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Food and Fitness

How to Use The FIFO Method at Home

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If you decided to take the pantry cleanout challenge from last month, learning how to correctly rotate foods that come into your home is an important next step. The method is known as the First-In First-Out (FIFO) Method. It is used in every commercial food industry. For most, we can do this much easier at home since the amount of food being brought in is on a much smaller scale than a grocery store or restaurant.



The FIFO Method basically means the food items that you bring into your home first (or the oldest) should be used first. The newest foods need to be placed in the back, behind the older foods, to be used after the older foods. It is standard practice to make sure the foods you have in your home are not old, expired, and are safe to consume.

Usually, this method is best when you are purchasing items that are common. An example of this would be cans of green beans. Let's say you like to keep four cans of green beans on hand at all times. It is now time go to the store and you still have two in the pantry and pick up two more. Those are the ones that are needed to be properly placed in the pantry. It doesn't necessarily work mixing different type of products like applesauce in front of beans. Applesauce generally will have a shorter shelf life, meaning the applesauce would always be in front of the beans. That is why FIFO works best with foods that are common.

How to Use the FIFO Method at Home

(Continued from Page 1)

The FIFO Method uses dates on the foods to identify which foods need to be used first. When rotating the foods to where the oldest is in the front, this creates a system where it becomes quicker and more efficient to use the oldest products first.

If you buy products, always check the expiration dates when you are putting them away. In grocery stores, for any foods, there might have been an error in properly rotating the products or the food came from a different store. An example would be if you purchased a couple cans of corn at *Grocery Store A* two weeks ago with an expiration date that says January of 2023. Then, you went to *Grocery Store B* today and picked up two more cans of corn and the expiration date says November of 2022. Those cans you bought today would go in front of the cans of corn purchase two weeks ago. The same would apply if you receive food boxes from food pantries or other sources. This might not seem that important because the expiration date is almost a year out but for perishable foods, it is a much bigger deal. Plus, once properly rotating becomes a habit, it seems natural over time.

Keep in mind, all foods need to have dates on them for when they were stored. This doesn't necessarily apply to packaged foods that already have dates for home purposes. This is more for the food items that we store like spaghetti sauce that was made and you froze the rest. All foods need to have a date of some kind for the FIFO Method to work entirely.

Leftover foods are always the ones that require the most attention, because they go bad much quicker than foods like shelf stable or frozen foods. Leftovers require to be kept at a temperate below forty degrees Fahrenheit. Move the oldest leftovers to the front of the refrigerator and the newest ones to the back. Date all of the left overs and discard after seventy-two hours if left uneaten.

Following the FIFO Method might sound a bit tedious or hard at first but it comes with a great reward. When knowing that the foods in the front need to be used first without hesitation makes it all worth it.

FIFO Checklist

FIFO stands for **First-In First-Out**

It ensures that food with the nearest best before or use-by dates are used or sold first.

HOW TO USE FIFO:



FIFO TIPS:

- Check products for damage or deterioration.
- If a product isn't put out, make a note of why.
- Make sure goods are faced up.
- Don't overload refrigerators.
- Label decanted food with a best before or use-by date.



Vegetable—Mustard Greens



Mustard greens are not as popular as kale or spinach but they definitely are just as good. Mustard greens have many different varieties. Mustard greens include white, green, and red varieties. Another form of mustard greens are responsible to the creation of the mustard seeds used to make the mustard condiment. They are a four-season vegetable that can be easily found all year long. The fall and spring time is considered to be the peak season for this particular plant.

Mustard greens have a peppery flavor that harness a bit of a bite. They are good to eat both cooked and raw, like in a salad, or sautéed. Mustard greens that are harvested when they are small are good to eat raw whereas the larger leaves have a tougher texture that requires them to be cooked.

Not only are mustard greens able to be eaten in its leaf form but edible mustard seeds are vastly popular. The mustard seeds are used to make the condiment (mustard), as a spice, and used to make oil.

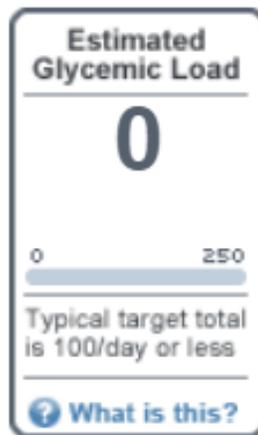
Mustard greens provide notable amounts of dietary fiber, vitamin A, vitamin C, vitamin K, folate, calcium, potassium, and manganese. Consult with your doctor if you are on a restrictive diet or are on medications for blood clotting before adding mustard greens into your diet.

Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Mustard greens, cooked, boiled, drained, without salt

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

| | | |
|------------|------------|------------|
| 50% | 13% | 37% |
| Carbs | Fats | Protein |



NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★☆☆☆

The good: This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Iron and Magnesium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Vitamin B6, Folate, Calcium, Phosphorus, Potassium, Copper and Manganese.

Mustard greens, cooked, boiled, drained, without salt

Serving size: ▼



NUTRITION INFORMATION

Amounts per 1 cup, chopped (140g)

Calorie Information

| Amounts Per Selected Serving | | %DV |
|------------------------------|----------------|-----|
| Calories | 21.0 (87.9 kJ) | 1% |
| From Carbohydrate | 10.5 (44.0 kJ) | |
| From Fat | 2.8 (11.7 kJ) | |
| From Protein | 7.7 (32.2 kJ) | |
| From Alcohol | 0.0 (0.0 kJ) | |

Protein & Amino Acids

| Amounts Per Selected Serving | | %DV |
|------------------------------|-------|-----|
| Protein | 3.2 g | 6% |

[More details ▼](#)

Carbohydrates

| Amounts Per Selected Serving | | %DV |
|------------------------------|-------|-----|
| Total Carbohydrate | 2.9 g | 1% |
| Dietary Fiber | 2.8 g | 11% |
| Starch | 0.0 g | |
| Sugars | 0.1 g | |

[More details ▼](#)

Vitamins

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------|------|
| Vitamin A | 8853 IU | 177% |
| Vitamin C | 35.4 mg | 59% |
| Vitamin D | ~ | ~ |
| Vitamin E (Alpha Tocopherol) | 1.7 mg | 8% |
| Vitamin K | 419 mcg | 524% |
| Thiamin | 0.1 mg | 4% |
| Riboflavin | 0.1 mg | 5% |
| Niacin | 0.6 mg | 3% |
| Vitamin B6 | 0.1 mg | 7% |
| Folate | 102 mcg | 26% |
| Vitamin B12 | 0.0 mcg | 0% |
| Pantothenic Acid | 0.2 mg | 2% |
| Choline | 0.4 mg | |
| Betaine | 0.3 mg | |

[More details ▼](#)

Fats & Fatty Acids

| Amounts Per Selected Serving | | %DV |
|-----------------------------------|---------|-----|
| Total Fat | 0.3 g | 1% |
| Saturated Fat | 0.0 g | 0% |
| Monounsaturated Fat | 0.2 g | |
| Polyunsaturated Fat | 0.1 g | |
| Total trans fatty acids | ~ | |
| Total trans-monoenoic fatty acids | ~ | |
| Total trans-polyenoic fatty acids | ~ | |
| Total Omega-3 fatty acids | 30.8 mg | |
| Total Omega-6 fatty acids | 33.6 mg | |

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

Minerals

| Amounts Per Selected Serving | | %DV |
|------------------------------|---------|-----|
| Calcium | 104 mg | 10% |
| Iron | 1.0 mg | 5% |
| Magnesium | 21.0 mg | 5% |
| Phosphorus | 57.4 mg | 6% |
| Potassium | 283 mg | 8% |
| Sodium | 22.4 mg | 1% |
| Zinc | 0.2 mg | 1% |
| Copper | 0.1 mg | 6% |
| Manganese | 0.4 mg | 19% |
| Selenium | 0.8 mcg | 1% |
| Fluoride | ~ | |

Recipe—Mustard Greens and Sweet Onion Frittata

Ingredients

- ◆ 3 Tablespoons olive oil
- ◆ 1 large sweet onion, diced
- ◆ 1 1/2 pounds mustard greens, stems discard and leaves coarsely chopped
- ◆ 16 large eggs, beaten
- ◆ Salt and pepper, to taste
- ◆ 1/3 cup grated Parmigiano-Reggiano cheese



Directions

1. Preheat the oven to 350°. In a large ovenproof nonstick skillet, heat 1 tablespoon of the oil. Add the onion and cook over moderately high heat until golden brown, 10 minutes. Add the greens and cook until wilted.
2. Season the eggs with salt and pepper and whisk in the remaining 2 tablespoons of oil. Pour the eggs into the skillet and cook over moderate heat until the bottom and sides begin to set. Lift the sides of the frittata to allow the uncooked eggs to seep under. Continue cooking until the bottom is set and the top is still runny, 3 minutes. Sprinkle the Parmigiano-Reggiano on top.
3. Transfer the skillet to the oven and bake for about 8 minutes, until the center of the frittata is set. Slide the frittata onto a cutting board. Cut into 1 1/2-inch squares and serve hot, warm or at room temperature.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

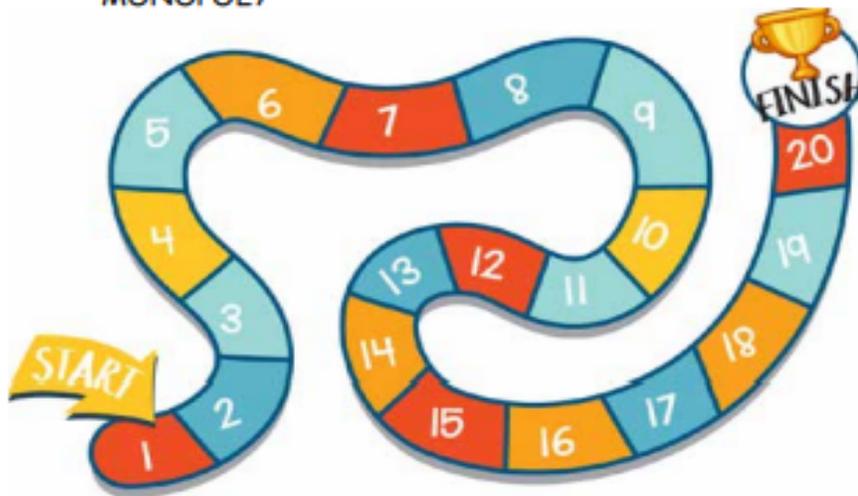
BOARD GAMES

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.



- BACKGAMMON
- BATTLESHIP
- BOGGLE
- CANDY LAND
- CHECKERS
- CHESS
- CHINESE CHECKERS
- CHUTES AND LADDERS
- CONNECT FOUR
- CRANIUM
- CRIBBAGE
- DOMINOES
- MASTERMIND
- MONOPOLY



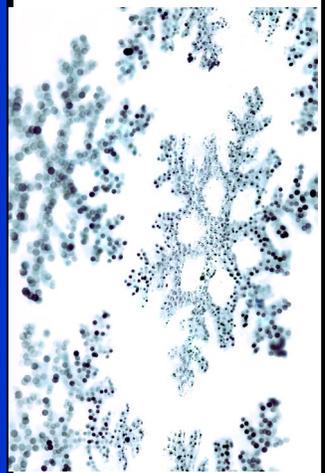
- OPERATION
- PARCHEESI
- PICTIONARY
- RISK
- SCRABBLE
- SORRY
- THE GAME OF LIFE
- TRIVIAL PURSUIT
- UNO
- YAHTZEE



January 2022

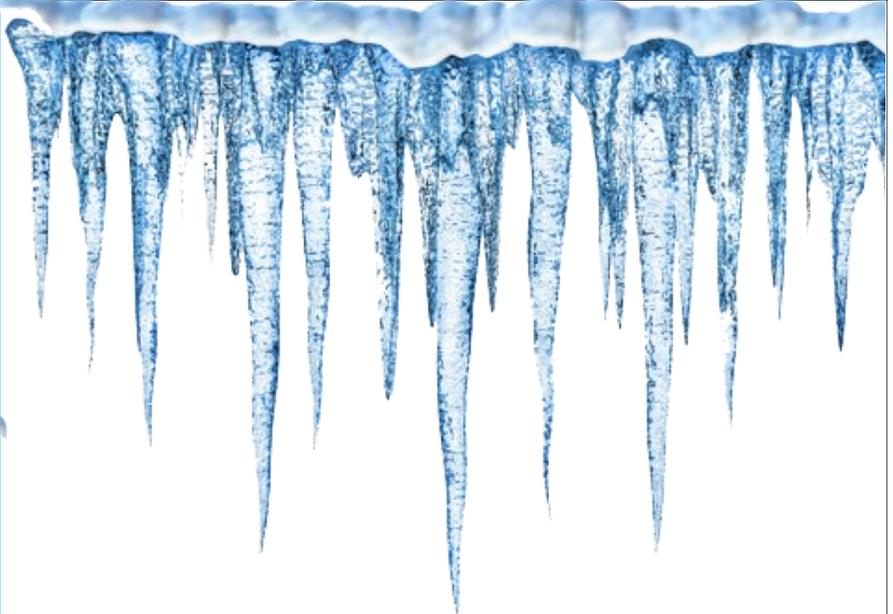
**January
Monthly
Observances**

- **National Bath Safety Month**
- **National Blood Donor Month**
- **National Braille Literacy Month**
- **National Hobby Month**
- **Hot Tea Month**
- **National Oatmeal Month**
- **National Soup Month**



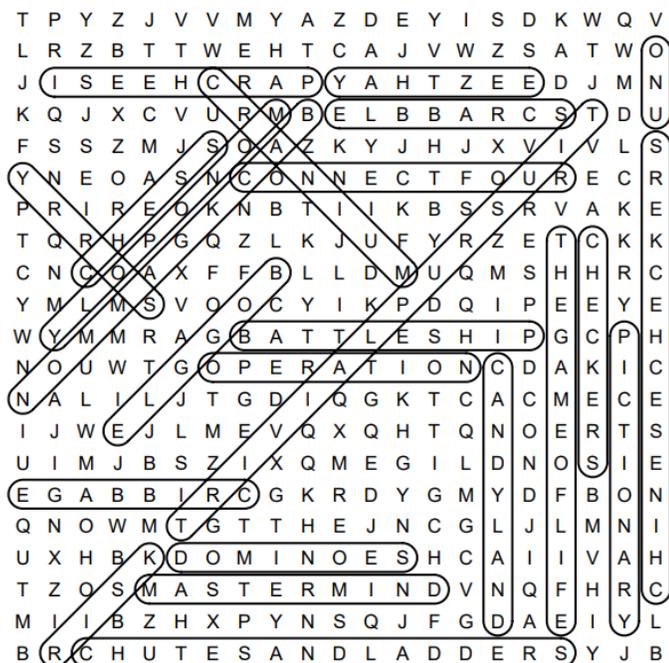
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---------------------------------------|---|----------------------------|----------------------------------|-----------------------------|-----------------------------------|
| | | | | | | 1 New Years Day |
| 2 World Introvert Day | 3 Festival of Sleep Day | 4 National Spaghetti Day | 5 National Bird Day | 6 Bean Day | 7 Old Rock Day | 8 Bubble Bath Day |
| 9 Play God Day | 10 Bittersweet Chocolate Day | 11 Learn Your Name In Morse Code Day | 12 National Hot Tea Day | 13 National Rubber Duckie Day | 14 Dress Up Your Pet Day | 15 National Hat Day |
| 16 National Nothing Day | 17 MLK Day | 18 Thesaurus Day | 19 National Popcorn Day | 20 National Cheese Lovers Day | 21 National Hugging Day | 22 National Blonde Brownie Day |
| 23 National Pie Day | 24 Compliment Day | 25 Opposite Day | 26 Spouse's Day | 27 Chocolate Cake Day | 28 Fun at Work Day | 29 National Puzzle Day |
| 30 National Insane Answering Message Day | 31 Inspire Your Heart With Art Day | | | | | |

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Brain Exercise Answers

SOLUTION



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.