

On the Table

In
Lycoming
County

Preface

One of the most important things we can do for our own health and the health of our families is to provide nutritious meals. Living on a tight budget can at times make this seem nearly impossible.

This handbook offers tips on how to stretch our food budgets without hurting our nutrition or the nutrition of our family members. It also includes information about food programs that that may be available to help you.

“On the Table” offers real nutrition solutions. We hope you find it useful.

This guide was prepared by the Pennsylvania Nutrition Education Network (PA NEN) in consultation with the Pennsylvania Department of Public Welfare (DPW) and funded by PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA’s Food Stamp Program. The original concept for this guide was adapted with permission from the Pennsylvania Hunger Action Center. The PA NEN facilitates communication among those individuals, organizations, and agencies concerned with community nutrition education. The Network mission is to ensure that effective and appropriate nutrition education is available, primarily for low-income populations, across the state.

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Pennsylvania Nutrition Education Network
PENNSYLVANIA NUTRITION EDUCATION TRACKS
Pennsylvania Department of Public Welfare

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<http://panen.psu.edu>
<http://www.patricks.org>
<http://www.dpw.state.pa.us/>

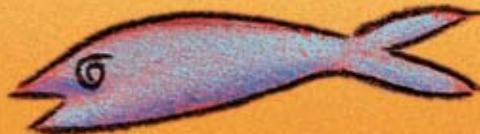
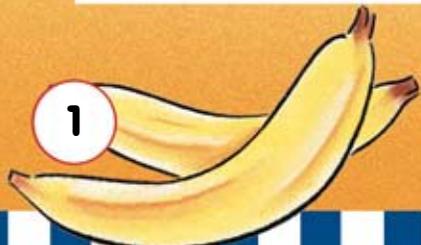


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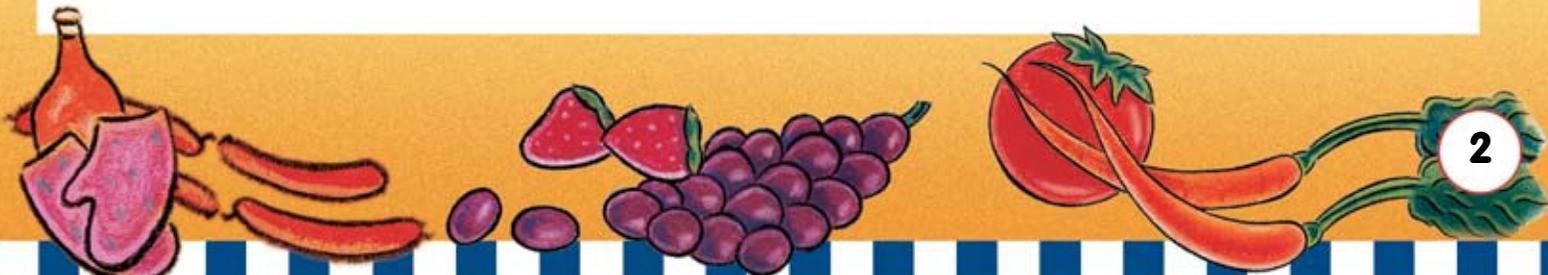
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MyPyramid: Steps to a Healthier You • MyPyramid.gov

One size does not fit all. MyPyramid offers a personal eating plan with the foods and amounts that are right for you. Just enter your age, height, weight, and gender on www.MyPyramid.gov to get personalized recommendations. To get you started, try the following tips.



GRAINS



Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or ½ cup of cooked rice, cereal or pasta



VEGETABLES

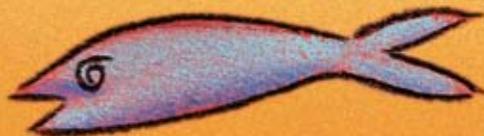
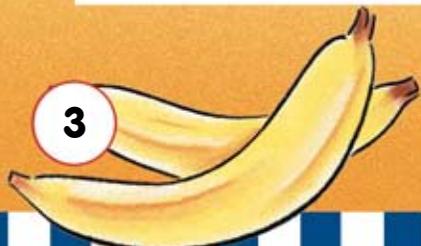


Vary your veggies

Eat more dark green veggies like broccoli, spinach, and other dark leafy greens

Eat more orange vegetables like carrots and sweet potatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils



FRUITS



Focus on fruits
Eat a variety of fruit
Choose fresh, frozen, canned or dried
Go easy on fruit juices



