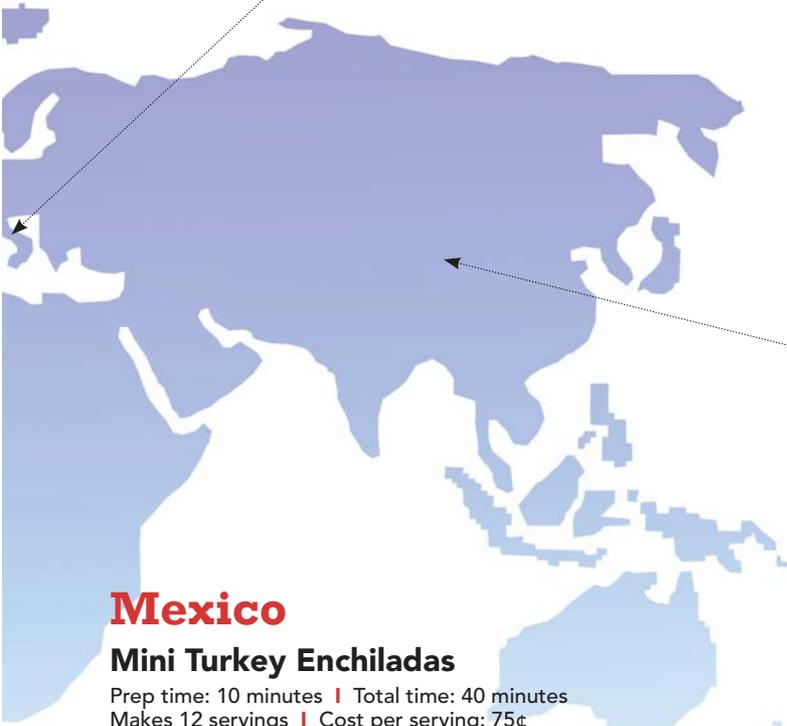
Easy Turkey Pizza

Prep time: 5 minutes | Total time: 20 minutes
 Makes 8 servings | Cost per serving: 70¢

Ingredients	1 tsp oregano
1 cup cooked turkey, sliced	1 cup chopped tomatoes
½ cup fresh parsley, chopped	12 black olives, sliced
1 tsp lemon pepper	1 (6 ounce) package feta cheese
1 tsp garlic, minced	1 (12 inch) ready-made pizza crust

TOSS first five ingredients together and **LAYER** on pizza crust. **TOP** with remaining ingredients. **BAKE** for 5 to 10 minutes at 450°F.

Nutrition information per serving: 346 calories; 14 g fat; 50 mg cholesterol; 758 mg sodium; 36 g carbohydrate; 2 g fiber; 19 g protein



Mexico

Mini Turkey Enchiladas

Prep time: 10 minutes | Total time: 40 minutes
 Makes 12 servings | Cost per serving: 75¢

Ingredients	1 ½ Tbsp minced onion
2 (10 ¾ ounce) cans cream of chicken soup	4 cups diced cooked turkey
1 (8 ounce) container reduced fat sour cream	12 (8 inch) flour tortillas
1 (4 ounce) can chopped green chilies	1 cup shredded cheddar cheese

COMBINE first 4 ingredients in large bowl. **COAT** 9x13 inch pan with nonstick cooking spray. **FILL** each tortilla with ½ cup turkey and 1 to 2 Tbsp of sauce. **ROLL** tortilla and **PLACE** in pan, seam side down. **TOP** with remaining sauce and cheese. **BAKE**, uncovered, at 350°F for 30 minutes.

Nutrition information per serving: 281 calories; 13 g fat; 5 g saturated; 51 mg cholesterol; 656 mg sodium; 23 g carbohydrate; 2 g fiber; 18 g protein



Asia

Cashew Turkey Stir-Fry

Prep time: 5 minutes | Total time: 45 minutes
 Makes 8 servings | Cost per serving: 62¢

Ingredients	2 pounds cubed, cooked turkey
1 (14 ½ ounce) can low sodium chicken broth or turkey broth	4 garlic cloves, minced
½ cup creamy peanut butter	2 (12 ounce) bags frozen stir fry vegetables, thawed
¼ cup lite soy sauce	3 cups instant brown rice, cooked
2 Tbsp honey	½ cup cashews or peanuts (optional)
⅛ tsp cayenne pepper	
1 Tbsp oil	

COMBINE first 5 ingredients in medium bowl and **SET** aside. **HEAT** 1 Tbsp oil; **ADD** vegetables and 2 garlic cloves. **COOK** for 2 to 4 minutes. **ADD** turkey to skillet and add sauce. **BRING** to a boil and **REMOVE** from heat. Meanwhile, **COOK** rice according to package directions. **PLACE** rice in a large serving bowl and **TOP** with turkey mixture. **TOP** with cashews or peanuts, if desired.

