



Wise County

4-H Food Show

Thursday, October 28, 2021

Interviews will begin at 3:30pm at the Wise County Extension office
206 S. State Street in Decatur

Awards will be announced virtually



For More Information Contact
Tanya Davis - County Extension Agent, FCH
Wise County Extension Office 940-627-3341

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WISE COUNTY
4-H Food Show Guidelines
Thursday, October 28, 2021

**Forms due in County Extension office by
Monday, October 25, 2021**

For more information contact the Extension Office 940-627-3341.

The 4-H Food Show is a unique opportunity for 4-H'ers to showcase the skills and knowledge they have gained from participating in foods and nutrition projects as well as experience in presenting themselves with confidence. However, project members are not required to enter the show to complete the project.

Educational Objectives of 4-H Foods and Nutrition Project:

- Practice recommended food preparation skills including food safety
- Learn the nutrients in your dish and the health benefits they provide to your body

Food Show Theme

BACKYARD BBQ! What's your favorite dish at a backyard BBQ? Don't be afraid to showcase your culinary skills by experimenting with flavors and dishes commonly found at a backyard BBQ.

Summer isn't the only time for a Backyard BBQ! Sometimes, a backyard BBQ means you get to enjoy special dishes that you only see at a BBQ. The grill usually comes out and families have started gathering around to experiment with different flavors. Now is the time for you to get creative with flavors and recipes commonly found at backyard BBQs. You may even want to try out a new piece of kitchen equipment such as a grill plate or indoor grill. Remember, not all backyard BBQ dishes even require a grill! Many Backyard BBQ favorites can be prepared on the stovetop, in the oven, in non-cook methods, or using special equipment.

Seniors only, please keep in mind your 75-minute kitchen time at State 4-H Roundup when selecting your recipe. ABSOLUTELY NO open flames or outdoor type grills will be allowed at the State Food Show!

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

CLARIFICATIONS

*Alcohol used as an ingredient – if the youth cannot purchase it then it cannot be used in the recipe. For example, bourbon and rum cannot be purchased. Cooking wines, cooking sherry, vanilla and other extracts can be used.

Pre-Registration Requirements:

Clover Kids submit a printed recipe only. **Juniors, Intermediates and Seniors** submit typed or neatly printed recipes, and a completed entry form. The Extension office will submit Academic Eligibility Forms to school districts prior to competition.

All forms are due in the 4-H office by Monday, October 25, 2021, to allow time for these to be evaluated. Recipes can be emailed to lmwashburn@ag.tamu.edu.

Registration:

Please call the Extension office at 940-627-3341 to make an interview time or make one when you turn your paperwork in on or before Monday, October 25, 2021. Interviews will be from 3:30pm to 6:00pm at the Wise County Extension office

No heating or cooling devices will be available for your food. Please come prepared with everything you need to successfully exhibit your dish.

Superintendents will provide help, if necessary, to 4-H'ers in setting up food. Participants will be called into exhibit area for judging. Two judges will interview each contestant individually.

The Wise County 4-H Food Show will follow the same guidelines as the District 3 4-H Food Show and State 4-H Food Show, with some changes made strictly for the County Show.

The 2021 Wise County 4-H Food Show will be held on Thursday, October 28, 2021, at the Extension office – 206 S. State Street, Decatur, TX 76234

There will be **NO TASTING** of food on the County, District, or State level of competition. If this guideline is not followed, Texas 4-H and Texas A&M AgriLife Extension will not be liable or responsible for consequences that may incur.

County 4-H Food Show Guidelines

1. State rules indicate "Contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a food and nutrition educational program."
2. Divisions:
 - Clover Kids - K-2nd grade as of August 31, 2021
 - Junior - 8 and in the 3rd, 4th, & 5th grade as of August 31, 2021
 - Intermediate - 6th, 7th, & 8th grade as of August 31, 2021
 - Senior - 9th, 10th, 11th, & 12th grade as of August 31, 2021

Food Categories will be the same for all divisions.

- **Appetizer**
- **Main Dish**
- **Side Dish**
- **Healthy Dessert**

*Clover Kids are invited to participate in a simplified display and interview. They only need to bring a dish, serving utensil and a copy of their recipe. This is a practice competition for them. *They are not placed and do not give a 2-minute presentation.*

Please Note: Clover Kids participate at the County level only - they do not advance to District.