MyPyramid.gov
STEPS TO A HEALTHIER YOU

MILK

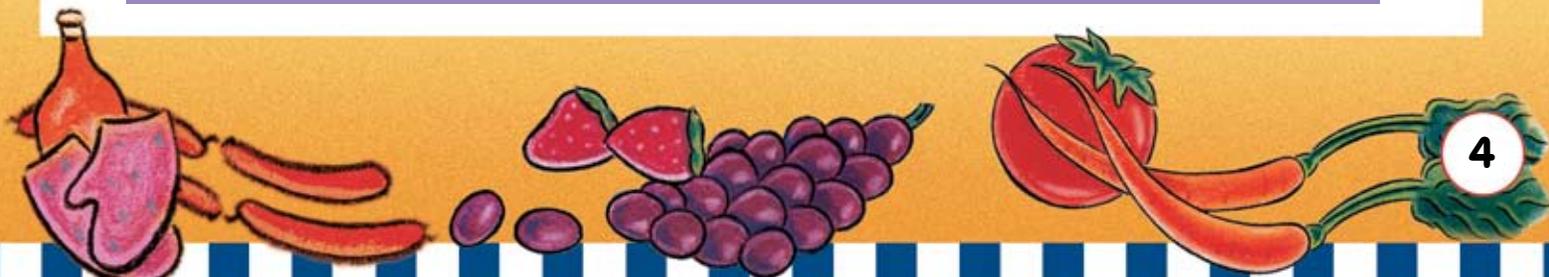


Get your calcium-rich foods
Go low-fat or fat-free when you choose milk products
If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS



Go lean with protein
Choose low-fat or lean meats and poultry
Bake it, broil it, or grill it
Vary your protein routine—choose more fish, beans, peas, nuts, and seeds



Saving Money at the Grocery Store

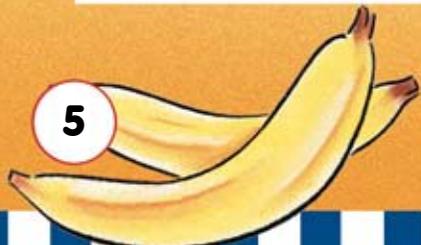
Simple planning can save you money when shopping for food. Follow these tips while at the store.

Before you shop:

- Plan meals (and include leftovers)
- Make a shopping list
- See what's on sale
- Clip coupons for the items you need

At the grocery store:

- Bring a list
- Buy store and generic brands
- Look for cheaper items on the top and bottom shelves
- Compare cost per serving (unit cost)
- Buy in bulk and freeze extras
- Stock up on special sale items if you can
- Don't go down every aisle if you don't need to
- Limit empty-calorie foods like soda, pastries, and candy. Instead spend those food dollars on nutritious foods like fruits, vegetables, whole grains, and low-fat dairy. These foods give you more nutrients for your dollar.



Using the Nutrition Facts Label for Healthy Eating

Food Labels can help you make healthier food choices. Use the Nutrition Facts label for the Fun Fruit Dip (see page 9 for the recipe) to learn more about the foods you buy and eat.

Check the serving size and number of servings

If you double the servings you eat, you double the calories and nutrients. When you compare calories and nutrients between brands, check to see if the serving size is the same. This recipe has 4 servings.

Look for Foods Rich in these Nutrients

Some Americans don't get enough vitamins A and C, calcium, and iron, so choose the product with the higher % DV for these nutrients.

Daily Value

Tells whether a food has a lot or a little of a nutrient. A higher number means the food has more of the nutrient. A lower number means it has less of the nutrient. As a guide, foods with a 5% Daily Value or less have a small amount of that nutrient while those with a 20% Daily Value or more have a large amount.

Nutrition Facts

Serving Size 1/4 of recipe (169 g)
Servings Per Container 4

Amount Per Serving
Calories 120 **Calories from Fat 10**

		% DAILY VALUE*
Total Fat	1 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	

Cholesterol	5 mg	2%
Sodium	40 mg	2%
Total Carbohydrate	25 g	8%
Dietary Fiber	3 g	12%
Sugars	20 g	

Protein	4 g	
Vitamin A	2%	Vitamin C 35%
Calcium	10%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

Calories from Fat

The dietary guidelines recommend people get no more than 30 percent of their calories per day from fat.

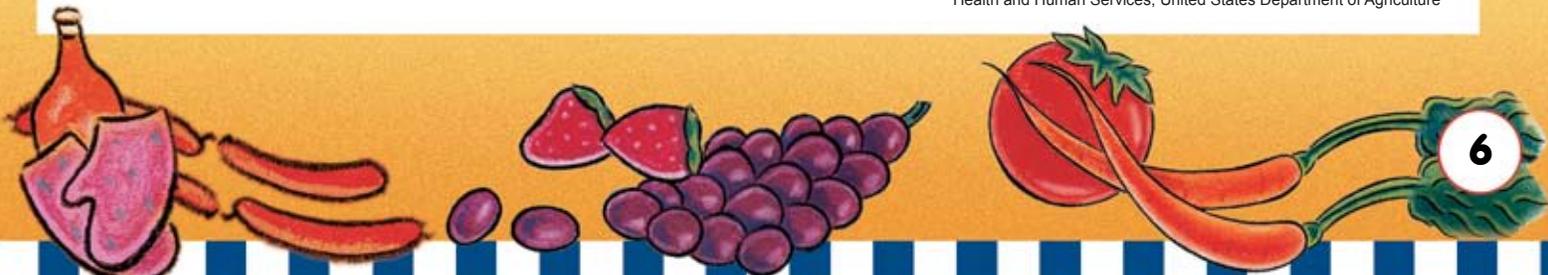
Trans fat doesn't have a % DV, but consume as little as possible. Trans fat can increase your risk of heart disease.

