



**F**arina, rice, wheat, barley, oats... What do all of these have in common? *They are all cereal grains!* Cereal grains, including **farina**, come from edible parts of grass plants. Farina is a refined grain that has been fortified with the vitamins and minerals that were lost during the refining process.

One of the nutrients added back during the fortification process is **iron**. Iron helps carry oxygen throughout the body. Iron's role in transporting oxygen is why if your iron is low, you feel tired. Having low iron may also limit your ability to do activities of daily living, such as walking up and down stairs, doing chores around the house and getting yourself ready for the day.



Other iron-rich foods are beans, spinach, seafood, red meat, and dried fruit. Including these foods in your diet will give you energy and keep you healthy!

### ***FUN WITH FARINA!***

**Farina** is a hot wheat cereal (e.g., Cream of Wheat™) commonly cooked in boiling water and served warm. It is an easy and nutritious breakfast!

#### Selection:

- Choose boxes that are free from any rips or tears, which could mean the product is unsafe to eat.
- Check the "Best by" or "Best if used by" date on the package.

#### Storage:

- Store unopened boxes in a cool, clean, dry place.
- After opening, keep uncooked farina in a tightly covered glass or plastic container, or place original package in a sealable plastic bag for up to one year.
- After cooking, keep farina in a tightly covered glass or plastic container for up to four days in the refrigerator or up to one month in the freezer.

#### Nutrition: 1/2 cup of cooked **farina**:

- Provides 60 calories and 2 grams of protein.
- Is naturally free of fat and sodium, and is a good source of iron and folate.
- Counts as 1 serving from the MyPlate Grain Group.



#### Uses:

- **Farina** makes a fast and easy breakfast. Top cooked **farina** with fresh, frozen, dried, or canned fruit and/or nuts for a tasty and wholesome breakfast.
- Farina can be used to make pancakes, dumplings, muffins, breads, and meatloaf too!

## Wash Produce to Prevent Foodborne Illness

Summer is just around the corner, which means fresh fruits and vegetables will stock grocery stores and farmers markets! Pre-cut, bagged, and packaged produce is pre-washed and ready to eat. However, for produce that is not pre-washed, washing it before eating is important for removing harmful bacteria that can cause foodborne illness. Follow these tips to be sure your produce is safe to eat.

- **Begin with clean hands.** Wash hands for 20 seconds with soap and warm water.
- **Wash produce under running water.** Running water will wash the bacteria down the drain.
- **Scrub firm produce with a vegetable scrubber.** Foods such as melons, potatoes, and cucumbers have tough skin that can trap dirt and germs.
- **Dry with a clean towel or paper towel.** This will further reduce bacteria present on the surface.
- **Refrigerate all washed and cut produce** in airtight glass or plastic containers, or sealable plastic bags for up to four days.



Adapted from the FDA's *Produce: Selecting and Serving it Safely*. To learn more, visit <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299.htm>.

### Farina Meatloaf

Serves: 6

Serving Size: 1/6 of loaf

#### Ingredients:

- 1 pound lean ground beef
- 1/2 onion, chopped
- 1 cup carrots, grated (about 2 carrots)
- 1/4 cup dry **farina**
- 1/4 cup nonfat milk
- 1 egg
- 1/2 teaspoon grated black pepper
- 1/4 teaspoon salt
- 1/2 cup ketchup, divided
- 2 tablespoons brown sugar



#### Instructions:

1. Preheat oven to 350°F.
2. Mix together the ground beef, onion, carrots, farina, milk, egg, pepper, salt, and 1/4 cup ketchup.
3. Form the mixture into a loaf and place on broiler pan. Bake for 50 minutes.
4. Stir the remaining 1/4 cup ketchup and brown sugar in a small bowl.
5. Remove meatloaf from oven and spread sauce over the top and sides of meatloaf.
6. Bake 10 minutes or until a meat thermometer reads 160°F.

**Nutritional analysis:** 280 calories, 13g fat, 4.5g saturated, 1g trans fat, 390mg sodium, 17g carbohydrates, 2g fiber, 10g sugar, 23g protein

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

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