

shop. cook. eat.

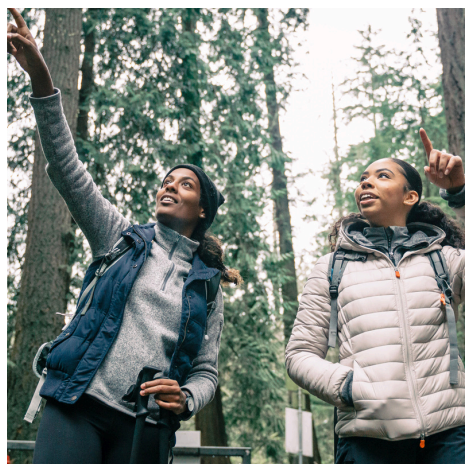
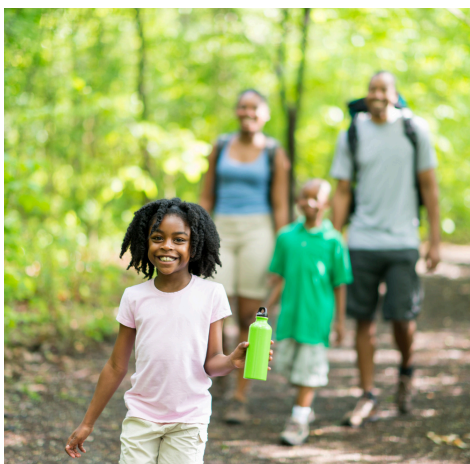
WITHIN YOUR BUDGET

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Issue 28

Eat Well, Explore More!

As the leaves change colors and the air becomes crisp, fall is the perfect time to nourish your family. Fall is also a great time to take advantage of the cooler weather to explore nature, hike through colorful forests, or simply enjoy walking in your neighborhood. Let the beauty of autumn inspire you to eat well and explore more!



Fuel Your Fall Adventures with these budget friendly tips!

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 **TENNESSEE**
STATE UNIVERSITY
College of Agriculture
Cooperative Extension



Healthy Food. Healthy Moves. Healthy YOU.



SHOP: Wilderness Pantry

As you venture out to enjoy the sights and sounds of nature, it's important to plan your snacks and meals based on how long you will be outdoors. Be sure to shop for foods that are light enough to carry over long distances. Consider these items for your outdoors shopping list:



OUTDOORS SHOPPING LIST

- ☐ pre-packaged, shelf-stable meals
- ☐ peanut butter in plastic jars
- ☐ concentrated juice boxes
- ☐ canned tuna, ham, chicken, and beef
- ☐ dried noodles and soups
- ☐ beef jerky and other shelf-stable meats
- ☐ dehydrated foods
- ☐ whole or dried fruits
- ☐ nuts
- ☐ powdered milk and fruit drinks



Source: Adapted from <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/food-safety-while-hiking-camping>



What Foods to Bring? Carry items like dried pasta, rice, and baking mixes in plastic bags and take only the amount you'll need.



COOK: Root Vegetable Rhapsody

Root vegetables are a seasonal delight in the fall, offering a hearty and comforting addition to any meal. Try making this tasty root vegetable recipe for your next outdoor adventure!

ROASTED ROOT VEGETABLE SOUP



WHAT YOU NEED:

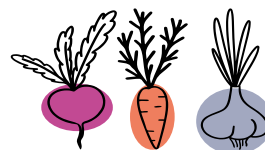
- 3-4 carrots
- 2-3 parsnips
- 3-4 sweet potatoes or yams
- 2 tablespoons olive oil
- Sprinkle of salt & pepper
- 1 quart low-sodium chicken or vegetable stock

WHAT TO DO:

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Rinse and dry all produce before use.
3. Preheat oven to 400 degrees.
4. Peel carrots, parsnips & sweet potatoes. Cut off the stem and root end & discard.
5. Cut veggies into 1-inch pieces. Place on baking sheet. Drizzle with olive oil, and sprinkle with salt & pepper. Toss gently to coat evenly.
6. Bake in oven for 45 minutes. The cooked veggies will be very tender and slightly brown.
7. Place veggies in a stockpot, add 1 quart low-sodium chicken or vegetable stock. Bring to a boil, then simmer 20 minutes over low heat.
8. Use an immersion blender to blend until the soup is a smooth and creamy consistency. Adjust seasonings if necessary.
9. Serve Roasted Root vegetable Soup with a dark green leafy salad, and whole grain bread for a hearty cool weather meal.
10. Enjoy!