Reach for Healthy Carbohydrates and Protein

Fiber and sugars are types of carbohydrates. Fiber is an important part of a healthy diet. Try to eat at least the minimum recommended amount of 20-35 grams of dietary fiber per day for adults. Rich sources of fiber often include fruits, vegetables, beans, and whole grains.

When choosing a food for its protein content, such as meat, poultry, dry beans, milk and milk products, make choices that are lean, low-fat, or fat free.

*Adapted from "What's on a Label?" University of Massachusetts Amherst. UMass Extension. Nutrition Education Program. and "Eating Healthier and Feeling Better Using the Nutrition Label" Department of Health and Human Services; United States Department of Agriculture



Unit Pricing

When comparing the cost of two different sizes of the same food, or two different brands that are of different weights, it can be hard to figure out which one is a better buy. The tag on the shelf should tell you the total price and the unit price—this way, you can get the best deal.

Below are tags for two different sizes of the same brand of instant rice. Which is the better deal?

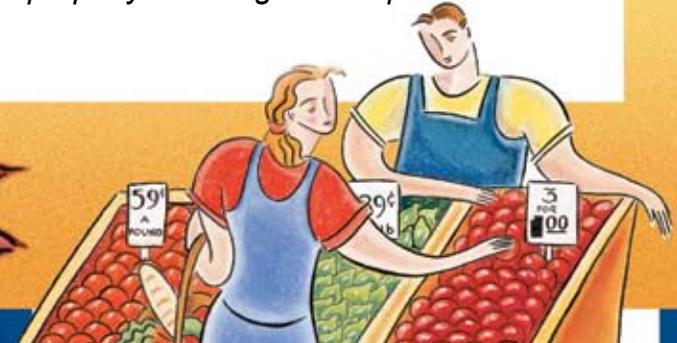
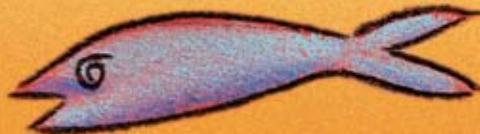
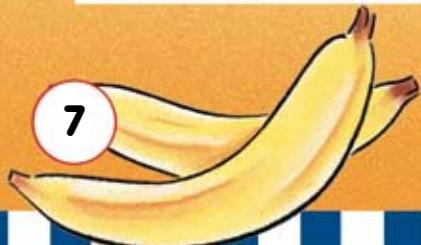
UNIT PRICE \$2.05 PER POUND	PRICE \$1.79 16 oz
16 ounces Instant White Rice	

UNIT PRICE \$1.71 PER POUND	PRICE \$2.99 26 oz
28 ounces Instant White Rice	

16 ounces of rice costs \$1.79 and its unit price is \$2.05 per pound.
28 ounces of rice cost \$2.99, and its unit price is \$1.71 per pound.

The 28 ounce box of rice is the better deal. Per pound, it costs 34 cents less.

Often the larger size containers offer the best unit price, but not always. The big, economy size is not a good buy if you cannot store it properly. You might end up with leftovers that spoil or are thrown out.



Tortilla Pizza**

A quick and easy dinner that the entire family will enjoy. Recipe makes 6 pizzas.

Ingredients:

- 12 small flour or corn tortillas**
- vegetable oil or margarine**
- 1 can (16 ounce) refried beans**
- 1/4 cup chopped onion**
- 2 ounces diced fresh or canned green chili peppers**
- 6 tablespoons red taco sauce**
- 3 cups chopped vegetables, such as broccoli, mushrooms, spinach, and red bell pepper (fresh, frozen, or canned vegetables will work)**
- 1/2 cup cheese, shredded part-skim mozzarella**
- 1/2 cup chopped cilantro (optional)**

Estimated costs:

Per Recipe: \$ 3.58
Per Serving: \$ 0.60

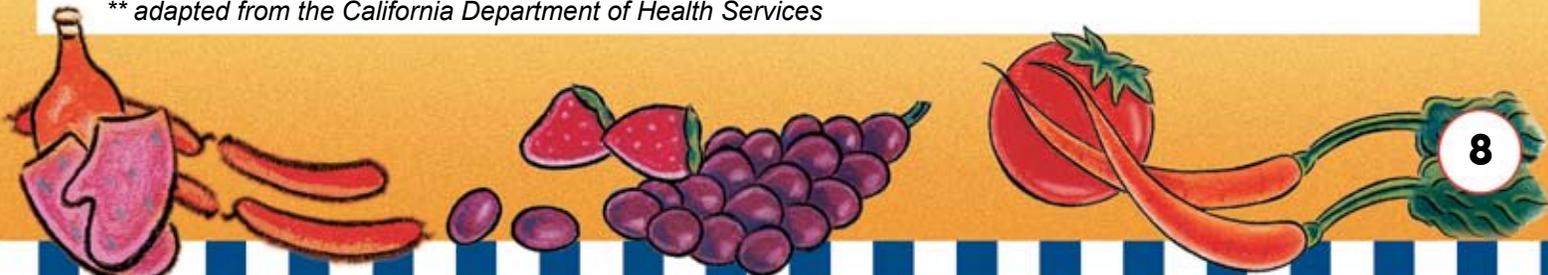
Instructions:

1. Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2. Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3. Heat refried beans, onion, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4. Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with 1 tablespoon taco sauce, then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5. Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.

