FAREWAY
ECONOMICAL FOOD STORES

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¢ents able HEALTH™

FOR THE WAY WE LIVE AND EAT TODAY

Issue 12 • May 2014–July 2014

How to beat the heat
and meet your nutrient needs

Peaches
a simple sign of summer



On the go?
Make sure your snacks are too!

PLUS fresh, affordable recipes in every issue



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ask whitney & caitlyn!

What's the difference between sell by, best by and use by dates on food packages?

All of these dates are provided by manufacturers as a guide for best food quality. No matter what the date says, if food appears spoiled, toss it – when it doubt, throw it out!

SELL BY: last date a retailer should display a product for purchase. You should buy the product before this date expires.

BEST IF USED BY: date recommended to consumers for best quality or flavor.

USE BY: last date recommended for consumption or use of the product.

All of these dates are determined by individual manufacturers and there are no Federal regulations for product dating (except on infant formula). If a product has a "use by" date, use that as the expiration date. If not, follow these storage guidelines for best quality:

- Purchase the product before the date expires
- If perishable, refrigerate or freeze promptly after purchasing
- Frozen foods are safe past the use by date when handled appropriately

Want to contact Whitney or Caitlyn?

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CentsAble Health

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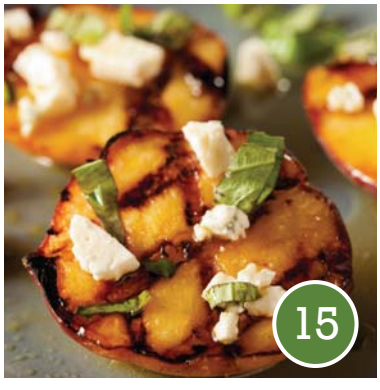
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For more information on the products featured in this issue of CentsAble Health, please visit the following websites:
www.gatorade.com, www.cascadeicewater.com, www.sparboe.com, www.fritolay.com, www.planters.com



healthy summer

Different seasons bring on different nutrient needs.

And here in the Midwest, we know all about changing seasons. The summer heat makes our bodies demand more water, more electrolytes, and with most of us becoming more vigilant about sunscreen, enough vitamin D.

FLUIDS

More fluid is a given in hotter months – we sweat more. Sweat releases key electrolytes, sodium and potassium that your body needs to keep your cells hydrated. If you're working up a sweat for more than four hours, you will likely need to replace these electrolytes.



Gatorade is one of the most trusted and well-known sports drinks on the market. Per serving, it has 80 calories, 160 milligrams of sodium, 45 milligrams of potassium and 21 grams of carbohydrates. Although designed for endurance athletes, Gatorade is a smart choice for anyone working up a sweat this summer as it replaces electrolytes and fluid.

However, if you're not sweating for four hours or more, you probably just need to replace fluids. To amp up your water (you're likely to drink more if it's tasty), try infusing your own water. Simply add different fruits, cucumbers, or herbs to a pitcher of water and let the flavors marry in the refrigerator. This is a great way to use frozen produce or produce that is slightly wilted.

If you want to skip flavoring your own water, try Cascade Ice® Sparking Water, a calorie-free way to stay hydrated when it's hot. It's also sodium-, caffeine- and gluten-free. Or try making your favorite flavor into a popsicle (see recipe below).



Cucumber and Mint Cooler

1 cucumber, sliced and seeds removed
4 mint sprigs
2 quarts water

Combine all ingredients in a 2 ½ quart pitcher. Refrigerate for 2 hours before serving.



Cascade Ice Strawberry Popsicle

Fill a popsicle tray with Cascade Ice® Wild Berry Sparkling Water and chopped strawberries. Freeze overnight.



VITAMIN D



We used to think that getting enough vitamin D – the sunshine vitamin – wasn't an issue in the summer (the sun converts cholesterol in our body to vitamin D). However, we're using more sunscreen, which blocks the sun from reaching our skin to make vitamin D. So, what do we do? Keep using sunscreen, but try to bare some skin for about 20 minutes to get natural vitamin D. Eating foods rich in vitamin D also helps: fortified dairy, fortified orange juice, fatty fish, canned tuna, and egg yolks.





Make perfect hard boiled eggs

For snacks, salads or breakfast, hardboil the perfect Sparboe Farms egg! Place eggs in a saucepan large enough to hold them in a single layer. Add cold water and cover eggs by 1 inch. Bring water to a boil over high heat, then remove the pan from the burner and cover. Let the eggs stand for about 12 minutes, then drain and peel.







