

Consuming Thoughts

by

Fay Strickler

Penn State Extension
Home Economist for
Berks Co.



Food costs can take up a large part of the family budget. While food is a necessity, often steps can be taken to decrease the food budget without sacrificing taste and nutrition. Here are a few suggestions to plan low-cost meals.

Evaluate family food choices. Do you rely on convenience foods, often eat meals away from home, or frequently choose gourmet or specialty foods? Each of these habits can inflate the money spent on food.

Foods prepared from scratch are cheaper than their convenience counterparts. (Notable exceptions are orange juice and pancake and cake mixes.) When

you choose a convenience food, you are paying for the food, the labor of the person preparing it, and packaging. How many convenience foods could you replace with made-from-scratch versions?

Similar to convenience foods, the price of foods eaten away from home contains hidden labor and "atmosphere" costs. If family members frequently choose meals at restaurants, cafeterias, or fast food joints, you may want to reconsider these habits.

While gourmet and specialty foods can add excitement and variety to your meals, they can also add dollars to the checkout tape. Plain food may have to be the

backbone of your menus for a while.

Watch the meat portions. Meat, fish and poultry are often the most expensive items on the dinner plate. Many Americans also eat larger portions of these foods than is recommended. A total of 5 to 7 ounces of meat, poultry and fish per day provide all the protein needed by an adult. Growing teenagers need a little more and children need less.

Your dinner plate should be filled with more vegetables and starch foods (rice, noodles, pasta) than meat. Here are some portion sizes to help you estimate your protein intake. 1 egg = 1 ounce; 1/4 cup tuna = 1 ounce; 2 tablespoons peanut butter = 1 ounce; 1 slice prepackage luncheon meat = 1 ounce. A piece of meat, poultry or fish the size of a deck of cards = 3 ounces. If you eat smaller portions you'll also consume less fat and calories.

Plan your meals. By planning meals (try to plan at least the main meal), you can take advantage of grocery specials on meat, better utilize the food in your cupboards, and reduce the stress of deciding what to prepare each

day. Also plan one meal to eat leftovers. Any food that is thrown out because of spoilage wastes money.

If your family despises leftover vegetables, place a jar or plastic container in the freezer to hold the leftover bits. When the container is full, make soup! Buy in bulk and cut your own. If you have a wholesale store nearby, or if your supermarket carries bulk foods, you can often save by buying large quantities.

Another potential savings lie in cutting your own meat and poultry. A top or bottom beef round can be purchased at many supermarkets and cut at home into roasts steaks and stew meat. A whole chicken can be divided into legs, breasts, and cook the back, etc for soup.

Meat, poultry and fish: Along with checking the price per pound, consider the amount of waste from bone and gristle. Also remember that although products such as hot dogs and cold cuts seem inexpensive, they contain large amounts of fat and sodium which may not be a wise nutritional choice.

So, choose foods wisely and save in 2003!

Warning: This E-Mail's A Hoax

LEESPORT (Berks Co.) — We all get them — those e-mail warnings passed along by friends about computer viruses, health issues, and a host of other topics. So how can you tell if they're legitimate?

Clues can alert you to hoaxes. Vague technical language and instructions to send the message to everyone in your address book are two of them.

You don't have to guess. A number of sites can help you separate fact from fiction, including <http://hoaxbusters.ciac.org>, maintained by the Computer Incident Advisory Capability Office at the U.S. Department of Energy. Antivirus software firms also list hoaxes. Before you pass along the next "urban legend," check first.

Energy Supplement For More Energy and Weight Loss Use "MOMENTUM"

- Lose weight now
 - Helps control sugar cravings
 - Helps preserve lean body mass while you lose fat
 - All natural capsule formula
 - Excellent for migraine headache
- One bottle for \$25.95, 2 bottles for \$50.00 or 6 Bottles for \$135.00
Free shipping
OMAR FISHER
434 NEWPORT RD.
RONKS, PA 17572



Supervise Child's Internet Usage

LEESPORT (Berks Co.) — The Internet has become a staple for many of today's teens. Chatting on-line has replaced telephone conversations.

Unfortunately, along with all of its great benefits, there are some negatives to the use of the Internet. Some adolescents are actually becoming addicted to the

Internet.

Many parents do not understand how computers work nor do they take the time to supervise their children's use of it. Parental advisories are available for many other forms of entertainment for children, such as video games, compact discs and movies. There is no such advisory when children

are left to use the Internet on their own. It is completely unregulated. This makes

it especially important for parents to supervise their children in their use of the Internet. How can you tell if the Internet may be a problem for your child? Here are some warning signs you will want to be aware of:

- Do they spend an excessive amount of time on-line?
- Are they staying up late on the computer and having a hard time getting up in the morning?
- Have their grades dropped?
- Do they insist on privacy when they use the computer?
- Are your long distance charges higher than usual?

