

Save money by using leftovers

Saving money in the grocery store is a skill many have developed. Another way to save money on the food budget is to avoid wasting the food that's bought.

A modern archeology project at the University of Arizona has been taking a long-term look at wasted food. "The Garbage Project" has come up with some interesting facts.

At least 7 to 10 per cent of food bought is thrown away unused. The figure may be as high as 9 to 14 per cent if you add food discarded down the disposal.

The largest dollar value item was meat and protein projects; the largest quantity in weight was fruits and vegetables.

It was estimated that an average two-person household wasted about \$300 worth of food at current prices a year during a two-year period.

Foods that had risen sharply in price were discarded in greater amounts. For instance, there was an increase in waste of protein foods when meat prices rose sharply. Researchers speculated that this may relate to trying new forms that were unacceptable or improperly prepared, or perhaps to hoarding and buying more than could be used before spoiling.

When you have a "cleaning out" session, analyze what foods you're throwing away. Try to decide what methods would have saved that food from its green whiskers.

Do you throw away small servings of vegetables or casseroles? If so, perhaps you could start a soup pot, adding the dabs to a one- or two-quart container stored in the freezer.

When the container is full, make a broth with a small amount of meat or poultry and thaw the whole chunk to make a creative soup—different each time.

Maybe you're throwing bread away. At today's prices, even the

heels are worth money. Allow bread to dry in an open container. It can be made into bread crumbs for toppings.

You can make your own flavored croutons using the heels and other bits of left-over bread that would otherwise be wasted. Planning a meat loaf or meat ball recipe when you notice a few odds and ends of bread is also good use.

If you're wasting fresh vegetables, such as celery or lettuce, investigate containers to keep them crisp

and usable for one or two weeks.

Rotating foods can help you keep a fresh supply. When you get a dozen eggs, leave them in their container and stack the old dozen on top. People will reach for the most convenient box.

Don't open a new container of salad dressing, fruits or vegetables until the old one has been used.

If you're wasting little dabs of meat, try using some new recipes such as crepes or omelets to give the meat a new twist.

Using the foods you do purchase more wisely can be as much of a boost to your food budget as finding that "good deal" in the grocery store. The Oregon State University Extension Service office nearest you

has more information about food buying, preparation and storage.

Omelets and crepes are a great way to make small amounts of leftover meat go further. It gives them a different flair that's definitely gourmet.

BASIC OMELET

For each serving use 2 eggs and 2 tablespoons water, ¼ teaspoon salt, dash of pepper. Combine and mix with fork. Heat 1 tablespoon margarine or butter in omelet pan until hot enough to sizzle a drop of water. Pour in egg mixture. Lift edges, allowing uncooked portions to flow underneath. Slide pan back and forth on heat to keep it sliding free.

Add ½ to ¾ cup filling, seasoned to taste with spices or herbs. Turn onto plate. Keep warm.

PORK AND DRESSING CREPES

12 crepes
Leftover pork, cut in chunks
2 cups bread stuffing
1 large apple, cored and chopped
¼ teaspoon poultry seasoning
¼ teaspoon seasoned salt
Dash pepper

Combine meat, dressing, apple and seasonings. Fill crepes using about ¼ cup mixture in each crepe. Roll, place in lightly greased square pan. Heat, covered, at 325 degrees F. for 20 to 30 minutes.

Make 2 cups white sauce. Top crepes with sauce just before serving.