Nutrition information per serving: 375 calories; 16.5 g fat, 23.3 mg cholesterol; 836.3 mg sodium; 37.6 g carbohydrate; 6.12 g fiber; 22 g protein

Recipes courtesy of Iowa Turkey Federation's *Cooking With Turkey* cookbook. For information on how to purchase your own, please visit www.iowaturkey.org

NOVEMBER American DIABETES MONTH

Diabetes has probably affected you in some form or another – maybe you have been diagnosed or have a friend or family member who has been diagnosed with diabetes. The American Diabetes Association has identified ten diabetes superfoods which have a low glycemic index (translation: they don't cause quick spikes in blood sugar). In addition they contain nutrients lacking in a typical diet: calcium, potassium, fiber, magnesium, and vitamins A, C and E.



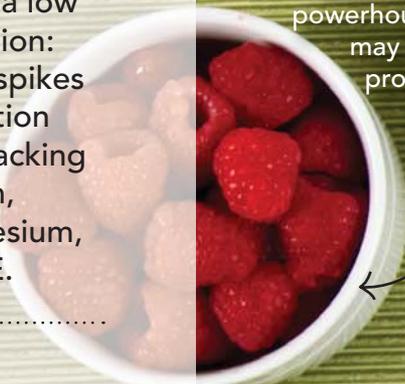
Lower carb alternatives may be beneficial in place of beverages and snacks that cause quick spikes in blood sugar. Powerade® Zero, Crystal Light® and Old Orchard® Healthy Balance® juice have reduced carbohydrates so you can enjoy more and still manage your blood sugar.



SWEET POTATOES pack more vitamin A and fiber than white potatoes. They have a lower glycemic index so you can enjoy a more diabetic-friendly "meat and potato" meal.

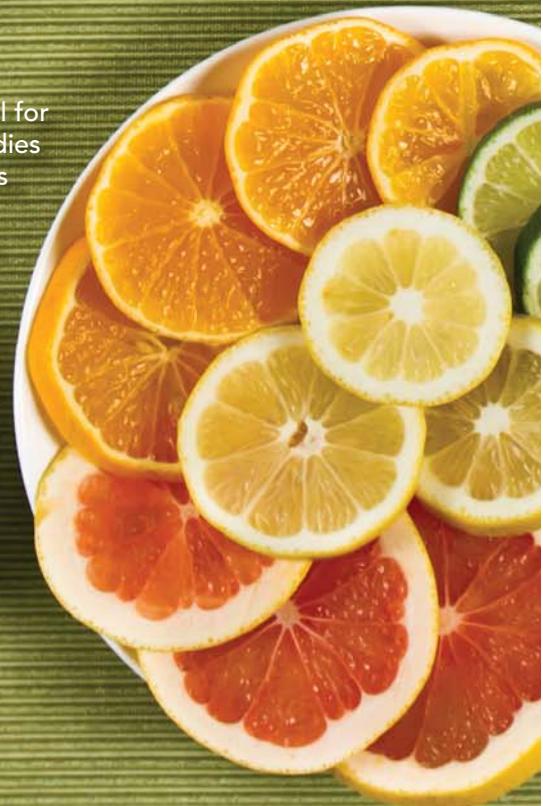


DARK LEAFY GREENS, like those found in DOLE® Baby Spinach, are low in calories and carbohydrates and rich in fiber and vitamin A. Filling your plate with leafy greens can fill you up without spiking your blood sugar.



BERRIES are well-known sources of antioxidants, vitamins and fiber, making them a nutrition-powerhouse. They may also help protect your vision.

MILK AND YOGURT are essential for strong bones and teeth. Plus, studies have shown that female teenagers who consume three servings of low-fat or fat-free dairy each day have a lower risk of developing type 2 diabetes later in life.



TOMATOES in any form offer vitamin C, iron and vitamin E. Tomatoes can help lower high blood pressure and improve vision. Try serving your favorite tomatoes over Dreamfields® Pasta. Dreamfields® is specially formulated to have a 65 percent lower glycemic index than traditional pasta to help maintain healthy blood sugar levels.