Nutrient Data

1 Pizza Per Serving: Calories 370, Total Fat 9g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 5 mg, Sodium 950 mg, Carbohydrate 63g, Dietary Fiber 9g, Protein 15g, Vitamin A 180%, Vitamin C 25%, Calcium 20%, Iron 25%

** adapted from the California Department of Health Services



Fun Fruit Dip

A kid-friendly, healthy snack. Try making this with any favorite fruit.

Ingredients:

- 1 apple
- 1 orange
- 1 banana
- 1/4 cup orange juice
- 1 cup vanilla yogurt
- 1/2 teaspoon cinnamon

Instructions:

1. Core and slice the apple.
2. Slice banana into thin circles.
3. Peel the orange and break it into sections.
4. Pour the orange juice into a small bowl.
5. Dip the fruit pieces into the orange juice to prevent browning.
6. Arrange on a plate.
7. Mix the yogurt and cinnamon in a small bowl.
8. Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit.

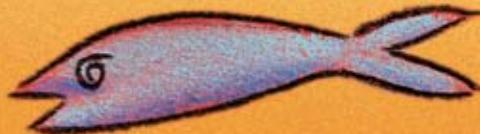
Nutrient Data

1/4 of the Recipe Per Serving: Calories 120, Total Fat 1g, Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 5 mg, Sodium 40 mg, Carbohydrate 25g, Dietary Fiber 3g, Protein 4g, Vitamin A 2%, Vitamin C 35%, Calcium 10%, Iron 2%

Estimated cost:

Per Recipe: \$ 1.50

Per Serving: \$ 0.38



The Supplemental Nutrition Program for Women, Infants and Children (WIC)

Good nutrition is important to a young child's development and success in his/her later years. Certain foods, such as those high in iron, vitamins, calcium and protein, are particularly important.

WIC is a program that provides monthly vouchers for these foods along with nutrition, immunization and breastfeeding education and support. Studies have shown that WIC improves weight gain in pregnant women and the growth rates in infants and children.

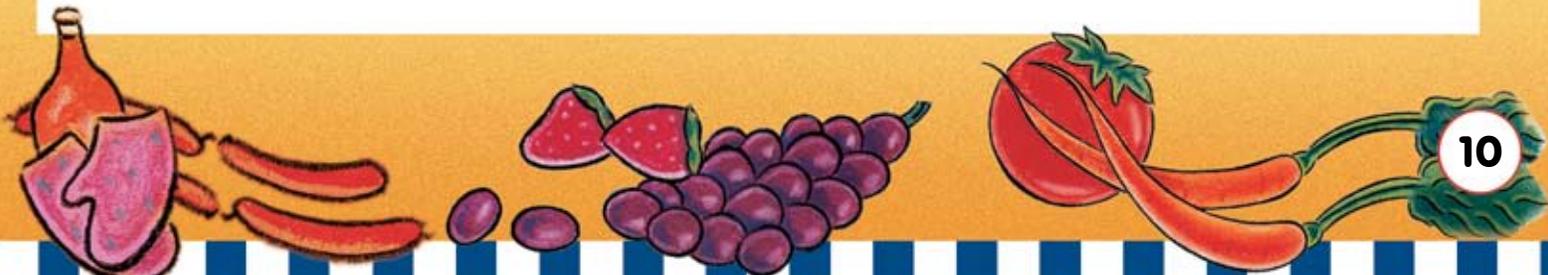
Basic food packages include such foods as milk, eggs, cheese, fruit and vegetable juices, cereal, peanut butter, dried beans and peas.

Who is eligible?

- Pregnant or postpartum women
- Infants
- Children up to age 5
- To qualify, your household income must be below the value shown in column 4 of the table shown on page 21.

How do you apply?

Contact the PA Department of Health at **1-800-WIC WINS (1-800-942-9467)** for more information.



The Child and Adult Care Food Program (CACFP)

The CACFP pays for the meals that registered daycare providers serve the children in their care.

With CACFP, you can be sure that your daycare provider is serving your child well-balanced meals. The program also develops and promotes good eating habits early on in your child's life by teaching about nutrition and health.

Is your Provider Participating?

Call the PA Department of Education – CACFP at **1-800-331-0129** for more information.

Head Start

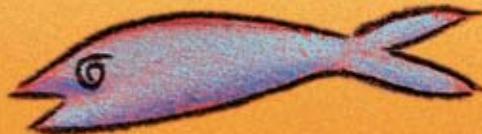
Head Start is a preschool program for 3- to 5-year-olds which offers early education, health, nutrition and other family support services. Every Head Start center is enrolled in the CACFP. If your child is enrolled in Head Start, you can be sure that she/he is receiving a head start on nutrition.