3. **Recipe Selection**

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Leaders/parents need to encourage 4-H'ers to choose recipes that meet food safety guidelines. Food does not need to remain at room temperature for more than two hours.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

For County, all food will be judged as if it was just prepared. This will give you the opportunity to cook the night before.

Appetizer - Traditionally an appetizer is a small dish or food that is eaten prior to the main

course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.

Main Dish - The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.

Side Dishes – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta, or rice dishes, and/or combination vegetable dishes.

Healthy Desserts – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

4. For this year, we will allow access to a microwave. There will be no preparation at the County Food Show. Please be aware that 4-H'ers will not have access to electrical outlets, ovens, refrigerators, freezers, sinks, etc. during the County Food Show. No other access allowed.
5. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agents.
6. All 4-H'ers **MUST** complete County 4-H Entry Form and return to the Extension office by Monday, October 25, 2021.

7. There will be two special opportunities offered again this year to provide County participation for other 4-H'ers besides the County Food Show participants. The opportunities are Exhibit and News Writing. These opportunities are described in detail on separate pages included with this packet.
8. Adults may assist contestants by carrying all necessary items to the door of the appropriate judging room. Assistance will be provided for 4-H'ers.
9. 4-H'ers need to bring only a single serving of their recipe. Participants will only display a single serving of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your recipe.

What is a Serving Size? We will be using MyPlate guidelines for determining a serving size. An excellent resource is the **American Dietetic Association Complete Food And Nutrition Guide (3rd Edition)- Chapter 10, "Planning to Eat Smart"**. This resource is available for viewing in the Extension Office.

Examples of serving sizes would be:

FOOD	ONE SERVING
Bread	1 Slice
Rice	½ Cup
Milk Shake	1 Cup (8 oz.)
Mixed Ingredient Dish (Soups, Casseroles, etc.,)	1 Cup
Dips	¼ Cup

Tips on Serving Sizes:

- * Think about a serving size you would get at a restaurant. (NOT super sized!)
- * Look at magazines to get ideas of a single serving.
- * As a guide, look at similar recipes that tell how many servings it will make.
- * The serving size exhibited should be consistent with the number of servings you indicate the entire recipe will serve.

10. Interview and Contestant Presentation Guidelines

Entry Display

4-H members will carry a single serving of their recipe to the judging table. 4-H'ers will display their food at the judging table. Entry display may only consist of serving dish and the serving utensils. Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, potholder, or trivet to place the hot dish on to prevent melting the plastic table cover.

Interview

• **Five Minute Presentation**

Each contestant will start with a maximum five-minute presentation to introduce

themselves and their dish. To earn maximum points, participants must use the 5-minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

- **Four Minute Interview**

Judges will have the opportunity for a four-minute interview asking questions applicable to the scorecard. It includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

- **Serving**

At the conclusion of the question-and-answer period you will have one minute to serve the judges. This will allow them to visually evaluate the dish you have prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to judges.

The judges **WILL NOT** taste the food. They will be judging the texture and the appearance of the entry.

11. Due to the “single serving” entry, there will not be food available for a public viewing. Therefore, we will not have public viewing.
12. Paper plates and bowls, plastic forks, spoons, and knives, and paper napkins for the judges will be provided at the County Food Show. Food handler’s gloves will be available from the superintendent in charge of each group for those 4-H’ers who feel they need to use them. Food handler’s gloves should only be used if it will be necessary for the 4-H’er to touch the food in any way while serving the judges. **THERE WILL BE NO TASTING OF FOOD BY PARTICIPANTS, JUDGES, OR SPECTATORS ON THE COUNTY, DISTRICT OR STATE LEVEL OF COMPETITION.**
13. Contestants may remove their serving plates, utensils, etc., as soon as they have completed their judging interview.
14. Personal appearance is part of the score.
15. Judging for each contestant will be limited to 9 minutes.
16. **Knowledge Showcase. (Senior)**
Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

17. **Skill Showcase. (Intermediate and Senior)**

Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill chosen in the below Skillset Options. Participants should bring all materials to demonstrate this skill to the judges. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned:

