



**Fall  
2017**

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# Eat Well!

A Newsletter for Healthy Eating

## Quick, Healthy Meals

Chantel Banus, UMaine Dietetic Intern

A busy schedule can make eating healthy meals hard, especially when we are hungry or low on time.

Why is meal planning important?

- Planning your meals can save you time and money.
- Planning your meals can help you avoid last minute, unhealthy food choices.

Have you ever ordered take-out because you were too tired to cook? Maybe you left out one or two food groups at dinner because you felt it would take too much time to make. Meal planning can help you eat quick, healthy meals all week long. Here's how to get started:

### How to plan your meals:

1. Consider your schedule, and your budget for the week.
2. Use the Meal Planner in this newsletter to plan the meals and snacks you will have each day.

3. Make a shopping list for the meals and snacks you have planned, and set aside time to shop and cook as needed.

**Tip: When meal planning, find recipes where you can use a food or ingredient more than once.**

If you are planning a dinner that has carrots as the vegetable, you could also plan to have raw carrots and hummus for a snack that week.

Make extra food with “planned-over” meals. Planned-over meals means making more of a meal or snack than you plan to eat at one time. You can set aside leftovers into smaller containers to have later in the week. Don't forget, you can freeze food too. Cook once, eat twice!

**Tip: When you put leftover food aside in containers you can control the portion size.**

*Continued on page 2*



**Looking for ways to save money on food?** The *Eat Well!* newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the *Eat Well!* newsletter to find great tips to save money on food. **SAVE MONEY.**

**Tip: Half of your plate should be fruits and vegetables. Try planning these first so that they are not missed (or skipped)!**

Set aside some time to plan your meals in advance: your mind, body, and wallet will be glad you did!

**Sources:**

North Carolina Cooperative Extension.  
<https://lee.ces.ncsu.edu/2013/10/having-a-meal-plan-is-key/>.

The University of Maine Cooperative Extension.  
<https://extension.umaine.edu/publications/4331e/>.

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## Food Safety Corner

### Should You Wash Raw Poultry?

By Chantel Banus, UMaine Dietetic Intern



We are often told to wash raw foods before we prepare them. For poultry, however, this is not recommended. Yet according to a 2016 national survey, 67% of Americans said that they always wash raw poultry parts before cooking them.

#### Why raw poultry should not be washed:

- Washing poultry before cooking will not destroy bacteria (like salmonella).
- Instead, washing raw poultry can spread bacteria, contaminating your sink and other surfaces and making them unsafe.

#### How to prepare poultry safely:

- Wash your hands, not the poultry, before handling.
- Use a clean cutting board and clean utensils. Make sure all surfaces the raw poultry touches are clean. Always use separate plates or cutting boards for raw and cooked poultry.
- Cook raw poultry to a safe internal temperature of 165°F.

**Fact: Cooking is what destroys the bacteria and pathogens in poultry, not rinsing!**

- Refrigerate cooked poultry within two hours, or one hour if the temperature is over 90°F

Remember, do not wash your poultry before cooking.

#### Sources

The U.S. Food and Drug Administration.  
<https://www.fda.gov/food/foodscienceresearch/consumerbehaviorresearch/ucm529431.htm>

Alabama Cooperative Extension System.  
<http://www.aces.edu/pubs/speng/premeat.pdf>

United States Department of Agriculture Food Safety and Inspection Service.  
[https://www.fsis.usda.gov/wps/wcm/connect/ad74bb8d-1dab-49c1-b05e-390a74ba7471/Chicken\\_from\\_Farm\\_to\\_Table.pdf?MOD=AJPERES](https://www.fsis.usda.gov/wps/wcm/connect/ad74bb8d-1dab-49c1-b05e-390a74ba7471/Chicken_from_Farm_to_Table.pdf?MOD=AJPERES)



# Kid's Korner Trail Mix

*A Tasty and Easy After School Snack!*



Trail mix is a tasty after-school snack that you can make ahead of time with only a small amount of help from a grown-up. This snack is high in protein, fiber, and iron – but it can also be high in calories. Remember to use a half-cup measuring cup when serving this recipe.