For more information, call **570-385-3986**.

Who is eligible?

If your provider is located in a low-income area, then all children are eligible. Otherwise, for your child to be eligible,

your monthly household income must be below the value shown in column 1 of the table on page 21.



The School Breakfast Program, National School Lunch Program and After-School Snack Program

When you send your child to school in the morning, you want them to be able to do their best. A healthy breakfast and lunch helps your child to do just that. Studies have shown that nutritious meals help children perform better in school. Those who are hungry are more prone to illness, anxiety, depression and behavioral problems.

The School Breakfast Program (SBP) provides at least one-quarter of a child's Recommended Daily Allowances; the National School Lunch Program provides at least one-third. Both meals must follow the 1995 Dietary Guidelines for Americans, giving your child a healthy breakfast and lunch. Through participation in School Breakfast and School Lunch, public and private schools can offer their students free, reduced-priced or full-priced breakfasts and lunches. Some districts also serve healthy snacks under the After-School Snack Program.

Who is eligible?

Free Meals: children of households with a monthly income below the value shown in column 2 of the table on page 21.

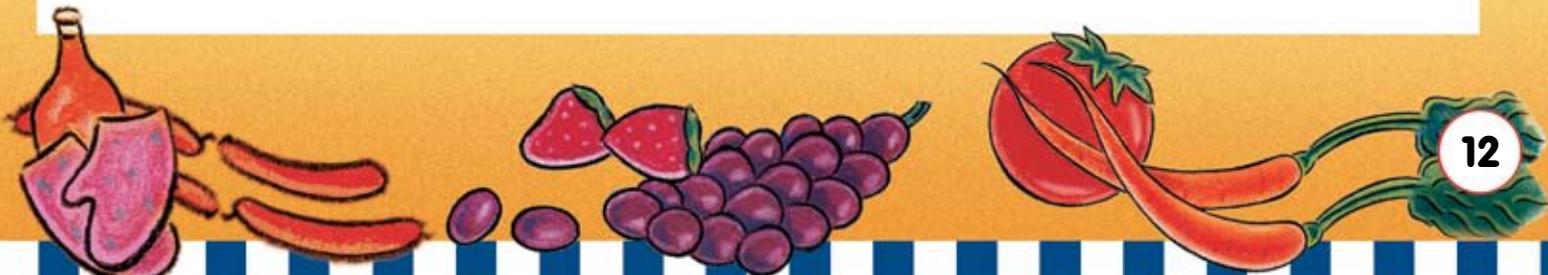
Reduced-Price Meals: children of households with a monthly income below the value shown in column 4 of the table on page 21.

To qualify for free or reduced price meals, you must fill out an application provided to you by your school or online at <http://www.compass.state.pa.us>.

Does Your Local School Offer Breakfast?

If your school building does not offer School Breakfast, contact your school board and Parent Teacher Organization. Ask them to start providing School Breakfast; funds are available to help.

For more information on available funds, call the PA Department of Education at **1-800-331-0129**.



Summer Food Service Program

If your child receives free or reduced-price lunches at school, summer can be difficult time. Suddenly you need to provide your child with three meals instead of one or two.

The Summer Food Service Program (SFSP), administered by the Pennsylvania Department of Education, helps cover the cost of summer meals. Local organizations such as school districts, churches, summer day camps, YMCA's and food banks sponsor the sites where children may receive meals. Like you, Summer Meal sponsors understand that your child needs just as much energy and nutrition in the summer as she/he does during the school year.

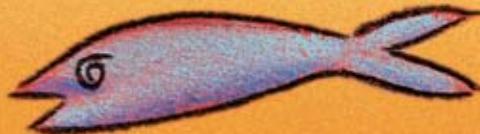
Who is eligible?

There are two types of sites for children under the age of 18: open and enrolled. At an open site, *any* child may participate, regardless of his/her household's income. Open sites are only found in areas where at least 50 percent of the school children qualify for free or reduced-price school meals. At an enrolled site, each child's

eligibility for the Program is based on family income. Those children whose family's monthly income is below the value shown in column 4 of the table on page 21 are eligible.

How do you apply?

Call the PA Department of Education at **1-800-331-0129** to find when and where summer meals are offered.



