

Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

A New Face for Spend Smart. Eat Smart.

You can choose healthy foods and stick to your budget—Iowa State University Extension and Outreach's Spend Smart. Eat Smart. website is here to help!

Spend Smart. Eat Smart. has helped shoppers save money and make healthy choices for more than seven years. We are proud to announce a brand new design for the website that is more modern, simpler to navigate, and functional on all your devices.

Whether your goal is to eat healthier, plan your family's meals, or save money at the grocery store, you can find tools to make it easier on Spend Smart. Eat Smart. The website is home to the following:

- More than 150 recipes that are delicious, inexpensive, and easy to prepare
- How-to videos featuring recipes, kitchen organization tips, and basic food-prep techniques
- Strategies for saving money in each part of the grocery store
- Meal-planning templates and resources
- A grocery budget calculator to help you determine how much to spend at the store

Visit the website, spendsmart.extension.iastate.edu, today to connect with us through our blog, Facebook, Twitter, or Pinterest.



Minestrone Soup

Serving Size: 1 cup

Serves: 8

Ingredients:

- 2 teaspoons oil (canola or vegetable)
- 1 onion, chopped
- 2 or 3 large garlic cloves, minced, or 1/2 teaspoon garlic powder
- 2 cans (14.5 ounces) low sodium chicken broth
- 1 can (16 ounces) stewed or diced tomatoes
- 1 can (16 ounces) kidney beans (drained and rinsed)
- 1 package (10 ounces) frozen vegetables
- 1 teaspoon dried basil, oregano, or Italian seasoning
- 1/2 cup uncooked pasta (such as rotini, macaroni, or small shells)

Instructions:

1. Heat oil in a large saucepan. Sauté onion and garlic. If using garlic powder, add with seasonings.
2. Add broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
3. Bring to boil over medium heat.
4. Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes until the pasta is tender.

Nutrition information per serving:

150 calories, 2.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 260mg sodium, 26g carbohydrate, 5g fiber, 5g sugar, 8g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

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Deep Clean in the Deep Freeze

When spring arrives, we typically deep clean for the coming season. With the cold weather outside, it's a good time to clean the freezer. It's important to keep the freezer clean of frost and food debris. Here are some tips for cleaning and maintaining your freezer:

- Remove all frozen food items.
- Check items for expiration dates and for freezer burn.
- Consider throwing out any food that appears old and dried out. It may still be safe to eat, but the quality may be poor. Ice crystals on the inside of packages may indicate thawing and refreezing—those packages may need to be thrown out. Frozen food can be stored up to 1 year.
- Pack food items you are keeping in another freezer or a cooler until you can return them to the freezer.
- Wipe down the freezer with one tablespoon of baking soda in one quart of water. Then wipe with clean water before turning the freezer back on.
- Let the freezer cool down for about 30 minutes before placing the frozen items back into it.

Put a freezer thermometer near the door of the freezer and check it periodically. Adjust the temperature control as needed to keep foods at or below 0°F.

You can see a video on how to clean your refrigerator on the Spend Smart. Eat Smart. website, spendsmart.extension.iastate.edu/cook/organize-your-space/.

Source: Michigan State University Extension, www.msue.msu.edu.

For more information, visit www.FoodSafety.gov.

Keep Movin' in the New Year

The cold weather, along with snow and ice, can make it hard to move outside. Don't let the cold winter months discourage you into cutting back on your exercise routine. If you don't currently have an exercise routine, there is no time like the New Year to get started.

Consider these indoor activities:

- Walk at your local mall or your building's hallways during lunch or coffee breaks.
- Take the stairs whenever possible.
- Follow an exercise DVD rather than watching a movie.
- Do chair exercises while watching the television.



Whatever activity you choose, you'll burn extra calories instead of storing them. The key to an active family is finding fun things to do in every season. Aim for a goal of 30 minutes of moderate activity daily for adults and 60 minutes for kids—no matter the weather!

Information from the Academy of Nutrition and Dietetics:
www.eatright.org/resource/fitness/exercise/family-activities/family-exercise-for-every-season