



Canned foods provide an easy and inexpensive way to include fruits, vegetables, and meats in a healthy diet. Canning allows foods to be safely stored for a long period of time. Many fruits last for up to 18 months, while most vegetables remain safe for up to 2 years. Canned meats such as chicken or tuna can have shelf lives of up to 5 years!

Did you know that the canning process started in France during the 1800s? During this time, there were civil wars going on in the country. The French government offered a large reward to any scientist who could find a way to keep food safe and edible. This way, soldiers in the war could be fed nutritious foods even when food supplies became low.



All canned foods are fully cooked, so they can be eaten without heating, if desired. Canned goods offer year-round options. Are peaches or corn some of your favorite foods? Thanks to the canning process, you can have these nutritious items outside of their peak seasons!

Nutrition and Canned Foods—They are Two Peas in a Pod!

There are a variety of **peas**. Green sweet peas are the most common type, while yellow and green split peas are popular in soups. To help lower the amount of sodium, put the peas in a strainer and rinse with water.

Selection:

- Choose cans that are free from any leaks, dents, or bulges. Leaks, dents, or bulges could mean the canned product is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the can.

Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, keep peas in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.



Nutrition: 1 cup of **canned peas**:

- Provides 120 calories and 6 grams of fiber.
- Contains 8 grams of protein, the same amount as 1 jumbo egg!
- Is naturally fat-free and a good source of vitamins C and A, iron, and magnesium.
- Counts as two servings from the MyPlate Vegetable Group.

Uses:

- Include canned green peas in salads, or heated in soups and main dishes.
- Combine canned green peas with potatoes and/or turnips and serve as with lean meat, a glass of milk, and a piece of fruit for a complete MyPlate meal.

Germs in the Kitchen

The kitchen is often a place that brings families and friends together. We enjoy many meals and long conversations in this room. However, kitchens can be one of the main places where germs grow. Protect yourself and your loved ones from harmful bacteria by following these key kitchen-cleaning tips.

- ◇ **Wash your hands.** Handwashing is the most important way to stop the spread of germs, especially when handling food in the kitchen. Wash with soap and warm water for 20 seconds.
- ◇ **Clean the cutting board.** It is best to use a separate cutting board for meats and another for produce. If you use the same cutting board, be sure to wash it after handling meats and before preparing produce.
- ◇ **Change or clean sponges and clothes often.** It is ideal to use paper towels. Germs can thrive on sponges and dish clothes because of the moisture, which can spread to dishes and countertops. If you choose to use clothes or sponges, wash the clothes at least once every week and replace sponges every few days.
- ◇ **Wipe away germs.** Use disinfectant cleaners or wipes to kill germs on faucets, sinks, refrigerator doors, stovetops, and counters.



Whole Meal Salad

Serves: 1
Serving Size: 1 salad

Ingredients:

- 2 cups salad greens
- 1 cup chopped vegetables such as cucumber, onion, tomatoes, carrots, mushrooms or bell peppers
- 1/4 cup **canned peas** (drained and rinsed) OR 1 egg (cooked and sliced) OR 1 ounce lean meat (cooked and chopped)
- 1 tablespoon low-fat shredded cheese, chopped dried fruit, or chopped nuts
- 2 tablespoons low fat salad dressing



Instructions:

1. Arrange greens on large plate or bowl.
2. Add vegetables.
3. Add peas, egg, or meat.
4. Sprinkle with cheese, dried fruit, or nuts.
5. Drizzle dressing over top.

Pair the salad with a whole grain roll and cup of nonfat milk for a MyPlate friendly meal.

Nutritional analysis (will vary based on ingredients used): 220 calories, 14 g fat, 4 g saturated, 0 g trans, 410 mg sodium, 12 g carbohydrates, 3 g fiber, 8 g sugar, 11 g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website,
<http://www.extension.iastate.edu/foodsavings/recipes/whole-meal-salad>.

IOWA STATE UNIVERSITY

Extension and Outreach

... and justice for all
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.