Skillset Options	
Measure	
¼ Cup Flour	Demonstrate how to properly measure ¼ Cup flour.
1 Cup Water	Demonstrate how to properly measure 1 Cup water.
1 Tablespoon Oil	Demonstrate how to properly measure 1 Tablespoon oil. (Oil not specified.)
1 teaspoon Baking Powder	Demonstrate how to properly measure 1 teaspoon baking powder.
Knife Safety	
Slice Bread	Demonstrate how to properly slice bread using knife safety skills.
Dice, Chop, or Julienne a Vegetable	Demonstrate how to properly dice, chop, or julienne a vegetable. (Vegetable not specified.)
Kitchen Gadget	
Vegetable Peeler	Demonstrate how to properly peel a small cucumber or small potato.
Zester	Demonstrate how to properly zest a lemon.
Juicer	Demonstrate how to properly juice an orange.
Apple Slicer	Demonstrate how to properly use an apple slicer to slice an apple.
Edible, Decorative Garnish	Demonstrate how to properly create an edible decorative garnish that is relevant to your dish. (i.e. Garnish Spaghetti with Basil Leaves)

18. Contestants may leave the premises with appropriate adult(s) after they have been judged, and their space has been cleaned up with items put away.
19. Ribbons will be awarded to the first five places in each food group of each age division. All entries will receive a participant's ribbon. Results will be announced on Facebook and by calling the Extension office the following day.
20. 1ST place winners in each division (except Clover Kids) will advance to District 3 4-H Food Show competition set for Wednesday, December 1, 2021, in Jacksboro. If for some reason the 1st place winner can not represent Wise County at the District 4-H Food Show, the 2nd place (alternate) will be eligible to attend District competition. There will be a virtual or in person options.
21. All paperwork must be in the Extension Office by Tuesday, October 20, 2020.

ALL must complete the Wise County 4-H Food Show Entry Form with recipe typed and attached.

Good Luck and Enjoy!

Food Show Resources

Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

Nutrition Resources:

★ MyPlate - <http://www.choosemyplate.gov/>

★ Food Safety - <http://www.fightbac.org/>

Dietary Guidelines for Americans - <http://health.gov/DietaryGuidelines/>

★ Preparation Principles & Function of Ingredients - <https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Know Your Nutrients - https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

★ Nutrient Needs at a Glance - http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf

Theme Resources:

★ 10 Tips: Save More at the Grocery Store - <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips - <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>

10 Tips for Healthy Grocery Shopping - <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

★ Eating Better on a Budget - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

★ Smart Shopping for Veggies and Fruits - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store - <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

★ Related resources included in the Appendix of your 4-H Food Show packet. Visit the link website for additional information.

**Wise County
4-H Food Show
2021**

Appendix

Special Opportunities for 4-H'ers at 2021 County Food Show

There will be two special opportunities offered in 2020 in conjunction with the 4-H Food Show. 4-Hers will be able to participate in additional opportunities related to the Food and Nutrition project and "Promote 4-H". The Special Opportunities include: **Exhibit** and **News Writing**.

EXHIBIT

Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group).

- **Criteria.** Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Each exhibit should include a sign that lists the county name and name(s) of 4-Hers who developed the exhibit.
- **Setup.** Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in the foyer of the auditorium. There will be no access to electricity.
- **Presentation.** The exhibits may or may not be manned by the participants.
- **Awards.** All 4-H'ers setting up an exhibit will receive a certificate.
- **Disassemble.** Exhibits should remain in place until after the food show judging is complete. 4-Hers with exhibits DO NOT have to attend the 4-H Food Show, however, they must make arrangements to get their exhibits to and from the show.

NEWS WRITING

A 4-H'er in any age division may write a news article.

- **Criteria.** News article should promote the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.
- **Display.** These articles can be displayed at the event.



Food Show Pointers



1. Bring only 1 serving of your recipe.
2. Bring any utensils needed to serve your food. Carry your utensils wrapped in a napkin. Do not touch your food with your fingers.
3. If your food needs to be served hot, make sure it is hot.
4. Dress neatly and attractively. Girls should keep long hair out of your face so it does not get in your food. Do not touch or play with your hair during the interview.
5. Do not fidget with your hands. If you don't know what else to do with them, put them behind your back.
6. Tell the judges plenty of information. Go into details with facts on nutrition, etc. but at the same time, do not ramble on or be too repetitious. Try to impress the judges with how much you know.
7. Remember your manners – “yes ma’am” and “thank you” when you leave.
8. Speak clearly. Look at the judges in the eye. Keep your head and chin up; don't be looking at the ground and mumbling. Look confident!
9. Make sure to prepare a 5 minute presentation on your dish.
See Scorecard: Each contestant will start with a maximum two-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish, or their experience in 4-H and the Food & Nutrition Project.