Congregate/Home-Delivered Meals for Seniors

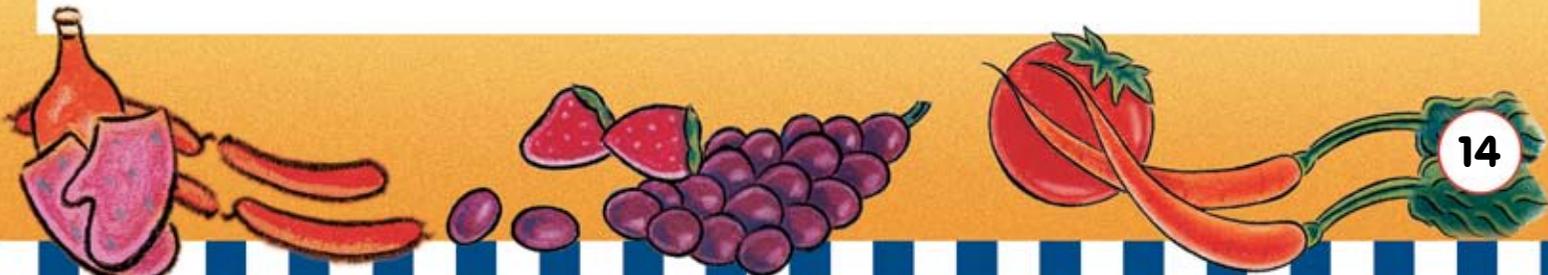
As a senior, you may find it difficult not only to budget for three meals a day but to also prepare those meals for yourself. The Nutrition Program for the Elderly offers nutritious free meals to seniors. While the Congregate program, served at senior centers, offers both nutrition and interaction with others, the Home-Delivered meals (also known as Meals on Wheels) allow those who are homebound to eat healthfully.

Who is eligible?

Anyone over the age of 60, disabled individuals living in a senior facility and those who accompany elderly participants.

How do you apply?

Contact you local Area Agency on Aging for information about the senior center closest to you. You may also contact the PA Department of Aging at **717-783-6207** or Pennsylvania's Long Term Care Helpline at **1-866-286-3636**.



The Pennsylvania Farmers' Market Nutrition Program

Fresh fruits and vegetables are full of the nutrients needed for a healthy diet. The Farmers' Market Nutrition Program (FMNP) gives you the chance to enjoy more of these fresh items.

The Program provides coupons to be used to buy fresh, unprepared fruits, vegetables and herbs at local farmers' markets from June through November. Only Pennsylvania-grown produce can be purchased; as such, the Program helps local farmers as well.

Who is eligible?

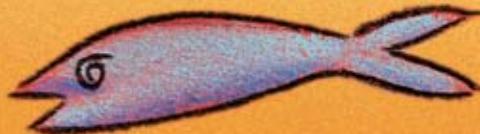
- Seniors (60 years and over) with a household income below the value shown in column 4 of the table on page 21.
- WIC Program participants

How do you apply?

WIC participants receive their FMNP coupons from their local WIC office (see page 6). Seniors receive their coupons at their local senior centers. For more information, call the PA Department of Agriculture at **717-787-4737**.



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Commodity Supplemental Food Program

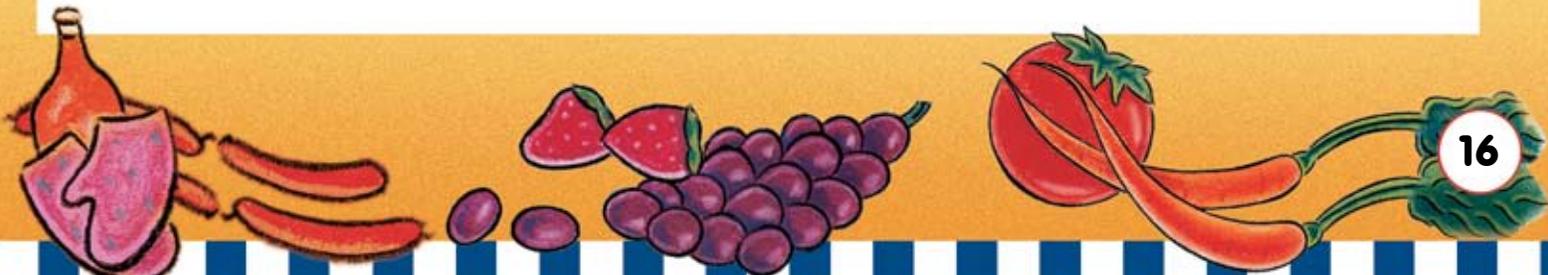
Through the Commodity Supplemental Food Program (CSFP), eligible mothers, children and seniors may receive free monthly 40 pound food packages containing such healthy items as infant formula and cereal, non-fat dry and evaporated milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, egg mix, peanut butter, dry beans or peas, cheese and canned meat, fruits and vegetables. Each package is adapted to the person's health needs.

Who is eligible?

- Children up to age 6 who are no longer participating in WIC and have a monthly household income below the value shown in column 4 of the table on page 21.
- Seniors over the age of 60 with a monthly household income below the value shown on page 2 of the table on page 21.
- WIC-eligible mothers may also participate if they are unable to participate in the WIC program.

How do you apply?

For more information, contact your local food bank or call the PA Association of Regional Food Banks at **724-743-3000**.



Emergency Food

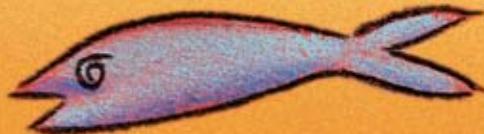
Food pantries help you during those times when your family's food budget just does not reach. Pantries distribute such healthy food items as canned fruits, juices, beef and pork, instant milk, dry pasta and baking mix.

