



January

SNAC News

Wyoming State Nutrition Action Coalition

There are over 1500 varieties of canned foods.

Canned foods should be stored in cool, dry places; not near the stove, under the sink, in a damp garage or exposed to high or low temperatures.

High-acid foods, like tomatoes and other fruit, should be used within about 18 months.

Low-acid foods, such as meat and vegetables, can be kept 2 to 5 years.

Sources:
Canned Food Alliance
www.mealtime.org
ChooseMyplate.gov

Add-a-Can and Build a Snowman

Shopping and Storing Canned Foods

Canned foods can be stored for long periods of time. Take advantage of sales and keep for later use.

Here are some definitions:

“Use-by” or **“Best-if-used-by”** date indicates how long the product will be fresh and at top quality. After the date, it is safe to eat but may not taste as good.

“Sell-by” date is that last day a product should be sold from the grocery store. Most foods will be fresh and safe to eat after the sell-by date.

“Expiration date” is the last date a product should be eaten and may not be safe after that date has passed.

For foods that do not have dates, use a marker to label when you purchased them.

Nutrition Benefits of Canned Foods

Make half your plate fruits and vegetables! All forms – canned, frozen, dried, and fresh – provide needed nutrients.

Canned foods offer more variety year round. Canned produce is processed while the food is at their peak for freshness.

Canned tomatoes are rich in lycopene. Canned pumpkin is high in beta carotene (vitamin A). Canned beans and legumes offer lower fat and inexpensive protein as well as thiamin, iron, folate and potassium.

Canned tuna or canned salmon can be added to several dishes. Salmon is high in omega-3 fatty acids.

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent\$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs. 2012

Activity – Build a Snowman

Build a snowman – either for real, or go through the motions physically. Get all parts of your body moving.

- 1. The base.** Start with a snowball. Add more snow and pat the new snow onto the snowball. Once it is large enough, place the ball on the ground and roll it through the snow adding and packing new snow until you get the size you want (no snow, run around the yard pretending you are rolling a larger and larger ball of snow).
- 2. The middle.** Repeat step one with a smaller ball. Place onto the base.
- 3. The head.** Repeat step two with an even smaller ball. Place onto the middle.
- 4. Finish the snowman.** Walk through the house, upstairs, downstairs, reaching in closets, bending over to look low too.

Eyes – buttons, rocks, wadded up mittens

Nose – carrot, stick, toilet paper tube

Hat – any hat, or modify an old box

Scarf – scarf, old towel

Arms – sticks, paper towel tube

Comments on How to Add-a-Can

Start with

Pasta

Baked chicken

Meatloaf

(beef or turkey)

Mashed potatoes

Rice

Macaroni and Cheese

Tossed green salad

Chili

Nachos

Cake

Smoothies

Spaghetti Sauce

Add-a-Can

mushrooms, green beans or tuna

mushrooms, olives, spinach, sweet potatoes

carrots, tomatoes, green beans, salsa, mushrooms

– *chop finely, add before baking*

pumpkin, sweet potatoes, carrots, spinach

olives, black beans, kidney beans, mixed vegetables

– *prepare rice with low-sodium broth, add veggies at the end*

corn, tuna, ham – *add to cooked mac and cheese, bake in oven until brown*

garbanzo beans, pears, mandarin oranges, beets

canned chicken, beans, green chilies, black-eyed

peas, pumpkin, and corn

drained, diced tomatoes; black beans, olives, corn

carrots or beets, pureed; or pumpkin

fruit cocktail, peaches, blueberries

Canned fish

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women Infant and Children (WIC) 800-994-4769