Does your teen receive personal gifts and mail from people you do not know?

For some great ideas to help your family with the Internet, request free booklet, Protecting Your Children on the Internet. Contact your local Penn State Extension office.

MAINTENANCE FREE RAILINGS FOR PORCHES, DECKS OR BALCONIES

We have the expertise to design & create a system just to fit your need. Any Size, Different Styles

Elite vinyl railing systems offer low maintenance and durability.

- No Rust
- No Paint
- No Scraping
- UV Stabilized
- Smooth Surfaces
- Impact Resistant
- Lasting Beauty
- Non-Fading Colors
- Available in White
- Ivory
- Gray

Quality Workmanship
Product Durability
Customer Satisfaction

717-354-0524
New Holland PA

BLACK ROCK'S Black Walnut Cracker

EXTRA HEAVY DUTY!

Hand-Built In Lancaster County, PA
Sturdy steel construction, maple handle and base
Weights 8.5 lbs. 3 1/2" W x 6 1/2" H x 24" L Cracks the toughest nuts & is adjustable for nuts 1/2" to 2"
Send check for \$34.00 (Postage Paid) directly to the manufacturer:

BLACK ROCK REPAIR

858 Pumping Station Rd., Kirkwood, PA 17536
Allow 2 to 3 weeks for UPS Delivery 717-529-6553

Canning Jars & Lids

All shapes and sizes!
Factory direct pricing!
Distributor inquiries welcomed!

Fillmore Container Inc.

2316-B Norman Rd
Lancaster PA 17601
Ph (717) 397-4131
Fax (717) 397-0941

GOOD FOOD OUTLET STORES

See Our Original Line Of Golden Barrel Product Plus All Kinds Of Beans, Candies, Dried Fruit, Snack Mix, Etc. At Reduced Prices

Processors Of Syrups, Molasses, Cooking Oils, Funnel Cake Mix, Pancake & Waffle Mix & Shoofly Pie Mix

If your local store does not have it... SEND FOR FREE BROCHURE

JANUARY SPECIALS

32oz. Golden Barrel Maple Syrup \$9.16

Soup Mixes - 10% Off

2lb. Golden Barrel funnel Cake Mix \$1.39

GOOD FOOD INC.
W. Main St. Box 160
Honey Brook, PA 19344
610-273-3776
1-800-327-4406

L&S SWEETENERS
388 E. Main St.
Leola Pa 17540
717-656-3486
1-800-633-2676

MAC Accepted • We Ship UPS Daily

I've gone from 246 lbs to 193 lbs. on the Fastrim™ Weight Loss Plan. I lost 25 lbs. in the first 6 weeks and a total of 53 lbs. so far. I used to wear size 46 pants and now wear 36 comfortably!

— Jess "Dad" Dye, ID

The New Image Fastrim™ Weight Loss Plan helped me lose 115 pounds and 8 dress sizes! In addition, the other New Image products have helped me to become healthier. My chronic fatigue is gone. My allergies, PMS symptoms and arthritis have all improved. My blood pressure is even under control now! I feel great! Thanks New Image for my "new Image!"

— Becky Nunn, TX

NII does not make any health claims this is strictly personal testimonies of product users

\$34.95 Free Shipping No Tax

This all-natural formula combines thermogenic herbs and natural extracts to support the body's ability to burn stored fat. The ingredients in new Image Fastrim™ produce a stimulating effect and have been shown to increase metabolism, decrease appetite, and help absorb fat from food you eat. When taken at the safe levels recommended, Fastrim™ is an effective aid in reducing weight and increasing energy (90 caplets)

Active Ingredients Vitamin E, Magnesium, Zinc, Chromium, Vitamin B6, Guarana, MaHuang Concentrate, Green Tea Extract, Yerba Mate, Mustard Powder, Garcinia Cambogia Extract, Hawthorne Extract, Schizandra Extract, Choline Bitartrate, and Chitosan

Gerald & Margie Jones 717-776-7806 Toll Free 888-788-5572
75 Goodyear Rd., Carlisle, PA 17013 marjie75@aol.com www.aahomebiz.com

BOWMAN'S STOVES & PATO

VERMONT Castings

Up To \$200 OFF Select Gas Stoves

1060 Division Highway 322 East, Ephrata, PA 17522
1 Block East of Rt. 222
(717) 733-4973
800-642-0310
www.bowmansstove.com
Mon., Tues., Wed. 10 to 6;
Thurs., Fri. 10 to 8;
Sat. 10 to 4