BASIC CREPE BATTER

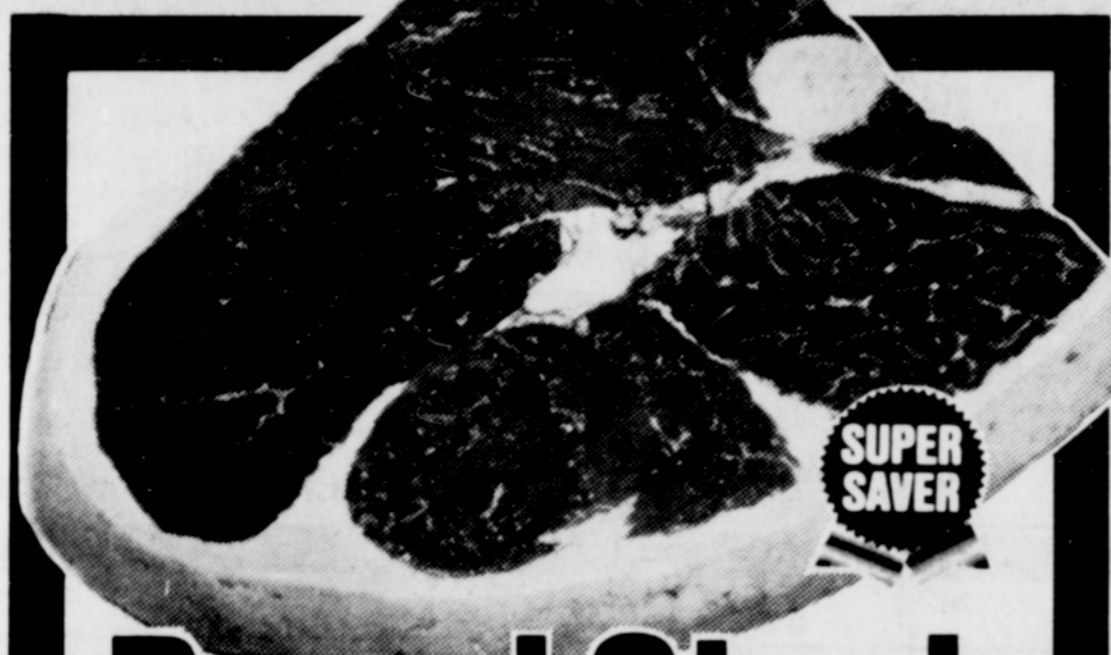
3 eggs
1 cup milk
¼ cup flour
¼ teaspoon salt
margarine or butter for pan

Blend ingredients in blender for at least a minute. Refrigerate until used. Cook 2 or 3 tablespoons of batter at a time in lightly greased crepe pan. May be stacked and refrigerated or frozen. Fill with about ¼ cup filling.

Makes 12 to 16 crepes.



Super Savers For Back-To-School!



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SUPER SAVER

Effective dieting requires patience

Most diets fail because of impatience, says Marilyn Lunner, Clackamas County Extension Agent. Dieters often want instant results. They expect to lose 15 pounds in one week.

Even if a quick weight-loss diet is successful, as soon as the person returns to the old eating habits, the weight comes right back, and sometimes more is gained than was initially lost, Ms. Lunner points out.

The way to keep weight off is to analyze your eating habits, Ms. Lunner says. What is your weakness? Is it second helpings, desserts, TV snacks, or lack of exercise? People must decide for themselves what can be changed.

Begin by making small changes that can become automatic after a week or two. Try eating only one serving, or stop eating butter or margarine on toast. Another option is to substitute one serving of fresh fruit for dessert.

As you adjust your eating habits make only one change at a time and practice it for several weeks until it becomes a part of your eating pattern. Then make another change.

Another important part of weight control is to chart your progress.

Margaret Lewis, Oregon State University Extension nutrition specialist, suggests keeping a record of weight loss on a graph. Each week record the weight loss and post it where you can see it, or keep a record of your calorie intake each day. Keeping a record of minutes of exercise each day may also help you follow your progress.

Ms. Lewis says that a visual record comparing this week with last week and the week before not only helps you see your progress but reminds you to keep up the good work.

"And remember that you didn't gain those 15 pounds in just one week," says Lewis. "It probably took a year, so don't expect to take them off permanently in just one week."

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Prices Good Wed., Aug. 11 Thru Tues., Aug. 17 At Safeway In The Portland Area.