Who is eligible?

Each pantry or kitchen has its own guidelines. Sites handing out federal or state food require a household's monthly income to be below the value shown in column 3 of the table on page 21.

How do you apply?

Call the National Hunger Hotline at **1-866-3HUNGRY** for a pantry near you.



The Food Stamp Program

If you want to provide your family with nutritious foods but find it difficult on a limited food budget, the Food Stamp Program (FSP) can help. It gives you the freedom to buy according to your family's tastes and nutritional needs.

The Program no longer uses paper stamps; instead it provides a debit card that you can swipe at the supermarket check-out line. Each month an additional amount is added to your account. The actual amount depends on income; on average, each person enrolled in the Program receives \$93 per month.

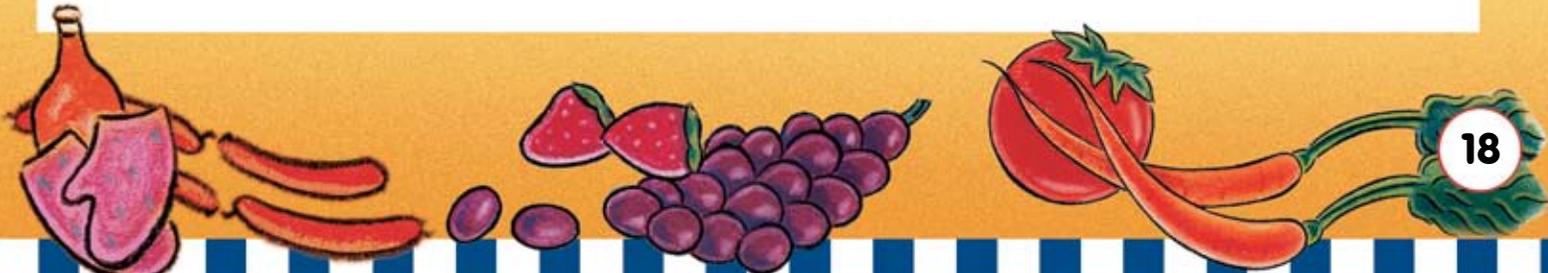
Who is eligible?

- In general, any household (with the exception of the elderly and disabled) must have a gross monthly income below the value shown in column 2 of the table on page 21.
- In addition, household cash and savings must be below \$2,000 (\$3,000 if the household includes a person who is elderly or disabled).
- One vehicle is not counted.
- Employed individuals only need to report small changes in income every 6 months.

How do you apply?

If you are not sure if you are eligible or would like to know how much you could receive in food stamp benefits, call the Food Stamp Application Line at **1-800-634-2033**. The telephone screening is confidential.

An online application is available at <http://www.compass.state.pa.us>.



Expanded Food and Nutrition Education Program

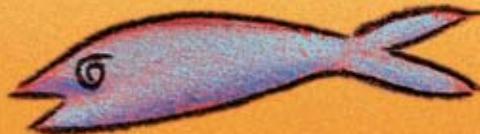
Penn State Cooperative Extension's Nutrition Links program is funded by the Expanded Food and Nutrition Education Program (EFNEP) to help children, youth and families with young children learn how to eat healthy on a limited budget. Participants learn how to plan tasty meals and shop smart, how to prepare simple snacks and healthful meals, how to feed babies and eat during pregnancy, how to keep food safe and healthy, and how to stretch food dollars and use food stamps wisely. They also learn about the importance of breakfast and basic cooking skills.

Classes are offered in a wide variety of community settings, including food pantries, WIC clinics, day care centers, shelters, migrant centers, summer camps, libraries, housing developments, and local grocery stores.

For more information on the program and classes near you, call **1-800-778-3535** or your county Cooperative Extension office listed in the phone book in the blue pages under county government.



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PENNSYLVANIA NUTRITION EDUCATION TRACKS

PENNSYLVANIA NUTRITION EDUCATION TRACKS develops and delivers nutrition education programs to individuals and families who receive or are eligible to receive Food Stamps. The goal of this program is to provide educational programs that increase, within a limited budget, the ability of all Food Stamp recipients to make healthy food choices consistent with the Dietary Guidelines for Americans and MyPyramid. These nutrition education programs are delivered by community partners.

