What are dietitians and Extension Educators doing to address food quality as food prices increase?
Are the kids eating you out of house and home? It may feel like it with ever rising food and energy costs. Explore ways to decrease your food and cooking costs for 2008. This practical workshop will familiarize you with IT resources, local cooperatives, and other tools to help you make the most of your food dollar.
Audience

- MCE class
- Local library series
- Housing Authority*
- Heartly House*
- Hope Alive*
- Frederick Fair

Interest in topic has risen dramatically

* Serve low-income populations
Frederick students enjoy local apples in school lunches

Apple harvest time is here and students will enjoy locally grown apples as part of the new Farm-to-School program.

The goal of this new initiative just launched in 2008 is to bring more Maryland-grown produce to school lunches and to educate students about where their food comes from. Sponsors are the Maryland Department of Agriculture and the Maryland State Department of Education.

The “Homegrown School Lunch Week” runs from Sept. 22 to 26. According to Joanne Morris, food service specialist for Frederick County Public Schools, students in all schools will receive apples from Catoctin Mountain Orchards on Monday, Wednesday and Friday if they participate in the school lunch program.

Apples are not only delicious but nutrient packed and widely accepted. One large apple contains only 110 calories and 5 grams of soluble fiber, supplying 20 percent of the fiber you need each day. The fiber, pectin, helps to reduce cholesterol levels and components found in the skin of the apple known as phytochemicals and the flavonoid, quercetin, have been linked with reduced cancer risk in several studies. Apples are sodium, fat and cholesterol free and a good source of potassium with 227 mg.

Select apples that are firm and free of bruises and punctures. Store apples in the refrigerator at 32 degrees Fahrenheit in the crisper drawer or a plastic bag. Apples ripen up to 10 times faster at room temperature than when refrigerated. Wash apples thoroughly whether they are to be used raw or cooked. Apple dishes should be prepared just before serving to minimize browning, known as oxidation. Protect cut apples from oxidation by dipping them into a solution of one part citrus juice and three parts water or sprinkling with Fruit Fresh.

There are many varieties of apples, some sweet, some tart, and some in-between. Everyone has their personal favorite but be adventurous and try a new one. Braeburn, Cortland, Crispin, Empire, Gala, and Golden Delicious are the most versatile since they are excellent for every use — eating, baking, pies, salads and sauces. Apples can be purchased locally and a trip to an orchard makes for a great family outing.

To locate Frederick County markets, go to www.mdpickyourownfarmmarkets.com.

Try this simple recipe for easy applesauce.

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BLENDER APPLESauce
Makes 2 servings

4 apples
2 teaspoons lemon juice
1/2 teaspoon cinnamon

Peel apples and cut into small pieces. Place in blender and process, a small amount at a time. Add the lemon juice to the applesauce to prevent it from browning. Add apple juice or water and cinnamon and blend until smooth.
2006 articles

- Spending less, eating better (May 10)
2007 Articles

- New resource for stretching food dollars (January 17)
- How big box stores impact retail food prices (January 31)
- Grocery prices continue to rise (May 30)
- Support the Frederick County Neighborhood Food Drive (August 22)
2008 Articles

- Check the web for the best food prices (March 26)
- Ten tips for trimming your food budget (April 16)
- What’s hiding in your pantry (July 9)
- Save time and gas by eating locally grown (August 20)
EAT SMART, BE FIT, MARYLAND!
Website developed by University of Maryland Cooperative Extension, Food Stamp Nutrition Education Program and Public Informatics

- Teaches consumers how to eat healthy on a budget with links to community food banks, grocery flyers, USDA recipes, etc.
Impact of rising food prices

- Potential decrease in school meal participation for paying students
- Increase in request for food at local food banks
- Increase in Food Stamp applications
Impact of rising food prices

- Milk replaced with empty calorie sugar sweetened beverages
- Whole grains replaced with refined grains
- Decreased fruit and vegetable intake
- High fat, high cholesterol protein sources used to replace more expensive
Impact of rising food prices

- Overall nutrient intake will decrease increasing susceptibility to disease and infection
- Most vulnerable populations affected (children, elderly, low income)
Potential positive impacts of rising food prices

- More meals eaten at home
- Families eating together
- Individuals forced to learn to cook
  Current generation sees food as something you buy instead of something you cook.
- More foods purchased locally
- Increased interest in food preservation
Limited resources for consumers

- Official USDA Food Plans: Thrifty, Low-cost, Moderate-cost, Liberal
- Preparing Nutritious Meals at Minimal Cost, USDA, September 1999
- Food Stamp Nutrition Connection Recipe Finder
- Food Stamp Nutrition Program (only assists food stamp recipients)
- State Extension programs
Here’s one wish for all the world’s children
Sung to everyone we meet
One simple wish for all the world’s children
Children need enough to eat

Source:
“Bon Appetit!” CD
Cathy Fink & Marcy Marxer