

# Healthy Times

GOOD HEALTH MATTERS

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## FRM Survival Guide: Tips for making the most of your family's resources

by Cheri Bennett

September is a pivotal time of year for most families because as the year comes to an end, several activities begin. The month may start at a slow pace financially because of expenses spent for back to school. Also, during this time of the year, families begin to plan and look forward to traditional holidays and celebrations. Extra care must be taken to manage the family budget.

During this time of the year, food resource management (FRM) is very important to insure that your family has adequate quantity and quality of food. Efficient food resource management can help your family glide through this critical time of the year.

Just as a "Things to Do" list and budget are helpful for maintaining household & personal expenses, the same method is great for managing food resources. Applying food resource management techniques will actually save money on food, therefore, allowing more money to be available for other uses.

The first step in food resource management is planning. Here are a few tips to get you started:

- ✓ Plan. Think about expenses for the month, including household expenses, school fees, and holiday activities and shopping. Budget for each activity. During this time, it is crucial to also set aside a budget for



Using coupons for items your family already buys is one way to stretch your food dollars.

food that will sustain your family for the month. Shopping with a list will help you stick to your budget.

- ✓ To help save money, look for coupons on food items, as well as, household and seasonal items. Every dollar saved is a dollar that your family earns.
- ✓ Check the store ads for bargains at the store and on websites. Try to get the best bargain on toys and gifts. Saving money in these areas, will add extra bucks for food.
- ✓ Visit local food pantries and distribution centers. This is a great way to save money during the

holidays, as the kids will have vacation days at home during November and December. Most pantries require a photo ID and proof of income eligibility.

For more resources contact your county's EFNEP Program Assistant and visit our blog site: <http://www.ncfamilieseatingbetter.org/EFNEP/participants/tips/>

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## Did you know? PUMPKIN

One of the most popular fruits of the season is the pumpkin. Pumpkins are nutritious and loaded with vitamin A. Visit a pumpkin farm or farmers market to find the perfect pumpkin for your family. There are many family activities that you can enjoy with a single pumpkin.

### Decorate

Pumpkins can be carved or decorated with chalk paint. Decorating with chalk paint will give your pumpkin more longevity vs. carving but both are fun for the family. The kids will love this activity. Use kid friendly carving kits and adult supervision is required.

### Bake

Make pancakes, muffins and breads. Get the kids involved in the fun: Explore the Internet for recipes. Ask them help to bake the delicious recipes they find.

**Eat the seeds.** Simply separate the seeds from the pulp and rinse them thoroughly. Drizzle the seeds in oil on a baking sheet and bake for simple, delicious roasted pumpkin seeds, or flavor them with seasonings such as honey or a sodium-free seasoning.

### Purée

Purée pumpkin instead of buying canned pumpkin. Leftover purée can be frozen and used later.

**How to:** cut the pumpkin length-wise, remove the pulp and seeds and cut off the stem.

Place the two halves face down in a baking dish and bake until tender. Now, just scoop out the flesh and purée it with a blender.

### Get moving:

The weather is becoming milder, and back-to-school is in full swing. The days may feel hectic but be sure to make time for you and your family to More Move. Plan a weeknight family walk before or after dinner, a short bike ride, or play at a local park or even in the backyard. For some fun ideas, check here: <http://www.letsmove.gov/get-active> .

## Grilled Pumpkin

Serves 4

### WHAT YOU NEED

- 1 small pumpkin or ¼ large pumpkin
- 2 tablespoons olive oil
- 3 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1 teaspoon nutmeg
- 1/2 teaspoon salt (optional)

### WHAT YOU DO

- Cut the pumpkin vertically into 3/4 inch slices. Remove the seeds and stringy parts. Brush both sides of each slice with olive oil. Combine spices and sprinkle on top.
- Place the slices on the grill for about 5 minutes a side or until dark grill marks appear. Turn and grill the other side until you can easily pierce the pumpkin slice with a fork. Make sure that the pumpkin is tender.

**No Grill?** Lay the pumpkin face side down in a large baking dish. Cover with ¼ inch water. Bake at 350° for 45-60 minutes (depending on size) or until tender, using a fork to check.

Nutrition information Per Serving  
30 Calories, Total Fat 3g,  
Saturated Fat 0.5g, Protein 0g,  
Total Carbohydrate 4 g, Dietary  
Fiber 1g, Sodium 290 mg.  
Excellent source of vitamin A.

*Adapted from food.com*