Judges' Suggestions

1. Have a good voice.
2. Keep eye contact.
3. Know the MyPlate.
4. Be poised.
5. Show good knowledge of nutrient functions.
6. Practice food safety.
7. Have good organization and materials.
8. Know your dish and preparation steps.
9. Talk about substitutions.
10. Show present and future community leadership and service.
11. Take pride in the appearance of your food and display.



10 tips

Nutrition Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

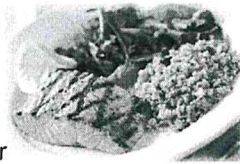
Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

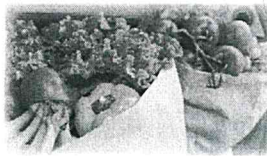


3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

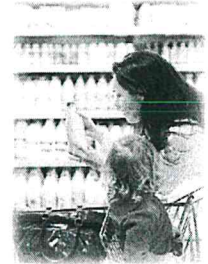


5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

FACT SHEET

FOODBORNE ILLNESS: HOW TO KEEP FROM GETTING SICK

“It must have been something I ate” is often the explanation for what many people call the “stomach flu.” Scientists however, have a different name for this problem. They call it foodborne illness and estimate that each year, between 6.5 million and 33 million people suffer from its consequences.

But you don't have to be one of the unlucky ones. Most cases of foodborne illness can be prevented through some simple food handling and storage steps. All it takes is a little know-how and such everyday weapons as soap and water, a refrigerator and a food thermometer to check the temperature

WHAT IS A FOODBORNE ILLNESS?

Foodborne illness is the sickness that results from eating foods that are contaminated with harmful bacteria and other microorganisms. Although you may not see, smell or taste these “bugs,” under the right conditions, they may be present on the foods when they are purchased or get into food during preparation, cooking, serving or storage.

Common symptoms of foodborne illness include diarrhea, abdominal cramps, fever headache and vomiting. These symptoms may come on as early as a half hour after eating contaminated food or may not develop for up to two weeks. They usually last only a day or two, but in

some cases can persist a week or more. For most healthy people, foodborne illnesses are neither long-lasting nor life-threatening. However, the consequences can be severe and may require hospitalization and even lead to death in the very young, they very old and those with weakened immune systems.



HOW TO KEEP FOODS SAFE

Because bacteria can survive on raw foods despite aggressive controls at the processing and retail levels, food safety experts urge consumers to think about food safety at each step in the food handling process — from shopping or bringing takeout foods home to storing leftovers. This means consumers should always follow these four simple steps:

- **Clean** — Wash hands, utensils and surfaces with hot soapy water before and after food preparation, and especially after preparing meat, poultry, eggs or seafood to protect adequately against bacteria. Using a disinfectant cleaner or a mixture of bleach and water

on surfaces and antibacterial soap on hands can provide some added protection.

- **Separate** — Keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods; never place cooked food on an unwashed plate that previously held raw meat, poultry, eggs or seafood.

- **Cook** — Cook food to the proper internal temperatures (this varies for different cuts and types of meat and poultry) and check for doneness with a food thermometer. Cook eggs until both the yolk and white are firm.

- **Chill** — Refrigerate or freeze perishables, prepared food and leftovers within two hours and make sure the refrigerator is set at no higher than 40°F and that the freezer unit is set at 0°F.

YOU CAN FIGHT BAC!™

Bacteria are invisible enemies. But you have four powerful weapons to *Fight BAC!™* So, be a BAC Fighter and make the meals and snacks you serve the safest possible.

IN SHORT . . . FIGHT BAC!™

*Partnership for
Food Safety Education*

Preparation Principles

Listed below for your information are some basic preparation principles. Items listed are certainly not all inclusive but touch on some of the common principles.

Meats

- Overcooking results in dry meat and loss of flavor.
- Select proper cooking method - less tender cuts use moist heat method; tender cuts use dry heat method.
- Grinding cuts the meat fibers and tenderizes the meat.
- For dishes that include ground meat (casseroles, etc.), brown meat lightly and spoon off excess fat to reduce excess calories.

Milk

- Use low to medium temperatures and avoid prolonged heating.
- High temperature causes protein to coagulate with a film covering the top of the milk and A coating on sides of the pan.
- Prolonged high heat causes off flavors and sometimes scorching.
- Milk mixtures thickened with flour or cornstarch need constant stirring during cooking to prevent lumping.