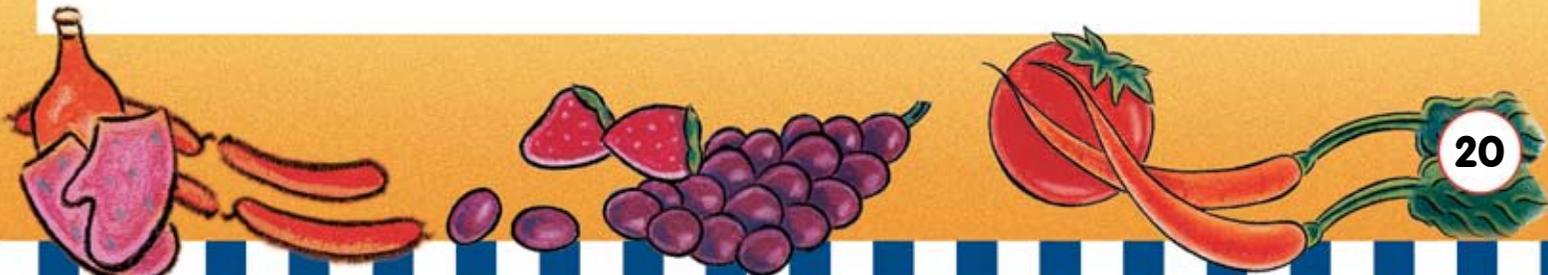
PA TRACKS is funded by the U.S. Department of Agriculture Food and Nutrition Service (FNS) and with matching state and local support. **PA TRACKS** is managed by the PA

Department of Public Welfare and by the Penn State University College of Health and Human Development.

PA TRACKS projects provide **free** shopping tips, recipes, cooking demonstrations, adult classes, after-school programs, classroom lessons, senior workshops and more for low-income Pennsylvanians.

There is a local TRACKS project in your area! For more information, please refer to the back inside cover of this booklet.

If you have further questions about this program, please call **814-863-0074** or visit **www.patrails.org**.



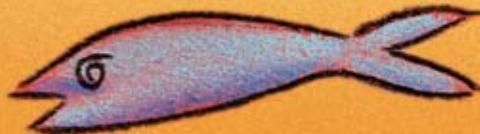
Monthly Gross Income Limits

You can use this table to see whether your family is eligible for the programs described in this guide. Each program has a monthly income limit. If your household's monthly income is below this limit, you may be eligible to participate in the program.

The numbers are based on the **2007** Federal Poverty Levels. First, find the number of members in your household in the left column. Then find the program in the top row. Where the two meet equals the highest income you can have in order to be eligible for that program. Income includes wages,

salaries, child support, SSI, unemployment compensation, etc. before taxes. However, it does not include the wages of any child under the age of 18. This table is revised annually; if your income falls slightly above the limit, call the program to see if you are eligible.

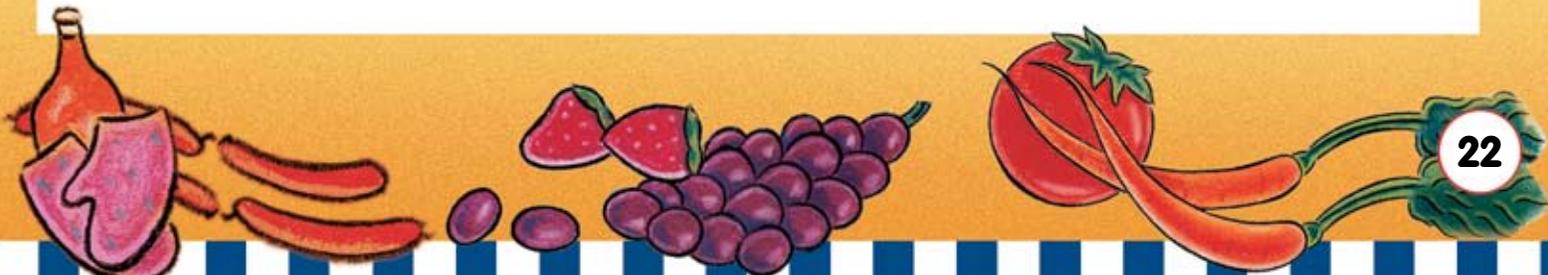
	Head Start	Food Stamp Program, CSFP (Seniors), School Breakfast Free Meals	Emergency Food	WIC, SFSP, FMNP, CSFP (Children), School Breakfast Reduced-Price Meals
Household size	100%	130%	150%	185%
1	851	1106	1276	1574
2	1141	1483	1711	2111
3	1431	1860	2146	2647
4	1721	2237	2581	3184
5	2011	2614	3016	3720
6	2301	2991	3451	4257



PA NEN School Breakfast Program

Students that have a healthy breakfast in the morning are more likely to sustain focus and achieve academic success. With this in mind, the Pennsylvania Nutrition Education Network (PA NEN) is promoting nutrition education and greater participation in school breakfast in schools across Pennsylvania, including the Williamsport Area School District. Schools provide nutrition education through a variety of ways including posters and handouts, taste testings, games, and lessons in classrooms. These lessons are geared to help students learn about and understand the 2005 Dietary Guidelines as well as MyPyramid and MyPyramid for Kids. It is hoped that as a result of this instruction, students will increase their knowledge about the importance of a healthy breakfast and what a healthy breakfast is. Schools that have 50% or greater free and reduced lunch participation are eligible to participate.

For more information about the program in Lycoming, please contact Steve Gauvry at **717-233-1791** or via e-mail at **sgauvry@pahunger.org**.





PA NUTRITION
Education Network

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