

URI SNAP-ED NUTRITION NEWSLETTER



GET MORE OUT OF YOUR FREEZER

This newsletter is coming to you from the University of Rhode Island SNAP-Ed, a program which focuses on helping people in Rhode Island eat healthy on a budget. This month, we are covering a very helpful kitchen appliance- the freezer. Not only is this appliance helpful when you are unable to go to the store, but summer is the best time to stock up on fruits and vegetables while they are in season and freeze for later use.



FREEZER TIPS AND TRICKS

Some foods freeze better than others.

Foods high in water such as tomatoes, cucumbers, and watermelon may develop a mushy texture when frozen and then thawed. However, many will work just fine for uses such as smoothies or cooked dishes.

Buy fruits and vegetables seasonally and freeze for later use.

Many fruits and vegetables are in season during summer, making it the perfect time to stock up! Fruits and vegetables bought in season often cost less, especially when bought in large amounts. You will thank yourself in the fall when you have frozen strawberries from the summer to use later.

Label and date.

Keep masking tape and a marker in a drawer near your freezer. Get in the habit of labeling the name of the food and the date it was put in the freezer. This can help prevent food waste.

First in, first out.

Keeping your freezer organized can help you easily find what you need and make sure no food goes to waste. "First in, first out" is a way of storing older foods in the front, and newer items in the back. This helps you use older foods first.

Check the best way to freeze an item.

It will save you some time if you freeze items in certain ways. For example, bananas should be peeled before freezing.

While we may not be doing education in the community right now, we are doing what we can from a distance! Please call our hotline at 1-877-366-3874, visit uri.edu/snaped or follow us on social media for more family-friendly recipes and information.



RISNPEd



URI_Nutrition_Ed



Community Nutrition Education RI



URI Nutrition



Technology Spotlight:



Have you ever asked yourself, "Can I freeze this?" One of our favorite resources, StillTasty.com, is a great place to learn which foods can be frozen, as well as the best way to freeze them. Did you know that nuts can last 1 to 2 years in the freezer? Or that milk can last up to 3 months in the freezer? StillTasty.com allows you to search for different items to extend the life of your food, and help reduce food waste.



How Long Does Food Last in the Freezer?



1 to 2 months: Yogurt

2 to 3 months: Raw fish and shellfish, bananas, ginger, bread

3 to 4 months: Raw meat, milk, lemon juice

4 to 6 months: Homemade soups, stews, chilis and broths, fresh herbs

7 to 9 months: Shrimp, salmon, cheese, frozen juices

10 months or longer: Nuts, eggs (crack eggs into a freezer bag), berries, citrus fruits, broccoli, carrots, garlic, chili peppers, peas, zucchini, butter

If you want to know how to freeze your food or if your food has been in the freezer too long, visit StillTasty.com



Shamrock Smoothie

Ingredients:

- 1 apple, cored and chopped
- 1 overripe banana (frozen preferred)
- 1 cup plain non-fat yogurt
- ½ cup 100% orange juice
- 2 cups baby spinach

Prep time: 5 minutes

Cook time: 0 minutes

Servings per recipe: 4

Directions:

1. Put apple, banana, yogurt and orange juice in the blender.
2. Blend until smooth.
3. Add spinach and blend until smooth.
4. Serve right away or store in refrigerator for up to 4 hours.

Tip: All ingredients in this smoothie can be used when frozen without needing to defrost. Frozen ingredients will make it thicker, so you may have to add some water to blend.

Serving size: ¾ cup

Cost: \$3.24 per recipe
\$0.81 per serving

Nutrition Facts

4 servings per container	
Serving size	3/4 cup
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 168mg	15%
Iron 1mg	6%
Potassium 422mg	8%
<small>*The % Daily Value 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.</small>	