Mini Frittatas

Makes 6 servings • Total time:

INGREDIENTS

4 Sparboe Farms Large eggs
¼ cup low-fat vitamin D fortified milk
2 Tbsp. shredded cheese, optional
Assorted vegetables and ham, optional

DIRECTIONS

HEAT oven to 350°F and COAT a 6-cup muffin tin with nonstick cooking spray. WHISK together eggs, milk and salt in a medium bowl, then evenly DISTRIBUTE the egg mixture among the muffin cups. ADD about 2 tablespoons of mix-ins to each cup and SPRINKLE with cheese, if desired. BAKE the frittatas until they are puffy and the edges are golden brown, about 20 to 25 minutes. (If necessary, run a butter knife around the edge of each one to loosen before removing from the pan).

Approx. nutrition information per serving: 56 calories; 3.6 g total fat; 1.1 g saturated fat; 124 mg cholesterol; 232 mg sodium; 1 g carbohydrate; 0 g fiber; 4.5 g protein

TASTE BUDS

Hot, humid weather affects our taste. Taste buds are very sensitive nerve endings that can be weakened by extreme heat or cold (Hello, Midwest) and dry mouth, among other things. To combat waning taste buds, add flare to your food for just a few calories. Tostitos® Roasted Garlic Cantina Salsa is a favorite for savory food. With only ten calories per serving, you can add restaurant-quality flavor to just about anything.



inject some FLAVOR!



Flavor Injectors

(AKA meat syringes, seasoning injectors, marinade syringes) add serious flavor throughout your meat, not just the outside. You can inject any marinade into your favorite cuts and the only special equipment you need is a syringe (maybe you already have one on hand from Thanksgiving). Aside from instant flavor, injecting marinade has no wait time and no waste.

Here a few tips for using your meat syringe:

- Measure your marinade in a shot glass – it only takes about 1 ounce to inject 2 to 3 pounds of meat. The vertical shape of shot glasses make them perfect for filling a syringe
- Brush any extra marinade on the outside of the meat
- If a marinade recipe can't be cut down to a few ounces, prepare it according to the recipe then refrigerate what you don't need in an airtight container BEFORE you marinate any meat
- Use fine spices so nothing clogs the needle
- If using a larger grain marinade, heat it in the microwave for 1 minute, let stand for 30 minutes at room temperature, then strain it
- Store all pieces of the syringe separately (plunger, needle, and barrel) to keep germs at bay

What you do:

1. Mix marinade ingredients (see recipes) or use a ready-prepared marinade
2. Fill syringe with marinade
3. Insert syringe ¾ of the way into meat and inject a little marinade (meat will swell)
4. Inject meat every ½ to 1 inch depending on the size

Flavor injectors aren't just for meat. They also work for fruit!

Teriyaki Pork Loin

INGREDIENTS

2 lbs. boneless pork loin
2 Tbsp. teriyaki sauce
2 Tbsp. pineapple juice

DIRECTIONS

COMBINE teriyaki sauce and pineapple juice. FILL syringe and inject marinade into pork loin about every inch. BRUSH any extra marinade on loin surface. SEASON roast with your favorite dry rub, if desired. GRILL for approximately 45 minutes to 1 hour or until internal temperature reaches 145°F. LET rest 3 to 5 minutes before slicing.





Garlic Butter Chicken

INGREDIENTS

2 lbs. boneless chicken breasts
1 Tbsp. butter, melted
1 Tbsp. canola oil
1 Tbsp. Cajun seasoning
1 Tbsp. garlic powder

DIRECTIONS

COMBINE butter, oil and seasonings. FILL syringe and INJECT evenly throughout chicken breasts. GRILL over medium-high for about 4 minutes per side, or until internal temperature reaches 165°F. Let rest 3 to 5 minutes before slicing.

Beef Infusion

Makes 2 ¼ cups

INGREDIENTS

2 cups beef broth
¼ cup Worcestershire sauce
1 tsp. onion powder
1 tsp. garlic powder
½ tsp. cayenne pepper, optional

DIRECTIONS

COMBINE all ingredients and INJECT into beef shoulder tenders, Top of Iowa Sirloins or rump roasts.



This all-purpose beef marinade works great with any of your favorite beef cuts!



Works well with chicken and pork

Honey Soy Marinade

INGREDIENTS

1 cup water
½ cup soy sauce
1 tsp. Oriental spice powder
2 Tbsp. honey
1 Tbsp. fresh grated ginger
½ tsp. salt
1 Tbsp. canola oil
1 tsp. garlic powder

DIRECTIONS

COMBINE all ingredients. MICROWAVE for 1 minute. LET stand 30 minutes at room temperature, STIR and STRAIN. INJECT marinade as desired.

smart snacking
ON-THE-GO



Whether you're carpooling kids from one side of town to the other or taking a family vacation, you're likely spending a lot of time in the car - probably so much time that you're cruising right over mid-day snacks in lieu of faster arrivals.



