

# LSU AgCenter Caddo and Bossier EFNEP NEWSLETTER

April 21, 2023



Caddo and Bossier EFNEP

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## April 2023

We hope you have had a great 2023 so far. This newsletter may look a little different than past newsletters. The start of 2023 was very busy for us. So busy, that I neglected to send out our quarterly newsletter. This time, you are getting two newsletters in one. Below you will read information about National Nutrition Month that was celebrated in March and a great LSU AgCenter resource to celebrate National Garden Month, which is April. This quarter's newsletter also features how to save money at the grocery store and three recipes using herbs.

We have been busy finishing up our school programming and are beginning to plan for summer. If you have any adult or youth summer groups that are looking for programming, please contact us at (318) 226-6805 or email Elizabeth Martin at [emartin@agcenter.lsu.edu](mailto:emartin@agcenter.lsu.edu).



## Saving Money at the Grocery Store

Adapted from Taste of Home

I think we can all agree that prices at the grocery store seem to continue to rise. We probably have all had a bit of "sticker shock" at some point. Here are some tips to hopefully help you save some money at the store.

1. Plan your meals ahead of time. Look at your week. What nights will you have time to cook? What nights do you need to eat leftovers? Think about the weather. If Monday evening is going to be surprisingly cool, you may want to serve soup and salad.
2. Make your grocery list and stick to it. Try not to add extra items to your basket. Try to avoid those impulse buys. Have extra items appeared in your cart while grocery shopping when hungry? Try to avoid shopping when hungry. For most people, this only leads to those impulse purchases.
3. Keep stable items at home. It is a good idea to keep a couple of easy shelf-stable meals at home. Our go to is pasta and marinara sauce with frozen vegetables. This is an easy go to meal that can be quickly prepared if plans change or we simply do not want to eat what was planned.
4. Become a loyalty rewards card member. Most grocery stores have some sort of free membership card. These cards make it easy to save a little here and there.
5. Be selective about your produce. When buying fresh produce, make sure it is items that are in season. Buying out of season items costs more money. Salad kits are a convenient way to include more vegetables in your meals. However, by washing and preparing your own lettuce and spinach, you will save money.
6. Remember that fresh, frozen, canned, and dried fruits and vegetables are all good choices. Just remember, when buying canned items, try to select low-sodium or no salt added or canned in its own juice or water. Try avoiding fruit canned in syrup. When selecting frozen produce, make sure you are selecting the item without any seasonings or sauces.
7. Purchase blocks of cheese and shred it yourself. Try to buy the store brand, instead of the name brand. Try to stock up on meat when it is on sale.

## March 2023: National Nutrition Month

National Nutrition Month is held every year during the month of March. The Academy of Nutrition and Dietetics has celebrated National Nutrition Month for 50 years. Each week of March draws attention to a different focus.

Week 1: Eat with the environment in mind.

This focus encourages us to buy foods in season when possible, include plant-based meals and snacks into our diets, minimize food packaging, and consider growing a garden at home.

Week 2: See a Registered Dietitian.

This focus is all about finding a qualified educator. Lucky for you, our LSU AgCenter Agents and Nutrition Educators are trained in providing basic nutrition knowledge to the general public. We provide research-based education to our community. If you are looking for a specialized diet, we would encourage you to reach out to your physician or Registered Dietitian.

Week 3: Stay nourished and save money.

This focus is on planning meals and snacks ahead of time, while eating foods you already have at home. This focus also encourages individuals to research community resources available to them, such as SNAP, WIC, or a local food bank.

Week 4: Eat a variety of foods from all food groups.



**eat right.** Academy of Nutrition and Dietetics

This focus encourages us to include cultural foods and tradition, while practicing gratitude for our bodies by giving them the fuel they need. It urges us to avoid fad diets. It also encourages us to eat foods that are fresh, frozen, canned, and dried.

Week 5: Make tasty foods at home.

This focus is all about cooking and meal preparation skills, finding creative ways to utilize leftovers, and trying new flavors and foods. This focus concludes with encouraging us to share meals with friends and family.



## April 2023: National Garden Month

April celebrates National Garden Month. The LSU AgCenter now offers a free 10-week online course to teach you all you need to know about home gardening. This course can be found by visiting: [Home Gardening Class \(lsuagcenter.com\)](https://lsuagcenter.com/home-gardening-class).

The Louisiana Vegetable Planting Guide can be found by visiting: [Louisiana Vegetable Planting Guide \(lsuagcenter.com\)](https://lsuagcenter.com/louisiana-vegetable-planting-guide). This is a great resource that can be used year round.

Gardening can be a great way to save some money on produce, while also getting some Vitamin D from the sun. However, if you aren't quite sure that you are ready to jump in and plant a garden, try planting herbs. Potted herbs on a kitchen window sill are a gentle reminder to use more herbs when cooking, while avoiding adding extra sodium to your dish.

For any gardening questions, be sure to call your local Horticulture Agent.

## Roasted Lemon Mint Potatoes

Recipe from: The LSU AgCenter

Yield: 8 servings

### Ingredients:

2 pounds red potatoes  
3 Tablespoons olive oil  
2 teaspoons garlic powder  
1 teaspoon dried mint  
Black pepper to taste  
Juice from 1 lemon

### Directions:

1. Preheat the oven to 425°F.
2. Wash, dry, and quarter potatoes.
3. In a large bowl, mix olive oil, garlic powder, dried mint, pepper, and lemon juice. Add in quartered potatoes.
4. Line a baking pan with parchment paper or non-stick foil.
5. Place potatoes evenly on the lined baking pan.
6. Roast in oven for 25-30 minutes.





## Parsley and Garlic Roasted Carrots

Recipe from: The LSU AgCenter

Yield: 4 servings

Serving size: 1 cup

### Ingredients:

3 cloves garlic, minced  
1 Tablespoon dried parsley  
1/2 teaspoon salt  
1/4 teaspoon pepper  
5 peeled carrots (washed)  
2 Tablespoons olive oil



### Directions:

1. Preheat oven to 400°F and line baking dish with parchment paper for an easy clean up.
2. Clean carrots under running water, using a vegetable brush to scrub all sides of the carrot to remove dirt.
3. Cut the carrots in 2-inch chunks and place in a mixing bowl.
4. Add the olive oil, salt, pepper, and garlic; toss; then put carrots in a preheated oven at 400°F for 35 minutes, stirring halfway through.
5. Take the carrots out of the oven and add fresh or dried parsley and stir.

## Dried Cilantro in My Salsa

Recipe from: adapted from cleverlysimpl.com

Yield: 5 servings

Serving size: 1/2 cup

### Ingredients:

5 fresh tomatoes  
1 green pepper  
1 small onion  
1 teaspoon lemon juice  
1/8 teaspoon salt  
1 teaspoon dried cilantro or 2 teaspoons fresh cilantro



### Directions:

1. Wash and dry the tomatoes, pepper, and onions.
  2. Finely chop the tomatoes, pepper, and onion.
  3. Combine and mix all of the ingredients in a medium sized bowl.
  4. Cover and refrigerate for 30 minutes. This will allow the flavors to intensify.
  5. Serve with chips, tortillas, tacos, or quesadillas.
- \* Store leftover salsa in the refrigerator for up to 1 week.



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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