Cheese

- Heat briefly at low to moderate temperature. High temperatures and long cooking makes cheese tough and stringy and causes fat to separate.
- Blends more readily with other ingredients and melts more quickly if it is shredded or diced first.

Egg Cookery

- Cooking time and temperature important in egg cookery as over cooking shrinks the protein and makes egg white tough and yellow mealy.
- Cool hard cooked eggs in cold water for 15 minutes to prevent yolk. Turning green.
- Use care when adding raw egg before putting egg into container of hot food.

Breads

- Quick breads - Correct oven temperature important - not hot enough causes muffins to have flat top; too hot causes muffins to be lopsided.
- Important to avoid over - mixing - mixing too long develops the gluten in the flour resulting in quick bread being tough. Over - mixing also causes texture to have large air holes and irregular shape.
- Yeast Breads -Yeast needs to be exposed to lukewarm temperatures only as high temperatures will kill action of yeast.
- The purpose of kneading the dough is to develop the gluten which is desirable with breads.

Fresh Fruit

- Some fruits - apples, peaches, pears, banana - turn brown if allowed to stand after being cut or peeled. To minimize discoloration, dip these fruits into citrus juice or use ascorbic acid or a commercial product to limit discoloration.
- Sugar - fruits placed in sugar syrup will not turn brown as air cannot reach fruit. Sugar syrup helps fruit hold shape. Too much sugar causes fruit to shrink as sugar draws moisture out of fruit.
- To maintain shape, cook fruits slowly.
- Rapid cooking causes fruit to lose its natural shape.

Vegetables

- Take care to prevent loss of nutrients, especially Vitamin C.
 - 1) Use small amount of cooking water or liquid.
 - 2) Do not overcook.
 - 3) Cover most vegetables while cooking - so can use small amount of liquid and still cook quickly. Green vegetables such as broccoli, Brussel sprouts, cabbage should be cooked a few minutes uncovered to allow acids in vegetable to vaporize into air. If lid is used, the acid drips off the lid and turns the vegetables a dull olive green. Baking, steaming, cooking in the skins - good method to preserve nutrients.

Function of Ingredient

Ingredient	In Baking	In Frying	How to Measure
<p><u>Eggs</u></p>	<p>add flavor; yolk helps emulsifying oil and liquid elements of batter; provide moisture and help bind other ingredients together; aid in browning; serve as thickening agent; serve as leavening agent.</p>	<p>Help coating to adhere to surface of food for proper frying.</p>	<p>Unless another size is designated in the recipe, use large eggs for cooking.</p>
<p><u>Fats and Oils</u> butter margarine shortening vegetable oil olive oil</p>	<p>tenderize; add moisture; maintain freshness and extend keeping quality; shortening is a carrier of emulsifiers which help the oil and water in a batter to combine to make a smooth, creamy solution; help produce a tender and/or flaky product; add flavor. Fat is added to a recipe for richness, flavor, and tenderness to baked products. Fats come in two forms solid and liquid. Oils are Liquid Fats and shortening, lard and butter are Solid Fats. Solid and liquid fats cannot be substituted for each other.</p>	<p>prevent foods from sticking; help transfer heat; add flavor; moisture and a degree of brownness.</p>	<p>Solid fats - use nested cups - scoop fat from container with rubber scraper; press into cup firmly; level off with spatula; or, pour cold water into a cup up to the measure which will equal one cup when the desired amount of shortening is added. Drain off the water. <u>Liquid</u> - pour into proper measuring spoon.</p>
<p><u>Flour</u> regular or all - purpose enriched flour cake flour self-rising pre-sifted whole grain</p>	<p>provides framework or structure; starch in flour absorbs and holds liquid; serves as a thickening agent; adds flavor</p>	<p>helps thicken products because starch particles absorb and hold liquid and then swell; used to coat food before frying; aids in developing a crust.</p>	<p>If instructed, sift by passing flour through a sieve or fine mesh to add air which was forced out as flour settled or packed during storage; sifting insures accurate measurements; next scoop gently into nested cup of designated size; level off top with spatula.</p>
<p><u>Leavening Agents</u> baking powder baking soda eggs</p>	<p>react with moisture or with sweetening agents to produce carbon dioxide which causes small bubbles to form within the product and make it rise or increase in volume. Air beaten into eggs acts as leavening agent. provide air, steam or gas to help baked products rise. This makes the baked product less compact and gives it a softer texture.</p>	<p>Same function as in baking for specialty fried items such as doughnuts.</p>	<p>Scoop with correct size measuring spoon; level off top with spatula.</p>
<p><u>Liquids</u> water milk - whole evaporated, skim, dried, condensed juices - fruit, vegetable</p>	<p>add moisture; helps ingredients to react with each other; bind ingredients together.</p>	<p>Used to coat foods for frying</p>	<p>pour into a graduated measuring cup; read at eye level; scrape cup with a rubber spatula after pouring.</p>
<p><u>Sweetening</u> granulated sugar, white brown sugar, light or dark confectioners or powdered sugar corn syrup honey molasses</p>	<p>adds flavor; provides tenderness, crispness and brownness as it melts during cooking due to caramelizing.</p>	<p>None</p>	<p>granulated sugar - spoon into nested measuring cup; level off with spatula. brown sugar - pack firmly in a nested measuring cup; level with a spatula. confectioners or powdered sugar - sift, then spoon into nested measuring cup; level off with a spatula. syrups - (liquids) - pour into a graduated measuring cup.</p>



