

HEALTHY EATING

Walk Nebraska

<http://walknebraska.org/default.asp>

An unique web site designed to help you achieve a healthier lifestyle by making walking an important part of your personal fitness program.

Through Walk Nebraska, you will:

- Walk on your own but select a trail for a "virtual walk" across the state.
- Record the number of actual miles walked.
- View messages along your virtual trail, giving useful health tips as well as showing beautiful scenery, notable landmarks and interesting sites in Nebraska.

Squeezed By Rising Food Prices

Small changes in your shopping and food consumption habits can mean saving big money at the grocery store. This may involve planning ahead and changing habits, which is hard, but if you try one or two changes each week they will soon become part of your normal shopping routine and you will see some relief in your grocery bills.

- Compare brands and look at the cost of food per serving. If you will use all of it, the economy size is often (but not always) a better price per serving. Bring a calculator to compare unit prices. Sales tags often do not re-compute unit prices. Generic brands tend to be the best deal and they are often just as good as the name brand items.
- Where you shop may cost you money. Bulk food stores may not always be a good choice. You may be tempted to buy foods you don't need and can't store properly.
- Buy non-food items from discount stores. This includes pet food, cleaning supplies and personal care items. You pay more for these at the grocery store.
- Stock up on non-perishable foods when they are on sale. Take advantage of sales and stock up on foods that you will eat and will not go to waste.
- You pay more for convenience foods such as a ready-to-cook chicken breast. If you prepare it yourself, you save money and you have control over what goes in the food, such as less fat and salt.
- Nutritious foods are a better value. Foods high in fat and sugar – like cookies, chips, doughnuts and soft drinks – have fewer nutrients than nutritious fruits, vegetables, whole grains, low-fat milk and lean meats. Remember, the fiber in fruits and vegetables fills you up and keeps hunger away.
- Shop the outer aisles where you find fruits, vegetables, dairy products and meats. The inside aisles are where you find higher-priced processed foods and snacks.
- Look high, look low. Bargains are usually on the top or bottom shelves, not at eye level.
- Track your store's loss-leader items. Loss-leader items are low-priced items to get you into the store so you buy other higher-priced items. Different sections of the store are featured each week. Stock up on each week's loss-leader items, especially things like cereals and juice.



- Store food properly. Food that gets thrown out is money lost.
- Serve smaller portions. Most of us eat larger portions than we need. Serving food on smaller plates and drinks in taller, thinner glasses can help us eat or drink less.
- Repackage large containers of food into smaller bags and containers. This will make foods more convenient to grab and go. If you must have snacks on hand like cookies, smaller portions help you avoid overindulging.
- Cook once, eat twice. Buy enough ingredients to cook more than one meal and freeze meal-sized portions. Now there's no need to buy frozen dinners. This will also ensure that you use leftovers and don't waste food.

Prime Rib Day (April 27)

The term "prime rib" typically refers to the cut of meat butchers call a standing rib roast. The origin of Prime Rib Day is unknown. Often served as part of a special occasion, it is an easy menu item to prepare.

BEEF RIB ROAST WITH BROWNEED VEGETABLES

Total Recipe Time: 2-3/4 to 3-1/2 hour

Makes 8 to 10 servings

INGREDIENTS

- 1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
- 3 cloves garlic, minced
- 1-1/2 teaspoons lemon pepper
- 8 small red-skinned potatoes, cooked
- 8 boiling onions, cooked
- 8 carrots, cut into 2-inch pieces, cooked



INSTRUCTIONS

Heat oven to 350°F. Combine garlic and lemon pepper; press onto beef Roast. Place Roast, fat side up, in shallow roasting pan. Insert oven proof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.

Remove Roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer to board; tent with foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)

Remove all but 2 tablespoons drippings from pan. Add vegetables; cook over medium-high heat 5 minutes or until lightly browned, stirring occasionally. Carve roast. Serve with vegetables.

Herb Wisdom



The ability to utilize knowledge, experience, understanding, common sense, and insight into growing and cooking healthy with herbs.

April 15, 2014
Community Hall
Center, Nebraska
6:00 p.m.
Cost: \$5.00

To pre-register or for more information call 402-288-5611.

- Learn various types of herbs that can be grown in Nebraska and how to incorporate them into your gardens and outside spaces.
- Find out the healthy benefits of cooking with herbs.
- One health advantage is that herbs are a great way to reduce salt and sugar intake for special diets by adding flavors to your dishes.
- Enjoy the opportunity to try new herbs and recipes!
- Come and see what new flavors you will want to grow this summer!

"An herb is the friend of physicians and the praise of cooks." ~ Charlemagne