NUTS, namely almonds, have been shown to improve post meal blood sugar surges by the *Journal of Nutrition*. The unsaturated fats found in tree nuts may also help improve cholesterol and overall heart health.



CITRUS FRUITS provide fiber and loads of vitamin C. Turn to page 14 for more benefits of citrus.



FISH CONTAINING OMEGA-3 fats can help lower cholesterol, triglycerides and high blood pressure when eaten in place of foods containing high amounts of saturated fat.



BEANS supply fiber, magnesium, potassium and protein. The fiber found in beans slows the digestion of carbohydrates and can also help decrease the risk of heart disease.

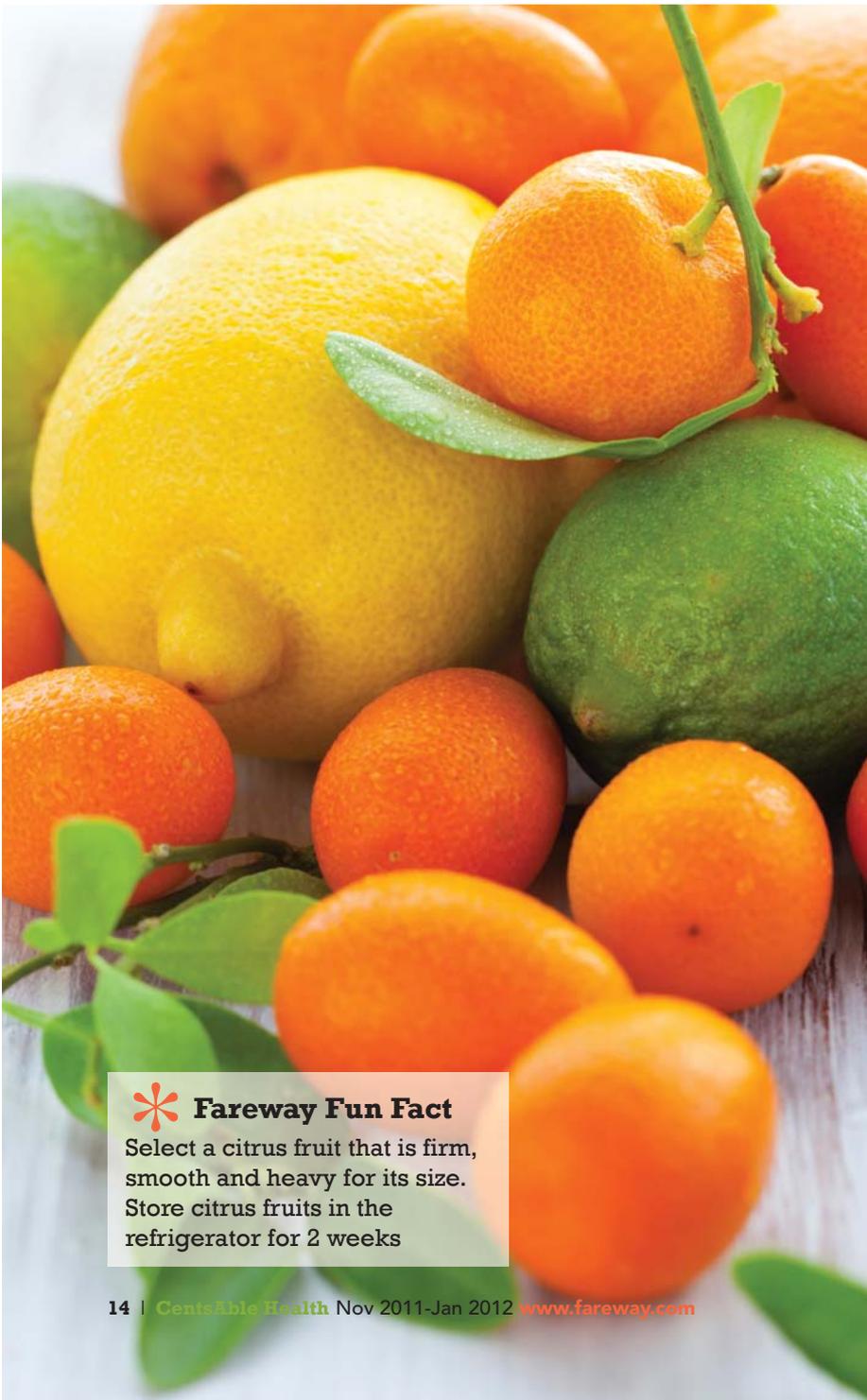


WHOLE GRAINS provide more fiber and nutrients than their bleached-flour counterparts. Grains are very rich in carbohydrates, but light alternatives, like Sara Lee® Delightful™ 100% whole wheat with honey bread provides fewer carbs and calories in every two slice serving compared to traditional bread, yet still packs 5 grams of fiber in only 90 calories.

citrus season

Winter is the perfect time for a citrus celebration!

