

May 2007

What's In Your Cupboard?

Tips for staying well....

Wash your hands often - this is one of the best ways to prevent food-borne illness and can help prevent the spread of cold and flu germs.

Salad

Wondering what to do with another can of beans? Have an extra bag of corn in the freezer? Leftover rice? Make salad!! The first salad recipes came from the Romans (14th century): "Take things and cast them together. Serve it forth." Casting foods together to make a quick, nutritious salad is easier than you think!! Here are some tasty combinations:

- *Corn, beans, chopped onions and tomatoes
- *Cold rice, mixed vegetables, tuna
- *Cold pasta, frozen peas, diced ham
- *Lettuce, chopped fruit, nuts and cheese

Use bottled dressing, or make your own with oil, vinegar and seasoning. Try different combinations, with canned, frozen and fresh ingredients. Serve it forth! And, be sure to refrigerate leftovers.

Growing Tomatoes



Whether you have a yard, a patio or just a front stoop, you can save money by growing your own tomatoes.

Tomatoes are easy to grow in the Northwest, produce a lot of tomatoes on each plant and can be grown in the ground or in containers. Two tomato plants will supply enough tomatoes for a household of four.

Need a Recipe?

There are lots of ways to find recipes using low cost, nutritious foods. Try looking on the internet (most libraries will let you use computers if you don't have one):

<http://healthyrecipes.oregonstate.edu>

<http://www.fns.usda.gov/fdd/programs/tefap/>

<http://nep.unl.edu/commodityfoods/>

For information on how to get emergency food for your family, call Oregon Food Bank: 1-800-777-7427