

LSU AgCenter

Caddo and Bossier EFNEP

NEWSLETTER

April 1, 2022



Caddo and Bossier EFNEP

2408 E 70th Street

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www.LSUAgCenter.com

Spring 2022

It is hard to believe that we are officially in Spring and before we know it Summer will be right around the corner. We have been busy with programming throughout Caddo and Bossier parishes. If you have any groups interested in programming, please contact us at (318) 226-6805 or email Elizabeth Martin at emartin@agcenter.lsu.edu.



March 2022: National Nutrition Month

Contributed by Abigail Butts, Louisiana Tech Dietetic Intern

This year's National Nutrition Month theme was "Celebrate a World of Flavors". National Nutrition Month is celebrated every March. The Academy of Nutrition and Dietetics highlighted many ways that you can take control of your nutrition and optimize your health. Some of these tips included trying new foods, embracing foods and traditions of our cultures, meal planning to promote healthy eating at home, and varying the diet, including cooking with new flavors. In addition, the Academy emphasized how a registered dietitian can help you eat healthy while still enjoying foods and traditions from your individual culture. Overall, this year's theme promoted "variety": a variety of foods, flavors, cultures, and traditions.

Moving forward, it is important to eat healthy all year round, not only during the month of March. Here are some tips for healthy eating:

1. Include foods from all food groups (grains, protein, fruit, vegetables, and dairy) to ensure that you receive adequate vitamins and minerals for optimal health. Eating many different colors of vegetables and fruits, whole grains instead of refined grains, low fat or fat-free dairy, and lean protein is a great way to ensure you are getting the best nutrition.
2. Try to plan meals in advance. Utilize a grocery list to help you stay on track at the grocery store.
3. Experiment in the kitchen to include new flavors and spices.
4. Visit a registered dietitian who can create nutrition goals and recommendations for your personal goals and needs. The registered dietitian can teach you how to read nutrition facts labels, grocery shop, and eat healthy while still enjoying foods you love!

In conclusion, little changes can add up to big results. As a start, you could try incorporating some new vegetables into your diet or eating at home more often than going out. If you make a new change every month, you will look back at the end of the year and see how all of those little changes added up to create a healthy lifestyle!

Spring Cleaning For Your Kitchen

Contributed by Lyndsey Sager, Louisiana Tech Dietetic Intern

As you go around and start to dive into your Spring cleaning, do not forget about your kitchen! And I am not just talking about organizing your food storage containers but cleaning out your refrigerator and pantry. It is important to check the dates on your foods in both your pantry and refrigerator. These dates are printed onto your food packaging to ensure not only the quality of your food, but also the safety of your food. Let's review what the common terms are and what they mean:

"Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

"Sell By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.

"Use By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

"Freeze By" date indicates when a product should be frozen to maintain peak quality. It is not a purchase or safety date.

These dates should be checked frequently and food should be thrown out or consumed according to the dates.

Storage Tips and Tricks

Below are some general guidelines for proper refrigerator storage techniques and timelines. Source: [foodsafety.gov](https://www.foodsafety.gov)

-Salads (egg, chicken, ham, tuna, or macaroni): 3-4 days

-Luncheon Meats: 3-5 days opened, 2 weeks unopened

-Bacon and Sausage: 1 week

-Ground meats: 1-2 days

-Fresh beef, veal, lamb, or pork: 3-5 days

-Fresh poultry: 1-2 days

-Shellfish: 2-4 days

-Soups and stews: 3-4 days

-Leftovers: 3-4 days

Cooking Tips and Tricks

Below are some general guidelines for minimum cooking temperatures to ensure safety. (Internal temperatures are listed in degrees Fahrenheit.) Source: foodsafety.gov

-Ground beef, pork, lamb, or veal: 160 F

-Ground turkey or chicken: 165 F

-Poultry: 165 F

-Pork: 145 F

-Egg dishes: 160 F

-Leftovers: 165 F

-Seafood: 145 F

Egg Fried Rice

Recipe from: EFNEP/Commodity Recipes

Yield: 1 serving

Serving Size: 1/2 cup

Ingredients:

1 tablespoon of chopped onions or green onions

1 tablespoon of chopped green bell pepper

1 tablespoon egg mix and 3 tablespoons water (egg mix equal to one egg)

1/2 cup leftover rice

Black pepper to taste

Directions:

- Wash your hands with soap and warm water for at least 20 seconds.

- Pan fry the onion and bell pepper in cooking spray, margarine, or oil for 2-3 minutes.

-Add the rice and stir until warm throughout.

-Add seasoning.

-Stir in the egg (or egg mix). Stirring constantly until cooked. Use a food thermometer to ensure that egg is cooked to 160 F.

-Serve and enjoy!

Greenhouse Tomato Sales:

The Red River Research Station famous tomatoes are once again in season!

To purchase, call before your visit:

Red River Research Station: (318) 741-7430

262 Research Station Drive, Bossier City

Tuesdays and Fridays from 8:00 am to 3:30 pm

Caddo Extension Office: (318) 226-6805

2408 E. 70th Street, Shreveport

Wednesdays from 10:00 am to 2:00 pm

Bossier Extension Office: (318) 965-2326

Bossier Parish Courthouse, 4th Floor, 204 Burt Blvd, Benton

Wednesdays from 10:00 am to 3:30 pm



Don't forget to follow us on social media!

Please go like our pages so you can keep informed on all things nutrition!

Facebook: Caddo and Bossier EFNEP

Instagram: caddoandbossierEFNEP

If you are interested in EFNEP lessons, please contact our office. We are currently looking for community partners.

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