The term **citrus** refers to a large family of fruits including oranges, grapefruits, lemons, limes, kumquats, pummelos, tangelos, tangerines and Clementines. Along with availability during the winter months, fresh citrus fruits provide a whole host of health benefits:



Fareway Fun Fact

Select a citrus fruit that is firm, smooth and heavy for its size. Store citrus fruits in the refrigerator for 2 weeks

Vitamin C

- Helps reduce the length of the common cold (but cannot prevent it)
- Acts as an antioxidant to help protect your body from damaging free radicals
- Forms collagen, which is found in skin, tendons and blood vessels
- Aids in iron absorption from plant sources and fortified foods to help prevent nutritional anemia

Potassium

- Supports heart health by regulating blood pressure and counteracting sodium
- Maintains bone health

Folate

- Reduces the risk of neural tube defects, such as spina bifida, in newborns
- Makes red blood cells and prevents anemia
- Helps prevent changes in DNA that can lead to cancer

Fiber

- Decreases the risk of certain chronic diseases, such as heart disease and type 2 diabetes
- Keeps you full and satisfied longer
- Promotes digestive health
- Facilitates weight loss and weight maintenance

Vitamin A (found in red and pink grapefruit)

- Protects eye health
- May reduce the risk of certain cancers
- Also acts as an antioxidant to protect your body from free radicals

What citrus doesn't contain is just as important. Citrus fruits are naturally fat-, cholesterol- and sodium- free, making them a smart choice all around!

Avoid a citrus rut this season

by experimenting with new orange and grapefruit recipes



Enjoy a Winter Fruit Salad.

For dressing, combine 8 ounce crushed, drained pineapple, $\frac{3}{4}$ cup plain Greek yogurt, zest from $\frac{1}{2}$ of an orange and 2 Tbsp honey – chill. Pour over 3 peeled and sliced oranges, apple slices and grapes. Top with nuts.



Try an Asian-Inspired Chicken Wrap: Sauté chicken, bell peppers, onion, garlic and ginger with lemon juice, brown sugar, sesame oil and soy sauce. Stir in chopped orange pieces.



Toss

avocado, grapefruit, olive oil, salt and pepper together for a vibrant side dish.

Serve fish tacos with citrus slaw.

Combine 1 head Napa cabbage (shredded), 2 large segmented oranges, 1 medium segmented grapefruit, 1 sliced carrot, 1 sliced red onion, 2 sliced green bell peppers, 2 jalapenos, 1 Tbsp minced garlic, $\frac{1}{4}$ cup lime juice, $\frac{1}{2}$ cup lemon juice, $\frac{3}{4}$ cup olive oil, 2 Tbsp salt, 1 tsp pepper and 1 tsp cumin. Refrigerate for at least one hour and serve.



Top peeled and sectioned oranges and grapefruit with berries, low fat yogurt and cinnamon for a crowd-pleasing breakfast or brunch.

Of course you can always just peel and eat... Even on the go!

CentsAbleKids!

Stay healthy this season it's as simple as the ABC's!

Avoid sharing food or drinks. Your friends might have germs that can make you sick, so politely tell them "no" if they offer you a bite or sip.

Be sure to wash your hands often. Each time you wash your hands, scrub them long enough to sing "Row, Row, Row Your Boat" or "Happy Birthday" twice.

Cover your mouth whenever you cough or sneeze. It is best to cover your mouth with your arm, so you keep your hands clean and don't spread germs.

Look through Scrubs' magic magnifying glass!

Stop the Great Germ Caper!

Cross out all the germs to reveal what you'll have when you wash the germs away.



DEVELOPED IN COLLABORATION WITH RECKITT BENCKISER LLC, THE MAKER OF LYSOL® BRAND PRODUCTS.

FOR MORE USEFUL TIPS ON STAYING HEALTHY PLEASE VISIT WWW.LYSOL.COM

FOR MORE FUN, HEALTHY ACTIVITIES, PLEASE VISIT WWW.OOPKIDS.COM

For answers please visit www.fareway.com