AUTUMN RECIPES

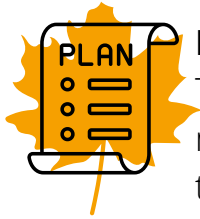


SOURCE: <https://njaes.rutgers.edu/fchs/recipes/recipe.php?Roasted-Root-Vegetable-Soup>



EAT: Fall Feast

Autumn is a great time to enjoy the outdoors. Whether you're planning a camping trip or a hike, food safety is important to prevent food borne illness. Follow these tips to keep food safe while you're enjoying the great outdoors.



Plan Ahead!

To avoid leftovers, plan your menus ahead of time with portion sizes in mind. Plan meals that contain common ingredients and require one pot to reduce your ingredient list and lighten your load.

Be organized. Airtight containers and re-sealable plastic bags make useful tools that can be recycled and used for many other campsite purposes.



Keep it Clean!

Assume that stream and river water is unsafe to drink. Packing bottled water to drink is convenient and cost-effective.

Handle meat, poultry and fish carefully. Double wrap or place the packages in plastic bags at the bottom of your cooler to prevent juices from dripping on other foods.



Keep Cold Foods Cold and Hot Food Hot!

Pack foods directly from the refrigerator into an insulated cooler. Use clean, empty milk cartons to freeze blocks of ice or use frozen gel packs.

Remember to pack a food thermometer to check the doneness of meat. Insert the thermometer in the thickest part of the food, away from bone, fat or gristle.

Source: Adapted from <https://www.ndsu.edu/agriculture/extension/publications/keep-food-safe-when-camping-and-hiking>

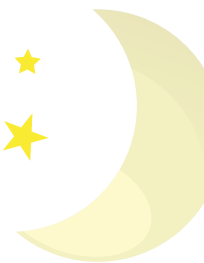


Discard any food left out for more than two hours or one hour if the temperature is above 90 F. When in doubt, throw it out! If campfires are allowed, discarded leftover food should be burned, not dumped.



MOVE: Stories Around the Campfire

Sitting around a campfire with family is a magical experience. Whether it's spooky or funny stories, the campfire becomes a place where imagination runs wild and memories are made. Fill out the mad libs to create your own campfire story.



One dark and _____ (*adjective*) night, a group of _____ (*number*) friends decided to go camping in the _____ (*adjective*) woods. They pitched their _____ (*adjective*) tent near a _____ (*adjective*) lake, where the water seemed to _____ (*verb*) in the _____ (*adjective*) moonlight.

As they sat around the _____ (*adjective*) campfire, they began to tell _____ (*adjective*) ghost stories. One friend claimed to have seen a _____ (*adjective*) figure lurking in the _____ (*adjective*) trees. Another swore they heard a _____ (*adjective*) voice calling out their name from the _____ (*adjective*) darkness. Just when everyone was starting to feel a little _____ (*adjective*), a _____ (*adjective*) wind picked up and blew out the campfire. The only sound was the _____ (*adjective*) rustling of leaves and the _____ (*adjective*) creaking of the trees.

A cold chill ran down their spines as they heard a _____ (*adjective*) sound coming from the woods. Fear gripped their hearts as they realized they were not alone.



Weave a magical tale with your family. Allow each family member to fill in the mad libs blanks and act it out to create a truly imaginative campfire story.



ACTIVATE: Step Into Nature

Exploring nature together creates lasting memories and fosters a love of the outdoors. Here are some fun ways to get your child involved outside.



Nature scavenger hunt - Send the family out on a nature scavenger hunt. Make a list of things normally found in your neighborhood, park or other outdoor location. See how many of the items can be found in the specified time.



Listening walk - Take the family on a walk. Make a list of the sounds you hear. Encourage your child to write down what they heard in a blank book, journal or composition notebook. This encourages listening, helps center and focus a child, and promotes writing and art.



Geocaching: Use GPS coordinates to find hidden treasures and solve puzzles. Scan the QR Code to start Geocaching on your next outdoor adventure!

Contact your local TSU County Educator for Nutrition Education classes near you!

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