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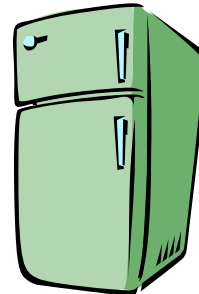
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A CLEAN REFRIGERATOR CAN SAVE YOU MONEY!

Spring cleaning is a tradition for many households. Yet, when it comes to cleaning, the fridge is frequently ignored. The reality is that it's very important that we keep our refrigerators clean a part of a healthy lifestyle. It's also important that we keep an inventory of what's inside and how long it's been there. Regular cleaning will make taking an inventory much easier.

A clean-well organized refrigerator runs more efficiently, which saves money. A clean refrigerator will also smell and look better. Cleaning your refrigerator regularly can help you avoid eating foods that are no longer safe to consume. More importantly, regular cleaning will eliminate much of the bacteria that can accumulate between thorough cleanings.



Taking a careful, regular inventory of the contents of your refrigerator can help you avoid buying something that you already have, which will save you money. Regular checks of your refrigerator will also enable you to check to make sure foods are sealed properly and to throw out left-over foods that have been stored more than a week. By sealing foods properly and discarding left-over foods that have been in your refrigerator over a week, you greatly reduce your risk of consuming spoiled foods. Remember to check the expiration dates on dairy products like milk, eggs, and mayonnaise. A helpful tool that some use to keep track of the amount of time left-over dishes have been in the refrigerator is to write the date you put the left-over item in the refrigerator on a piece of tape and place the tape on the container.

Ground spices and herbs are best if used within one year. White sugar should be used within two years while brown sugar should be used within six months. (Source: University of Wyoming Cooperative Extension Service)

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Grilling Season Is Here!

May is the unofficial start of the grilling season and many of us will start on Memorial Day as we gather with family and friends to honor our fallen soldiers. The smell of grilled hot dogs and burgers will fill the air. While grilled meats are a favorite, there are additional ways to use an outdoor grill to prepare nutritious and inexpensive foods for you and your family.

Choosing meats:

The most popular meats to grill are beef, chicken, and pork. Select from the leg or loins, which have less fat, when choosing cuts of meat. Remove any outside fat or fat in between muscles before grilling. With chicken, remember that white meat cuts are leaner but dark meats are known to be juicier after grilling. Try to keep serving sizes to 2 ½ to 3-ounce portions of meat.

Grilling Alternatives:

Grilled vegetables are a tasty, nutritious treat that can be prepared in minutes on an outdoor grill. Just let your imagination run free and be creative (also, keep in mind your budget when choosing which vegetables to buy). Some suggestions are peppers, onions, squash, eggplant, tomatoes, and corn.

Grilled fruit is a wonderful and healthy alternative to the typical holiday dessert. Some of the more popular fruits to place on the grill are apples tossed in lemon juice and cinnamon, pineapple, peaches, bananas, and mangoes!



Safety tips when grilling:

Grilling outdoors with the family can create fun memories—just be sure to do it safely to avoid foodborne illnesses by doing the following:

- Wash hands before and after touching raw meat, poultry, or seafood.
- Wash work surfaces and cutting boards with hot soapy water and sanitize before and after grilling.
- Use one cutting board for fresh produce and another for raw meats.
- After placing raw meat, poultry, fish or seafood on the grill wash utensils and platters with hot soapy water before using them to serve the cooked food in order to prevent contaminating cooked foods.
- Use a food thermometer to ensure food is cooked at safe temperatures.

You can make a sanitizing solution by mixing 1 teaspoon of bleach with 1 quart of water. If you are away from home and have no hot water, use cutting boards only once. Do not use again until sanitized.

Beat the Heat with Proper Hydration

Summer is fast approaching and when you think of how hot it gets in Texas, it's wise to prepare for the heat. Drinking water is a must when trying to beat the heat. Water is essential to our survival because it transports nutrients to cells and helps transport waste out. Water is so essential to our bodies that we can only survive a few days without it.

Since each person is different, there is no standard recommendation for the amount of water to be consumed daily, but there are signs you can watch for to be sure that you're properly hydrated. A dry mouth and/or urine with a strong odor, low volume, and dark color are signals of dehydration. It should be noted that some people with health conditions cannot drink as much water as healthy people. Those with health concerns, such as heart conditions, should consult with their physician to determine how much water they should drink per day.

Besides drinking water, fruits, fruit juices, tea, coffee, sport drinks, soft drinks and some foods can provide water for our bodies. Plain water is the best way to hydrate ourselves during normal activities. For activities lasting longer than 60-90 minutes, a sport drink may be more beneficial to staying hydrated.

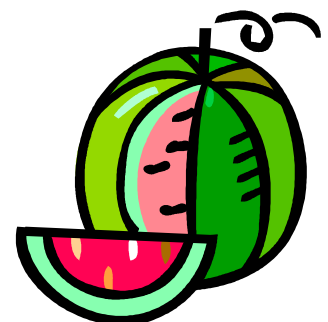
Figure 1 provides tips for enjoying a rigorous workout while remaining hydrated:



When	How Much To Drink
Weigh yourself before the event or practice	N/A
2 hours before an event or practice	2 cups of fluid
15 minutes before the event or practice	1 to 2 cups of fluid
Every 15 minutes during activity	1/2 to 1 cup of fluid
After the activity, weigh yourself again	2 to 3 cups of fluid for each pound of body weight lost

(*adapted from Nutri-Facts #6, Jenna Anding PhD., www.fcs.tamu.edu/food_and_nutrition/nutrifacts/issue6)

Watermelons are a summertime favorite. They're composed of 92% water so they're very refreshing. Due to their high levels of lycopene, watermelons are thought to help reduce the risk of age-related diseases (okstate.edu). They are fat and cholesterol free, contain potassium, and are excellent sources of Vitamins A, B6, and C. An interesting fact about watermelon is that every bit of the fruit is edible—including the rind and seeds.





Muffin Meat Loaf *(cost per recipe: \$3.89; per serving: \$0.65)*

Nutrition Facts			
Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)			
Servings Per Container			
Amount Per Serving			
Calories 230	Calories from Fat 110		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 5g	25%		
Trans Fat 0g			
Cholesterol 95mg	32%		
Sodium 330mg	14%		
Total Carbohydrate 9g	3%		
Dietary Fiber 1g	4%		
Sugars 1g			
Protein 21g			
Vitamin A 4%	• Vitamin C 0%		
Calcium 10%	• Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cup oats
- 1 pound lean ground beef
- 3 Tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 cup grated cheese (any variety)

Instructions

1. Preheat the oven to 300 degrees.
2. Combine all ingredients and mix well. (*Do not over mix; too much mixing can make the meat loaf tough.*)
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups