

Food and Fitness

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Shelf Stable Foods In Case of Emergency

West Virginia
Bureau of Senior
Services



As the weather turns colder, the worry of bad weather with snow and ice comes into the forefront. Which increases the possibility of a loss of electricity and water, inability to get to a local grocery store, lack of food delivery services, and other possibilities. This is where shelf stable foods become an important part of a grocery list and to have in your home pantry.

The USDA defines shelf stable food as: "These non-perishable products include jerky, country hams, canned and bottled foods, rice, pasta, flour, sugar, spices, oils, and foods processed in aseptic or retort packages and other products that do not require refrigeration until after opening. Not all canned goods are shelf stable."

When we cannot get out to go to the store, it is important to always have a few shelf-stable foods on hand in addition to our normal foods we purchase like milk and bread. Some ideas of foods to keep on hand are:

- ♥ **Soft Grains:** all-purpose flour, rye, hard winter wheat, barley, and soft white wheat

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Shelf-Stable Food Safety

SHELF-STABLE FOOD STORAGE CHART

FOOD	STORAGE ON SHELF	STORAGE AFTER OPENING
Canned ham (shelf-stable)	2 to 5 years	3 to 4 days in the refrigerator
Low-acid canned goods. Examples: canned meat and poultry, stews, soups (except tomato), spaghetti (noodle and pasta) products, potatoes, corn, carrots, spinach, beans, beets, peas, pumpkin.	2 to 5 years	3 to 4 days in the refrigerator
High-acid canned goods. Examples: juices (tomato, orange, lemon, lime and grapefruit); tomatoes; grapefruit, pineapple, apples and apple products, mixed fruit, peaches, pears, plums, all berries, pickles, sauerkraut and foods treated with vinegar-based sauces or dressings like German potato salad and sauerbraten.	12 to 18 months	5 to 7 days in the refrigerator
Home canned foods	12 months. Before using, boil 10 minutes for high-acid foods; 20 minutes for low-acid foods	3 to 4 days in the refrigerator
Jerky, commercially packaged	12 months	N/A
Jerky, home-dried	1 to 2 months	N/A
Hard/dry sausage	6 weeks in pantry	3 weeks refrigerated, or until it no longer smells or tastes good.
USDA Dried Egg Mix	Store below 50 °F, preferably refrigerated, for 12 to 15 months	Refrigerate after opening. Use within 7 to 10 days. Use reconstituted egg mix immediately or refrigerate and use within 1 hour.
Dried egg whites	Unopened dried egg products and egg white solids can be stored at room temperature as long as they are kept cool and dry. After opening, store in the refrigerator.	Refrigeration is not required unless reconstituted.

(Chart continued at the bottom of page 3)



Shelf Stable Foods In Case of Emergency

(Continued From Page 1)

- ♥ **Canned or Dried Beans:** pinto, lima, kidney, blackeye, and garbanzo beans
- ♥ **Pastas and Mixes:** white rice, cornmeal, baking soda, and hard pastas
- ♥ **Powdered Milk**
- ♥ **Canned foods:** meat, tuna, vegetables, and fruits
- ♥ **Peanut Butter**
- ♥ **Tea and Coffee**
- ♥ **Herbs and Spices**

Once you have these foods readily available in your home, it is also important to check and evaluate the quality and use by dates often. Not only is it important to have these foods on hand but it is just as important to make sure these foods are safe to eat (see page 3 for handout).

When purchasing foods to have on hand in case of emergency, keep in mind that in some instances you may have electricity and running water and in other times you may not. When writing out your shelf stable grocery list, you would want to include foods that require little to no heating while in some instances you may still want to have foods that you can also cook.

FOOD	STORAGE ON SHELF	STORAGE AFTER OPENING
MRE's (Meals, Ready to Eat)	120 °F, 1 month 100 °F, 1 1/2 years 90 °F, 2 1/2 years 80 °F, 4 years 70 °F, 4 1/2 years 60 °F, 7 years	Refrigeration will increase the shelf-stable storage times.
Tuna and other seafood in retort pouches	18 months	3 to 4 days in the refrigerator
Meat or poultry products in retort pouches	Use manufacturer's recommendation on the package.	3 to 4 days in the refrigerator
Rice and dried pasta	2 years	After cooking, 3 to 4 days in the refrigerator

Turkey Veggie Meatloaf Cups



Ingredients

- ♥ 2 cups coarsely chopped zucchini
- ♥ 1 1/2 cups coarsely chopped onions
- ♥ 1 red bell pepper, coarsely chopped
- ♥ 1 pound extra lean ground turkey
- ♥ 1/2 cup uncooked couscous or bread crumbs
- ♥ 1 egg
- ♥ 2 tablespoons Worcestershire sauce
- ♥ 1 tablespoon Dijon mustard
- ♥ 1/2 cup barbecue sauce

Instructions

1. Preheat oven to 400 degrees F.
2. Spray muffin tin with cooking spray.
3. Place zucchini, onion, and red pepper into a food processor until finely chopped or cut by hand.
4. In a mixing bowl, add the vegetables, ground turkey, couscous or bread-crumbs, egg, Worcestershire sauce, and Dijon mustard.
5. Mix until all ingredients are combined.
6. Fill each muffin tin with the meatloaf mixture, about 3/4 full.
7. Top each muffin with about 1 teaspoon of barbecue sauce.
8. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of the meatloaves should reach at least 160 degrees F.
9. Let stand for 5 minutes before serving, then ENJOY.



Brain Exercise

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

Valentine's Day

Find the words in the list hidden in the puzzle grid below.



- | | | | |
|-----------|------------|----------|------------|
| ARROW | DEAR | KISS | SAINTE |
| BOUQUET | DIAMOND | LETTER | SMILE |
| BOW | FAMILY | LOVE | SWEETHEART |
| CAKE | FEBRUARY | MAILBOX | SWEETS |
| CANDLE | FLOWERS | NECKLACE | TEDDY BEAR |
| CANDY | FOURTEENTH | PARTY | TRADITION |
| CARD | FRIENDS | PERFUME | VALENTINE |
| CELEBRATE | GIFTS | PINK | WEDDING |
| CHOCOLATE | HEARTS | PRESENT | WHITE |
| CUPID | HONEY | RED | WINK |
| DANCE | HUG | RING | |
| | | ROSES | |



FEBRUARY 2016



SUN	MON	TUE	WED	THU	FRI	SAT
	1 National Freedom Day	2 Ground Hog Day	3 The Day the Music Died	4 Thank a Mailman Day	5 National Weatherman's Day	6 Eat Ice Cream For Breakfast Day
7 Send a Card to a Friend Day	8 Kite Flying Day	9 Fat Tuesday	10 Umbrella Day	11 White T-shirt Day	12 Plum Pudding Day	13 Get a Different Name Day
14 Valentine's Day	15 Presidents Day	16 Do a Grouch a Favor Day	17 Random Acts of Kindness Day	18 National Battery Day	19 National Chocolate Mint Day	20 Cherry Pie Day
21 Card Reading Day	22 Walking the Dog Day	23 Tennis Day	24 National Tortilla Chip Day	25 Pistol Patent Day	26 National Pistachio Day	27 No Brainer Day
28 Public Sleeping Day	29 Leap Day					

- ♥ *American Heart Month*
- ♥ *An Affair to Remember Month*
- ♥ *Black History Month*
- ♥ *Canned Food Month*
- ♥ *Creative Romance Month*
- ♥ *Great American Pie Month*
- ♥ *National Cherry Month*
- ♥ *National Children's Dental Health Month*
- ♥ *National Grapefruit Month*
- ♥ *National Weddings Month*



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Valentine's Day

Find the words in the list hidden in the puzzle grid below.

**Brain
Exercise Answers**

