

SmartFood

Low Cost and Healthy Eating!



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Summer Road Trips

Summer brings adventure.

Take time during the summer to explore new places and activities with your family.

Summer is a great time to visit local and state parks, national parks, beaches and nature trails.

Eat healthy while you are traveling.

The easiest way to eat healthy while traveling is to bring along your own food.

You will also save money by limiting the stops at gas stations and restaurants.

Pack a Cooler

Pack a couple snacks or pack a picnic lunch!

- 1 Pack fresh fruits.** Apples, oranges, pears, peaches and grapes travel well. Rinse fruit and pack in plastic bags.
- 2 Pack raw vegetables.** Cucumber slices, baby carrots, pea pods and cherry tomatoes make fun finger foods when traveling.
- 3 Bring along some protein foods.** Slices of meat (deli ham, turkey and roast beef), cheese slices, string cheese, hard cooked eggs, peanut butter and yogurt help satisfy hunger.
- 4 Bring along some carbohydrate foods for energy.** Pack some pretzels, crackers or whole grain breads. Bring along trail mixes or snack mixes.
- 5 Pack plenty of drinks.** Pack bottles filled with water, 100% fruit juices, skim or 1% milk, or flavored milks.

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• If you need
• to stop for food,
• stop at a grocery store.
• Many stores will have salad bars,
• hot food bars and deli counters
• where you can choose healthy foods.
• Shopping at a grocery store can be cheaper
• and healthier than a gas station.
•



If you travel
long distances
during
the summer,
take
“fitness breaks”.

Stop at roadside attractions and parks. Take a 15 minute walk with your family. Walk around the park. Walk on a nature trail.

These breaks will make you feel better and your children will be less restless.

Bring along toys that your family can play with.

Frisbees and balls are easy to pack in the car.



Spring Berries



Spring brings one of nature's sweetest fruits—strawberries!

Strawberries are a great source of vitamin C. They are also good sources of folic acid and fiber. Eight strawberries have 140% of the vitamin C and 20% of the folic acid that an adult needs each day. Strawberries taste great and are good for you!

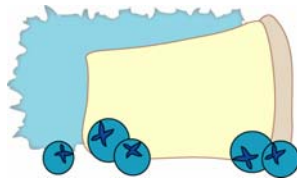
Strawberries are easy to prepare.

They are one of the few fruits that you do not have to peel, core or pit. Just rinse and eat!

Strawberries add great color, flavor and nutrition to breakfast, lunch and snacks!

Serve sliced strawberries on:

- ♥ Breakfast cereals, pancakes, French toast or waffles.
- ♥ Pudding and yogurt
- ♥ Cottage cheese or lettuce salads
- ♥ Angel Food cake—a light and delicious dessert!
- ♥ Stir sliced strawberries into lemonade.



Snacks to Pack

Top crackers with a slice of cheese and apple slices.

Spread peanut butter on a graham cracker. Top with another graham cracker to make a mini sandwich.

Bring along applesauce packed into small containers. Sprinkle with cinnamon. Top with chopped strawberries, apples or bananas.

Bring along low fat tortilla chips and salsa.

Make tortilla rollups. Spread a tortilla with low fat cream cheese. Top with thinly sliced ham or turkey. Roll tortillas tightly. Cut rolls into 1 inch pieces and pack to go!

Make lettuce rollups. Top a large lettuce or spinach leaf with a slice of ham, turkey or cheese. Roll up and eat!

Discover Summer Produce!

Take time to learn how fruits and vegetables are grown, and enjoy their fresh summer taste!

Stop at Farmers' Markets. Many local farmers offer free sample tastes of fresh fruits and vegetables. Your family will enjoy fresh fruits and vegetables. You may find new cooking ideas.

Stop at Road Stands. Take time to stop and enjoy local fruits and vegetables when traveling. Farm fresh fruits and vegetables often taste better! Your family may learn to like something new.

Stop at Fruit and Vegetable Farms. Pick strawberries in a strawberry patch. Pick apples, peaches or apricots at a local orchard. Your family will learn how fruits and vegetables grow. It's fun to eat fruits and vegetables that you help to pick!



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