

WTNS Radio OSU Extension Update for March 6, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about cooking for one or two, and as always look at some upcoming programs from OSU Extension.

One thing that is top of mind for many people right now is the rising cost of food. I've also noticed that there are more packaging changes happening. Even if the price of an item has not increased, the amount in the package may have decreased and is being sold for that same old price.

Quantities in food packages at the grocery store, as well as common recipes, can be more convenient for those with larger families than for one or two. One of the questions I got at the Coshocton Senior Center a couple of weeks ago was about resources for those who are cooking smaller portions.

Kansas State University Extension has a great resource online of several websites from across the country with tips and recipes for cooking for one or two. You can find that at go.osu.edu/cooking41or2.

Here are some great shopping tips from Penn State Extension and Kentucky Cooperative Extension:

- Use your menu plan to make a grocery list and keep the store layout in mind. I have my list divided into these categories: Produce, Aisles, Dairy, Meat, Frozen, Other. I always start with the aisles first because these items are at room temperature. Then I go around the outside of the store for all the cold items.
- Buy larger packages only if you will use it all. It can be tempting to save let's say 5 cents per ounce if you buy the larger package. But if you end up throwing some out, then it is not a good deal. There are many excellent quality convenience products packaged for one or two people. These include the 8-ounce can of soup or vegetables, small size cake mixes, and frozen entrees. Frozen waffles and yeast rolls can be removed from the package one at a time.
- Buy fresh produce in varying stages of ripeness to avoid spoilage. Remember that canned and frozen vegetables and fruit are nutritious if you avoid added sugar and salt. Bulk packages of

frozen vegetables allow you to remove what you need for a meal and return the rest to the freezer for later use.

- Purchase generic brands of items that you find are acceptable. Not all brands are created equal, but more often than not, they are very close.
- Freeze items that you don't plan to use in a day or two. For example, keep a two to three day supply of deli meat in the refrigerator, and freeze the remainder in packages for additional one to two day supplies.
- You can also buy large cuts of meat, such as roasts or hams, and divide them into meal-size portions. Here's a good example of how a thick beef chuck roast can be used for more than one meal. Cut the roast into thirds. Use the round end for beef stew, the center for a one-meal pot roast, and the remaining third for two Swiss steaks.

And now let's look at some upcoming programs from OSU Extension.

I'm going to be teaching "Meals and Deals: Foods to Prepare on a Budget" at the Coshocton Public Library on Monday, March 20 at 6:30 PM. Join me to see, sample, and learn about some delicious, healthy, affordable meals. Take it one step further by learning how to apply these choices to your everyday shopping routine for you and your family. Registration is required for this program and can be completed at coshoctonlibrary.org . Just click on the events calendar that is on the left side of the main page.

Registration is open for the East Ohio Women in Agriculture Conference. This year's conference will be in Wooster on Friday, March 24. This year's keynote speaker is Rebecca Miller, editor of Farm and Dairy. There will be 16 breakout sessions on a variety of livestock, crop, and business topics as well as those relating to home, family, and communication. Visit our Facebook page, OSU Extension Coshocton County, for more information.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!