



News You Can Use

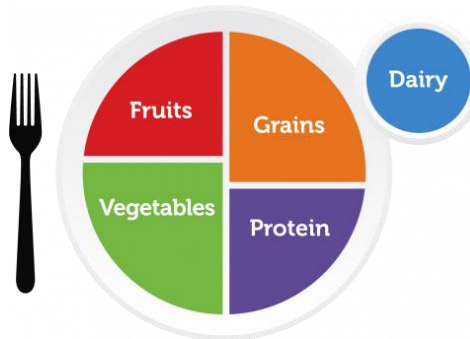
Nutrition Education
with Seniors

June 2022

Back to the Basics

Often times, it can seem daunting to include all food groups into your meals throughout the day.

Keep in mind that it only takes three food groups to make a complete meal.



Try some of these easy meals to eat foods from each food group daily

Meal	Fruit	Vegetable	Protein	Dairy	Grains
Rice cereal, milk, & berries	X			X	X
Egg sandwich with cheese & 100% juice	X		X	X	X
Fish tacos with coleslaw and salsa		X	X		X
BLT on wheat bread		X	X		X
Yogurt with berries & granola	X			X	X
Roasted chicken with mashed sweet potatoes & mixed fruit	X	X	X		
Spaghetti with marinara & meatballs		X	X		X

Sources: <https://www.myplate.gov/eat-healthy/food-group-gallery> and <https://spendsmart.extension.iastate.edu/>



Rice Crisp Cereal

Selection:

- Choose boxes or packages without obvious damage. This could mean the **cereal** is unsafe to eat.
- Check the “Best by” or “Best if used by” date on the package.
- Look for “gluten free” on the package.

Storage:

- Store unopened boxes of **rice crisp cereal** in a cool, clean, and dry place.
- Once opened, place **cereal** in an airtight container and store in pantry for 2-3 months.

Nutrition:

- 1 cup rice crisp cereal
- Counts as 1 ounce equivalent of grains in MyPlate
 - Gluten free (double check label to be sure)

Uses:

- Sprinkle on top of yogurt and berries to add some texture and make a more filling snack.

Picnic Basket Food Safety

Having a picnic with friends and family is a fun way to mix things up at mealtime! But remember safe food handling to reduce the risk for food-borne illness.

Here are a few tips to keep your picnic safe and healthy.



- **Pack a cooler.** An insulated cooler or lunch box is handy to keep refrigerated items cold. Also try to keep coolers in a shaded area.
- **Lay down a tablecloth or picnic blanket.** This keeps food off of outdoor surfaces.
- **Bring hand sanitizer and/or anti-bacterial wipes.** Make sure your hands are clean before handling food.
- **Prepackage meals.** Minimize how long food is exposed to the outdoors by having portions prepared. This also helps to keep bugs out of your food!

Chewy Granola Bar

Serves: 24 | Serving Size: 1 bar

INGREDIENTS

2 cups quick cooking oats
2 cups crispy rice cereal
20 mini pretzels, crushed
3/4 cup pancake syrup, maple syrup, or honey
1/2 cup peanut butter
1 teaspoon vanilla extract

INSTRUCTIONS AND TIPS

1. Combine oats, cereal, and crushed pretzels in a large bowl. Set aside.
2. Pour syrup or honey into a microwave safe bowl and heat in the microwave for 1 minute. Stir in peanut butter until combined. Microwave for 1 minute more. Stir in vanilla.
3. Pour syrup mixture over oat mixture. Stir until completely coated.
4. Spray a 9x13-inch pan with cooking spray and pour mixture into pan. Press mixture firmly into the pan using wax paper or the back of a spoon.
5. Allow mixture to cool completely to room temperature. Cut into bars and enjoy!

Tips: Add in 1/2 cup dried fruit, nuts, chocolate chips, or coconut to fit your taste. Bake in a 300°F oven for 20 minutes for a crunchier granola bar.

Storage: Keep refrigerated in an airtight container for up to 4 days.

Nutritional analysis (1 bar): 100 calories, 3.5g fat, 0.5g saturated fat, 85mg sodium, 15g carbohydrates, 1g fiber, 3g sugar, 2g protein.

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

Food Storage Help

Not sure how long you should keep food? Knowing when to keep or toss food helps lower food waste.

FoodKeeper, <https://bit.ly/3xla4VU>, is a consumer-friendly website that gives information on how long you can store fresh foods and leftovers in the pantry, fridge, and freezer!

Stay up to date by labeling and dating leftover containers.

Helpful Resources

**Allamakee County
Extension
563.568.6345**

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www.extension.iastate.edu/allamakee/

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