



#### March is National Nutrition Month



## Saving Money with Homemade Convenience Mixes

Preparing homemade convenience foods allows you to control the final product, the nutritional value, and the quality and quantity of the ingredients. You can limit fat, sodium, sugar, and additives in your convenience foods, and also save valuable time.

When you compare the costs of home-prepared foods with those of commercial convenience foods, remember that cost per serving is only one consideration. There are other factors to consider when deciding whether to prepare a mix at home or to buy it at the local store.

### Purchased “convenience foods” may be a bargain when:

- the product is less bulky than other forms, which will save storage space (for example, juice concentrate, instant coffee, etc.);
- it is a lot of work to make the item at home (for example, squeezing oranges for juice or making pasta); or the product contains rarely-used ingredients that you probably would not use (for example, certain spices).

### Purchased “convenience foods” may NOT be a bargain when:

- the main ingredient is meat (generally, with a few exceptions); has a great deal of packaging;
- you have the ingredients for the home-prepared product on hand and want to use them.
- one or more of the ingredients for the home-prepared product is available either free or at substantial savings. (For example, you might have free apples and decide to make applesauce.)

[Read More](#)

## Maine Farm and Seafood Products Directory

Many Maine farms already have farm stands, or will sell directly to you. [See the map](#)

## Find a Farmer's Market Near You

Unfortunately, there are no winter farmer's markets in Downeast. But Spring is here and it's time to find one near you. [Link](#)

## Gamified Children's Oral Health Education

[Smile Squad Children's Oral Health Game](#) gets kids eager to learn about basic dental hygiene.

Developed by MCD's e-Learning Program and Oral Health teams for students of all ages across the U.S., this novel gamification tool is being used to help raise oral health literacy. Using these interactive modules teaches school-aged children about the basics of oral health in an easy-to-understand style. There are two modules within the platform: one designed for grades PK-5 and the other for grades 6-8. Through gaming and self-assessments, students will increase their oral health literacy and learn to make better health-appropriate choices while having fun.



Raising awareness about children's oral health is vital as tooth decay is the [most common chronic disease among children](#). Additionally, poor oral health can cause pain, infections, difficulty chewing or speaking, lower self-esteem, decreased school attendance and performance, and an increase in health care costs.

Parents can use this free and open-use platform to start conversations around oral health and best practices with their children, and educators can use COHELP as a tool for free time, indoor recess, or computer dexterity practice.

[Read more here](#)

### Bean Math

1 pound of dried beans =  
2 cups dried beans =  
4 to 6 cups cooked beans

1 can (15 to 16 ounces) =  
1 1/2 to 1 3/4 cups  
cooked beans

## Check the Label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- Serving size - if you eat more than 1 serving, you'll get more of everything on the label
- Calories - keep in mind how many are in 1 serving

Then look at the % Daily Values:

- 5% or less is **low** - try to choose food low in added sugars, saturated fat, and sodium
- 20% or more is **high** - try to choose foods high in fiber, calcium, potassium, iron, and vitamin D

## Next Downeast Public Council Meeting

Friday, May 19, 2023

9:00 - 11:00 AM

Hybrid Meeting at [Eagle Hill Institute](#)

For Council Meeting information, please contact [Al May](#) or [Abby van Ham](#)



[Downeast Public Health Council Facebook Page](#)

[Downeast Public Health Council Website](#)

[Maine CDC Downeast District Website](#)

To become a member of the Downeast Public Health Council please fill out our [Membership Application](#).

### Downeast Public Health Priority Committees & Collaborations

**Health Literacy Committee:** Angela Fochesato, Chair

**Hancock County Triad Coalition:** Jo Cooper

**Downeast Cancer Patient Navigation Steering Committee:** Maria Donahue, Chair

**Palliative Care and Hospice Committee:** Al May, Chair

**Emergency Planning:** Andrew Sankey, Chair

**Healthy Aging Committee:** Helen Burdock, Chair

### All-Purpose Convenience Mix

- 9 cups flour
- 2 cups nonfat dry milk
- 1/4 cup baking powder
- 1 tablespoon salt
- 3/4 cup canola oil

Combine flour, dry milk, baking powder, and salt in a large bowl and stir together. Mix oil into the dry mixture until smooth. Store in an airtight container. Refrigerate and use within a month, or put into containers suitable for freezing and freeze.

[Convenience Mixes](#)

### Eating More Fruits and Veggies in the Off-Season

Frozen and canned fruits and veggies tend to get a bad rap, but more times than not they are actually healthier! They are picked when they are freshest and then processed, keeping the integrity of all of the vitamins and minerals they possess. When shopping, be sure to buy low sodium, no salt or sugar added items.

Buying some summer favorite fruits in winter may not have the flavor you want. Buying fruits and veggies that are in season will taste delicious. Here are some examples:

Fruits- avocados, bananas, clementines, grapes, kiwi, guava, and pomegranates

Veggies, beets, broccoli, brussel sprouts, kale, leeks, potatoes and snow peas.

Information from the Coastline Elderly Services Nutrition Newsletter of Massachusetts

### Bean Basics

Beans are fantastic! Although each type of bean is slightly different, you can swap one for another in most recipes. So use what you have of what is cheapest or on sale.

You can replace 1 pound of meat with 2 cups of cooked beans in many recipes. You can also replace pasta with a neutral white bean. Great flavor and high protein.

And there is no need to be scared of dried beans. Dehydrated beans can be soaked overnight, and extras can be refrigerated in a covered non-metal container for up to 5 days. And they can be frozen too! In a freezer safe container, just cover with water or a cooking liquid and leave room for expansion. Best used within 2 to 3 months.

Information from Oregon State University.

### Shop and Save

Dried and canned beans are great food to keep on hand. You may want to stock up when they are on sale.

Dried beans are usually cheaper than canned beans but take longer to cook. Canned beans are fully cooked and ready to use cold or heated.

Bulk bins are a great place to find different kinds of dried beans buy just the amount you need.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.