INSTEAD OF STOPPING AT A CONVENIENCE STORE OR SKIPPING SNACKS ALL TOGETHER, pack car-friendly, satisfying snacks to get you through to your final destination. Trail mix, dried fruit, nuts, whole grain cereals and crackers, pretzels, granola bars and nut butters all stand up well in the car. Here are a few of our favorites:



NUTS

Whether you pick Planters peanuts, mixed nuts or cashews, nuts are full of fiber, protein, vitamin E and heart healthy unsaturated fats to curb your appetite. Since most snacks should be around 200 calories, watch your portion sizes as calories from nuts add up fast.



NUTRI-GRAIN® BARS

Softer cereal bars don't leave the mess on your lap and seat like some crunchy kinds can. Kellogg's® Nutri-Grain® bars are made with whole grain oats (always looks for whole grains in a cereal bar) and weigh in at 120-180 calories.



WHEAT THINS POPPED

These crackers are lighter, munchable crackers. They are one of the only popped chips made with wheat – making them a smart snack. Grab a string cheese before you head out the door for a filling carbohydrate and protein combo.



TRAIL MIX

Combine dried fruit, Planters peanuts, mixed nuts or cashews and granola in an airtight container for up to 1 month. Skip the chocolate pieces – they melt and turn your trail mix into a sticky mess.

PEACHES

a simple sign of summer!



Whether they are grilled, baked, broiled or raw, fresh, juicy yellow peaches complement sweet and savory dishes this time of year.

Choose peaches that are firm, fuzzy and yield to gentle pressure (that means squeeze it in the palm of your hand and see if it's a little soft). Store unripe peaches in a paper bag, then store ripe peaches at room temperature for one to two days.

Recipe on page 15



Peach Salsa

Makes 10 servings • Total time: 15 minutes

INGREDIENTS

½ red onion, diced
1 bell pepper, any color
2 peaches, halved, pitted and diced
1 Tbsp. lime juice
1 tsp. olive oil
1 Tbsp. minced cilantro
⅛ tsp. salt
⅛ tsp. black pepper

DIRECTIONS

COMBINE ingredients and SERVE with chicken, fish or chips.

Nutrition information per serving: 35 calories; 1 g total fat; 0 g saturated fat; 0 mg cholesterol; 29 mg sodium; 8 g carbohydrate; 1 g fiber; 1 g protein

Peach Crisp

Makes 8 servings • Total time: 50 minutes

INGREDIENTS

Filling:

5 peaches, peeled, pitted and diced
1 lemon, zested and juiced
3 Tbsp. all-purpose flour
¼ cup packed brown sugar
2 Tbsp. granulated sugar
½ tsp. vanilla extract
⅛ tsp. salt

Topping:

¾ cup rolled oats (not instant)
¾ cup brown sugar
⅓ cup + 2 Tbsp. all-purpose flour
¾ tsp. cinnamon
⅛ tsp. salt
6 Tbsp. butter, cut into pea sized pieces

DIRECTIONS

PREHEAT oven to 425°F. COMBINE filling ingredients and LAY peaches evenly in an 8x8 baking dish. COMBINE topping ingredients using a fork and SPREAD over peaches. BAKE for 20-25 minutes, or until filling is warm and bubbly and topping is golden brown.

Nutrition information per serving: 284 calories; 10 g total fat; 5 g saturated fat; 22 mg cholesterol; 437 mg sodium; 50 g carbohydrate; 2 g fiber; 3 g protein



Grilled Peaches

Cut peaches in half, leaving the skin on, and remove the pit. Brush lightly with canola oil and grill over medium-high heat for 2-3 minutes on each side or until lightly charred. OR preheat broiler to high and broil for 2-4 minutes.

CentsAble Kids!

RECYCLING WORD SEARCH

Find the words below to learn more about recycling!

R	R	E	C	Y	C	L	E	V	B	I	L	M	O
E	G	P	O	U	I	R	S	L	W	I	U	F	B
P	P	N	E	N	V	I	R	O	N	M	E	N	T
A	L	U	I	Q	E	K	L	E	E	B	W	R	W
P	A	I	B	G	A	S	C	R	O	T	E	K	N
S	S	Z	C	S	A	U	U	T	F	P	S	D	E
W	T	A	W	Y	D	K	T	E	A	W	Q	A	E
E	I	S	T	E	X	L	C	P	R	B	J	E	W
N	C	R	R	S	E	U	V	A	E	G	H	C	C
K	G	F	Y	S	O	C	G	N	P	Z	L	N	X

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