## Ingredients

- ¾ cup unsalted, roasted peanuts
- ⅓ cup raisins
- 1¼ cup crispy, whole wheat cereal squares
- 1 cup mini pretzels



## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1/2 cup (47g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 5mg	30%
Potassium 232mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Directions

1. In a large bowl, combine all ingredients.
2. Place in air-tight container or zip-lock plastic bags. Store in a cool, dry place.

## Variations

Use any of your favorite nuts or dried fruit in place of the peanuts and raisins.

Makes 6 servings

Serving Size: ½ cup

Cost per recipe: \$2.20

Cost Per Serving: \$0.37

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# Ask Eat Well

Ruth Cyr

Community Education Assistant, Androscoggin/Sagadahoc Counties

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Ruth has worked for the University of Maine Cooperative Extension Eat Well Nutrition Education Program in Androscoggin/Sagadahoc Counties for 21 years. Ruth says, “I really get excited working with families and kids, to see the difference I am making in their lives. Knowing that I’m helping people make a difference is what motivates me each morning.”



Ruth loves animals, especially cats, and enjoys playing with her tuxedo cat, Bobby. Ruth is married with three grown children and two beautiful grandchildren.

## Q. “What can I freeze to have on hand to help make quick meals?”

**A.** Today with work, school and kids our lives are very busy and it can be difficult finding time to get in the kitchen to make a meal. Freezing is a great way to provide a quick meal when you don’t have time to cook.

Here is a list of some meals that freeze well.

1. Soups, chilies and stews. You can make large batches and freeze smaller portions in containers for a quick meal.
2. Casseroles are another great meal that freeze well, and casseroles are a wonderful way to add extra vegetables and beans to your meals.
3. Try freezing meatloaf and meatballs. Mini meat loaves are cute and heat up quicker, while meatballs are always ready for spaghetti or subs.

Be sure to label everything with the item name and date and don’t forget to rotate your items using the oldest items first.

Check with your local Eat Well staff or visit the UMaine Extension website, <https://extension.umaine.edu/>, for more ideas.



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## Food Bites

# Announcing Our Collaboration with Cooking Matters® Maine!

By Kate Yerxa, Extension Educator

University of Maine Cooperative Extension's Eat Well Program is excited to announce our collaboration with Cooking Matters® Maine, which is a program of Good Shepherd Food Bank.

Cooking Matters® Maine and Eat Well provide similar cooking and nutrition class topics to participants, so the collaboration is a natural fit! A few examples of class topics include:

- tips for eating well on a budget,
- how to cut fat and sugar from meals, and
- healthy meal planning.

Another great aspect about our collaboration is that after each Cooking Matters® class, participants will be able to take food ingredients home and make the recipes for their families.

If you are interested in hosting an Eat Well and Cooking Matters® class, contact Courtney Kennedy at [ckennedy@gsfb.org](mailto:ckennedy@gsfb.org) or contact a UMaine Extension Eat Well staff at the following offices:

County	Telephone
Androscoggin & Sagadahoc	800.287.1458
Aroostook - Fort Kent	800.287.1421
Aroostook - Presque Isle	800.287.1462
Cumberland	800.287.1471
Hancock	800.287.1479
Kennebec	800.287.1481
Oxford	800.287.1482
York	800.287.1535



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## Quick and Easy Eat Well Recipe

### Salmon Sweet Potato Cakes



#### Ingredients

- 1 (15 oz) can salmon, drained and bones removed
- ½ cup cooked, mashed sweet potato
- ⅓ cup flour
- ½ cup finely chopped vegetables: celery, bell peppers, or green onions
- 1 egg
- ½ teaspoon dried oregano (optional)
- ¼ teaspoon salt
- ¼ teaspoon pepper

#### Directions

1. In a medium bowl, combine all ingredients and mix well.
2. Place mixture in the refrigerator for 15 minutes.
3. Preheat oven to 425° F.
4. Drop ⅓ cup of mixture onto baking sheet, forming 6 medium-sized cakes. Lightly press in the center to flatten.
5. Bake for 20 minutes. Flip each cake, bake for another 10 minutes.

Makes 6 servings      Serving size: 1 salmon cake  
 Cost per recipe: \$4.66      Cost per serving: \$0.77

#### Nutrition Facts

6 servings per container  
**Serving size**      1 salmon cake  
(126g)

**Amount per serving**  
**Calories**      **160**

	% Daily Value*
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 20g	
Vitamin D 10mcg	50%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 335mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.