10 tips

Nutrition Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 **find deals right under your nose**
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 **search for coupons**
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 **look for savings in newspaper**
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 **join your store's loyalty program**
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 **buy when foods are on sale**
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 **find out if the store will match competitors' coupons**
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 **stay organized so coupons are easy to find**
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 **find a coupon buddy**
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 **compare brands**
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 **stick to the list**
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.





Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Ask for water instead of ordering other beverages, which add to the bill.

smart shopping for veggies and fruits



10 tips for affordable vegetables and fruits

It is possible to fit vegetables and fruits into any budget. Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

1 celebrate the season

Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.

8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.



9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

Key Nutrients

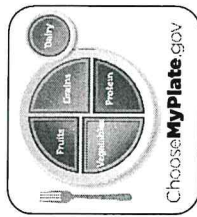
Nutrition	Why Needed
Protein	<ul style="list-style-type: none"> • Builds and repairs all body tissue • Forms a necessary part of practically all body secretions (enzymes, fluids & hormones) • Helps maintain the proper balance of fluid in various parts of body • Helps the body resist infection
Carbohydrate	<ul style="list-style-type: none"> • Supplies energy for physical activity, bodily processes & warmth • Helps body use fat efficiently • Saves protein for tissue building & repair
Fat	<ul style="list-style-type: none"> • Supplies energy in concentrated form (over twice as much as an equal weight of carbohydrate) • Helps body use fat-soluble vitamins (A,D, E, & K) • Supplies essential substance in cell membrane structure of all body tissues
Vitamin A	<ul style="list-style-type: none"> • Helps keep eyes healthy and able to see in dim light • Helps keep skin healthy and smooth • Helps keep lining of mouth, nose, throat & digestive tract healthy & resistant to infection • Aids normal bone growth & tooth formation
Vitamin C (Ascorbic Acid)	<ul style="list-style-type: none"> • Helps bind body cells together • Strengthens walls of blood vessels • Aids normal bone and tooth formation • Aids in healing wounds and broken bones • Helps body utilize Iron • Helps resist infection
Thiamine (Vitamin B1)	<ul style="list-style-type: none"> • Promotes normal appetite and digestion • Helps body change carbohydrate in food into energy • Helps maintain healthy nervous system
Riboflavin (Vitamin B2)	<ul style="list-style-type: none"> • Helps body cells use oxygen to obtain energy from food • Helps keep eyes healthy • Helps keep skin around mouth and eyes healthy & smooth
Niacin	<ul style="list-style-type: none"> • Helps body cells use oxygen to obtain energy from food • Helps maintain healthy skin, digestion and nervous system
Vitamin D	<ul style="list-style-type: none"> • Helps body use calcium and phosphorus to build and maintain strong bones and teeth • Promotes normal growth
Vitamin B6	<ul style="list-style-type: none"> • Helps body use protein to build body tissue • Helps body use carbohydrate and fat for energy • Helps keep skin, digestion and nervous system healthy
Folic Acid	<ul style="list-style-type: none"> • Helps body form red blood cells • Aids in intracellular metabolism
Vitamin B12	<ul style="list-style-type: none"> • Aids in normal function of all body cells • Helps prevent pernicious anemia
Calcium	<ul style="list-style-type: none"> • Helps build strong bones and teeth • Aids in normal functioning of nerves, muscles and heart • Helps blood clot normally
Phosphorus	<ul style="list-style-type: none"> • Helps build strong bones and teeth • Necessary part of all body cells • Aids in normal functioning of muscles • Helps body utilize sugar and fat

