# **Downeast Public Health Council Newsletter** March 2023



## March is National Nutrition Month



# **Saving Money with Homemade Convenience Mixes**

Preparing homemade convenience foods allows you to control the final product, the nutritional value, and the quality and quantity of the ingredients. You can limit fat, sodium, sugar, and additives in your convenience foods, and also save valuable time.

those of commercial convenience foods, remember that cost per serving is only one consideration. There are other factors to consider when deciding whether to prepare a mix at home or to buy it at the local store. Purchased "convenience foods" may be a bargain

When you compare the costs of home-prepared foods with

when: the product is less bulky than other forms, which

- will save storage space (for example, juice concentrate, instant coffee, etc.); • it is a lot of work to make the item at home (for
- example, squeezing oranges for juice or making pasta); or the product contains rarely-used ingredients that you probably would not use (for example, certain spices). Purchased "convenience foods" may NOT be a bargain

when: the main ingredient is meat (generally, with a few

 you have the ingredients for the home-prepared product on hand and want to use them.

exceptions); has a great deal of packaging;

- · one or more of the ingredients for the homeprepared product is available either free or at
- substantial savings. (For example, you might have free apples and decide to make applesauce.) Read More

Maine Farm and Seafood

## **Products Directory** Many Maine farms already have farm stands, or will sell

directly to you. See the map

Find a Farmer's Market Near You

#### Unfortunately, there are no winter farmer's markets in Downeast. But Spring is here and it's time to find one near you. <u>Link</u>

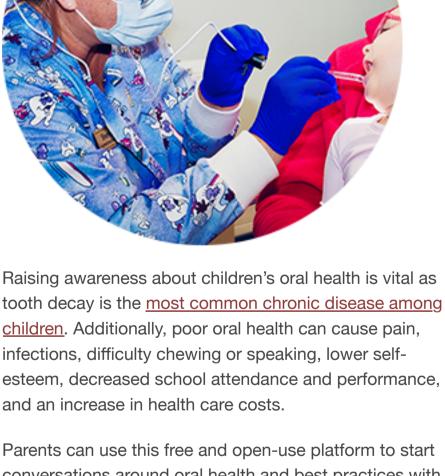
**Gamified Children's Oral Health Education** 

### Smile Squad Children's Oral Health Game gets kids eager to learn about basic dental hygiene. Developed by MCD's e-Learning Program and Oral Health

gamification tool is being used to help raise oral health literacy. Using these interactive modules teaches schoolaged children about the basics of oral health in an easy-to-

teams for students of all ages across the U.S., this novel

understand style. There are two modules within the platform: one designed for grades PK-5 and the other for grades 6-8. Through gaming and self-assessments, students will increase their oral health literacy and learn to make better health-appropriate choices while having fun.



conversations around oral health and best practices with their children, and educators can use COHELP as a tool for free time, indoor recess, or computer dexterity practice. Read more here

**Bean Math** 

1 pound of dried beans = 2 cups dried beans =

4 to 6 cups cooked beans 1 can (15 to 16 ounces) = 1½ to 13/4 cups cooked beans

**Check the Label** 

- use cold or heated. The Nutrition Facts label can help you make healthier choices. Look for this key info:
  - Serving size if you eat more than 1 serving, you'll

Then look at the % Daily Values:

 5% or less is low - try to choose food low in added sugars, saturated fat, and sodium

Calories - keep in mind how many are in 1 serving

get more of everything on the label

20% or more is high - try to choose foods high in

fiber, calcium, potassium, iron, and vitamin D

### **Next Downeast Public Council Meeting** Friday, May 19, 2023

9:00 - 11:00 AM

Hybrid Meeting at **Eagle Hill** <u>Institute</u>

information, please contact Al May or Abby van Ham

For Council Meeting



Facebook Page

**Downeast Public Health Council** 

Website

Maine CDC Downeast District

**Website** 

To become a member of the

Doweneast Public Health Council please fill out our Membership Application.

**Downeast Public Health** 

**Priority Committees & Collaborations Health Literacy Committee:** 

Angela Fochesato, Chair **Hancock County Triad** 

Coalition: Jo Cooper

**Downeast Cancer Patient Navigation Steering** Committee: Maria Donahue, Chair

**Palliative Care and Hospice** 

Committee: Al May, Chair **Emergency Planning**: Andrew

Sankey, Chair **Healthy Aging** 

Committee: Helen Burdock, Chair **All-Purpose Convenience** 

# 9 cups flour

Mix

1/4 cup baking powder 1 tablespoon salt 3/4 cup canola oil Combine flour, dry milk, baking

2 cups nonfat dry milk

and stir together, Mix oil into the dry mixture until smooth. Store in an airtight container Refrigerate and use within a month, or put into containers suitable for freezing and freeze. Convenience Mixes

powder, and salt in a large bowl

**Eating More Fruits and Veggies in the Off-Season** 

#### Frozen and canned fruits and veggies tend to get a bad rap,

but more times than not they

are actually healthier! They are picked when they are freshest and then processed, keeping the integrity of all of the vitamins and minerals they possess. When shopping, be sure to buy low sodium, no salt or sugar added items. Buying some summer favorite fruits in winter may not have the flavor you want. Buying fruits

some examples: Fruits- avocados, bananas, clementines, grapes, kiwi, guava, and pomegranates Veggies, beets, broccoli,

and veggies that are in season

will taste delicious. Here are

Information from the Coastline **Elderly Services Nutrition** Newsletter of Massachusetts

brussel sprouts, kale, leeks, potatoes and snow peas.

Beans are fantastic! Although each type of bean is slightly

what you have of what is

**Bean Basics** 

cheapest or on sale. You can replace 1 pound of meat with 2 cups of cooked beans in many recipes. You can also replace pasta with a neutral white bean. Great flavor and high protein.

And there is no need to be

scared of dried beans.

different, you can swap one for another in most recipes. So use

Dehydrated beans can be soaked overnight, and extras can be refrigerated in a covered non-metal container for up to 5 days. And they can be frozen too! In a freezer safe container, just cover with water or a cooking liquid and leave room for expansion. Best used within 2 to 3 months.

Shop and Save Dried and canned beans are

great food to keep on hand. You

Information from Oregon State

University.

may want to stock up when they are on sale. Dried beans are usually cheaper than canned beans but take longer to cook. Canned beans

are fully cooked and ready to

Bulk bins are a great place to find different kins of dried beans buy just the amount you need.



'Let us love winter, for it is the spring of genius' - Pietro Aretino