

To Your Health

September 2010

Spend Smart Eat Smart has a new look! Families interested in eating healthy on a budget now have an easy-to-use resource at their finger tips. The Spend Smart. Eat Smart. website re-launched with a fresh, crisp look and new features to better serve site visitors.

"User feedback told us that the old website was a great resource, but that it was hard to find information, and some of that information was not easy to use," said Peggy Martin, Iowa State University Extension nutrition specialist. "The changes to the website and new features directly address these issues, providing a better experience overall."

"3 Easy Steps to Healthy Meals" is the new tagline that encompasses the three main areas that the site is now divided into: Plan, Shop and Eat.

- **Plan:** This section of the website helps families save money on groceries, by providing tips on how to plan ahead to reduce food expenses.

- **Shop:** Finding nutritious items at the store, as well as money-savings tips to use while shopping, is the focus of this section.

- **Eat:** Recipes and tips for saving at home are included here, along with tips to use when eating out.



In addition to the information easily accessible in each of the main areas, the new website also features [online lessons](#) to help families learn more about specific subjects. For example, a 15-minute online presentation, "Label Reading for Health," teaches viewers about all the information available on a nutrition label, and how to read that information and use it in their planning.

Visitors can start providing feedback with the new site as well, by rating recipes, leaving comments, answering polls and asking questions of the ISU Extension experts in charge of the content.

The Spend Smart. Eat Smart. website can be accessed at www.extension.iastate.edu/foodsavings. Other ways to engage with Spend Smart. Eat Smart. experts include visiting the [website's blog](#), which is updated weekly, and [Facebook page](#), or by following updates on [Twitter](#).

Check it Out!

3 Easy Steps to Healthy Meals





What is Greek Yogurt?

From the Spend Smart Eat Smart blog:

August 16th, 2010

Greek yogurt is becoming more popular. Last week one of my friends asked me what Greek yogurt was...was it yogurt from Greece?

No, rather it is a type of yogurt that is more concentrated than what we are used to. Manufacturers strain the yogurt and remove some of the whey which produces a thicker, creamier yogurt with more fat, protein, and calcium. Just like regular yogurt, reduced fat and fat-free versions are available.

Greek yogurt is more expensive than regular yogurt because it takes twice as much milk to make it. There are several varieties in larger supermarkets and specialty shops with Greek sounding names like Voskos, Oikos, Fage, etc. Yoplait also sells plain and flavored Greek yogurt for around \$1.20 for a 6-ounce cup, and I read that AE Dairy is going to start distributing it this fall.

Yogurt is sometimes used instead of cream cheese or sour cream to reduce fat and calories. Greek yogurt would be a good choice for substitutions because it is thicker.

You can make your own "Greek" yogurt by straining regular yogurt. Just set a fine sieve lined with cheesecloth, a coffee filter, or a plain white paper towel over a bowl and spoon plain yogurt into the sieve. Refrigerate and allow the liquid to drain off for at least 2 hours. One cup of yogurt yields about ½ cup of Greek yogurt.

-pointers from Peggy (Martin)

September is National Preparedness Month.

Did you know that only 57% of people report that they have readiness items set aside in their homes for use in a disaster and less than half of households have an emergency plan? There is a wealth of information about being prepared at the Homeland Security website www.ready.gov. Here are some of the recommendations for food:

- ✓ Store at least a three-day food supply of non-perishable food.
- ✓ Select foods that do not need refrigeration and require little preparation
- ✓ Pack a manual can opener and eating utensils

Here are some ideas:

- Ready-to-eat canned meats, fruits and vegetables
- Granola or fruit bars
- Dry cereal
- Shelf stable milk
- Dried fruit
- Peanut butter
- Nuts
- Crackers
- Food for infants
- Comfort foods

Store food in a water proof container (i.e. plastic storage tubs with a lid) and periodically rotate the food and replace it with fresh (do this often enough so that the unused food can be used in the family food supply.)

Water recommendation: One gallon per person per day for three days.

Northwest Area Newsletter - Iowa State University Extension
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