MAKING ABSOLUTELY DELICIOUS SUBSTITUTIONS

INSTEAD OF	USE
Milk	Skim or 1% milk
Light Cream	Equal portions of 1% milk and evaporated skim milk
1 oz. baking chocolate	3 tbsp. cocoa (if fat is needed to replace fat in chocolate, add 1 tbsp. or less vegetable oil)
Sour Cream	1 cup low-fat cottage cheese, blended with 1 tbsp. skim milk and 2 tbsp. lemon juice. Mix 1 cup plain low-fat yogurt with 2 tbsp. mayonnaise. Blend equal parts of low/nonfat yogurt and low/nonfat ricotta cheese. Use reduced/nonfat sour cream. (Add 1 tbsp. cornstarch to each cup of yogurt to prevent separation when cooking.)
Butter, lard, margarine, shortening	Vegetable oils such as olive oil or peanut oil. To cut total fat, reduce portions. To cut saturated fat, use vegetable oil in place of butter, lard, or shortening.
High-fat cheese	Low-fat, skim milk cheese or cheese with less than 5 g of fat per oz. Part-skim mozzarella, ricotta, and farmer cheese.
Whole egg	Two egg whites for each whole egg, two whites and one yolk for every two eggs, or egg substitute.
Mayonnaise	Fat-free or "light" mayonnaise or whipped salad dressing, or yogurt combined with low-fat cottage cheese or low-fat mayonnaise.
Salad dressings	Dressing made with unsaturated oil, water, vinegar, lemon juice, fruit puree, cornstarch or arrowroot, thickened fruit juice, or stock.
Soups	Defatted, broth-based or skim milk-based soups instead of cream soups. Use vegetable, potato, or rice puree to thicken.
High-fat meats	Trimmed lean meats, including beef round, sirloin, tender loin, and flank steak; fresh ham and pork tenderloin; lamb or veal, loin chops and roasts; skinless turkey and chicken; all fresh and non-breaded frozen fish; tuna canned in water; or 97% fat-free luncheon meat. Tofu (which is lower in saturated fat) may also be used.
High-fat frosting	Sifted confectioner's sugar, sifted cocoa, or flavored marshmallow crème.



United States Department of Agriculture

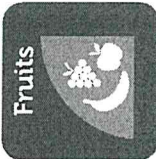






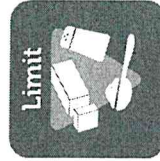
MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“MyWins”—to make healthier choices you can enjoy.

Food Group Amounts for 1,800 Calories a Day

 <p>1 1/2 cups</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	 <p>2 1/2 cups</p> <p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	 <p>6 ounces</p> <p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	 <p>5 ounces</p> <p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	 <p>3 cups</p> <p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>
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Drink and eat less sodium, saturated fat, and added sugars. Limit:


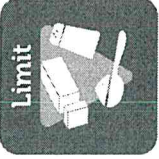

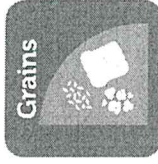


- Sodium to 2,300 milligrams a day.
- Saturated fat to 20 grams a day.
- Added sugars to 45 grams a day.

Be active your way: Children 6 to 17 years old should move 60 minutes every day. Adults should be physically active at least 2 1/2 hours per week. Use SuperTracker to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 1,800 calorie* pattern are:		Write your food choices for each food group		Did you reach your target?	
 <p>1 1/2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 				<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 20 grams a day. • Added sugars to 45 grams a day. <p><input type="checkbox"/> Y <input type="checkbox"/> N</p>
 <p>2 1/2 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 				<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>6 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 				<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>5 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 				<input type="checkbox"/> Y <input type="checkbox"/> N	
 <p>3 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 				<input type="checkbox"/> Y <input type="checkbox"/> N	



Activity

Be active your way:

Adults:

- Be physically active at least **2 1/2 hours** per week.

Children 6 to 17 years old:

- Move at least **60 minutes** every day.

Y N

* This 1,800 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.



Track your MyPlate, MyWins
