

# Peas and Carrots

Winter Edition M5--PY08



## Vitamin D is Divine!

Vitamin D's major functions are to maintain normal levels of calcium and phosphorus in blood. It also assists in the absorption of calcium and helps form and maintain strong bones. New research suggests Vitamin D may offer protection from osteoporosis, hypertension, and cancer, as well as several autoimmune diseases.

Vitamin D is naturally found in only a few dietary sources such as fish, eggs, and cod liver oil. Many products are now fortified with Vitamin D, like milk, orange juice, and cereal. The sun is also a significant contributor to our daily production of vitamin D. As little as 10 minutes of exposure is thought to be enough to prevent deficiencies.

Rickets is caused by a Vitamin D deficiency and can result in skeletal deformities. In adults with severe Vitamin D deficiency, bone mineral is lost and results in bone pain and soft bones, or osteomalacia. People at high risk of Vitamin D deficiency are the elderly, dark skinned, obese, and those who get very little sun.

Now that Indiana is bright and sunny again, take a walk outside! Not only will you increase your Vitamin D consumption, you will also be getting valuable exercise and helping your heart.

Source: [http://www.mayoclinic.com/health/vitamin-d/NS\\_patient-vitamind](http://www.mayoclinic.com/health/vitamin-d/NS_patient-vitamind)

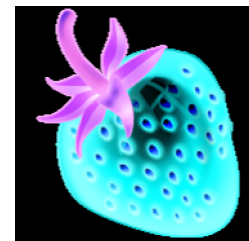
### Did you know?

To decrease fat and calories in baking, you can substitute applesauce for oil. Use the same amount of applesauce for baked goods that come out light and moist, but with fewer fat and calories!



### Strawberry Salsa

Prep Time: 10 minutes  
Cook Time: 2 hours  
Ready In: 2 hours, 10 minutes  
Yields: 4 cups



- 1 pint fresh strawberries, sliced
- 4 roma (plum) tomatoes, seeded and chopped
- 1 jalapeno pepper, seeded and minced
- 2 cloves garlic, minced
- 1 lime, juiced
- 1 Tablespoon olive oil

In a large bowl, combine all ingredients. Toss together to mix and coat. Cover dish and refrigerate for 2 hours to chill. This sweet salsa is great with pork and chicken.

"Every day do something that will inch you closer to a better tomorrow."

- Doug Firebaugh

"Peas & Carrots" is created and developed by the Indiana Family & Social Services Administration, Division of Aging

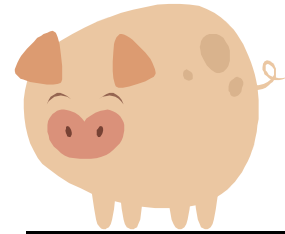


"People helping people help themselves"

## Agricultural Products From Indiana

T	L	N	B	G	W	L	E	S	S	A	T	S
O	P	E	E	H	S	T	E	B	E	N	E	S
P	S	R	E	S	K	W	O	A	E	L	C	N
E	U	A	F	S	P	A	S	B	P	S	E	A
C	T	T	C	R	P	E	N	P	A	K	M	E
P	T	L	A	E	E	B	A	R	E	C	P	B
K	L	L	T	B	P	K	P	R	E	U	C	Y
E	A	T	T	M	P	E	B	O	M	D	M	O
M	E	B	L	U	E	B	E	R	R	I	E	S
R	I	C	E	C	R	E	A	M	L	B	N	L
S	M	M	K	U	M	S	N	K	R	R	T	T
C	E	R	S	C	I	S	S	G	O	H	T	C
T	T	L	S	C	N	R	O	C	P	O	P	C
A	T	O	M	A	T	O	E	S	S	O	R	N

Tomatoes  
 Wheat  
 Ducks  
 Sheep  
 Beef Cattle  
 Corn  
 Popcorn  
 Blueberries  
 Snap Beans  
 Peppermint  
 Spearmint  
 Hogs  
 Cucumbers  
 Soybeans  
 Apples  
 Milk  
 Ice Cream  
 Tobacco



### The Rising Cost of Food and Tips for Saving Money

You've probably already noticed that a trip to your local grocery store is costing more and more. Food prices are increasing at the fastest rate since 1990 and after almost two decades of low food inflation, prices for staples like bread, milk, eggs, and flour are increasing sharply, according to the Labor Department. For example, milk prices increased 26% over the year and egg prices increased an incredible 40%.

Many factors contribute to these higher food prices, but record prices for oil is the main reason. Not only are record oil prices escalating production and transportation costs, but they also increase the demand for corn and soybeans, which are used to make alternative fuel like ethanol and biodiesel. Corn is a main ingredient in livestock feed and as the price of corn increases, so does the price of feed and ultimately, the prices of meat, poultry, and eggs.

What can you do to keep your food costs under control? The first step to saving money is planning ahead. Before you go to the grocery store, consider these simple tips for big savings.

- \* Sit down with supermarket sale circulars before heading to stores. Plan out menus based on specials and in-season produce.
- \* Always make out a shopping list. Shop and stick to the list.
- \* Clip coupons from newspapers, magazines, or the Internet for products that you buy routinely. Take advantage of double coupons days or in-store specials.
- \* Consider stocking up on frequently used items while they're on sale.
- \* Go through cabinets routinely to use up canned and boxed staples.

Sources: The Boston Globe [http://www.boston.com/business/personalfinance/articles/2008/03/09/surging\\_costs\\_of\\_groceries\\_hit\\_home/?page=1](http://www.boston.com/business/personalfinance/articles/2008/03/09/surging_costs_of_groceries_hit_home/?page=1); <http://allrecipes.com/HowTo/Cheaper-Meal-Planning/Detail.aspx>