

Snacks can be cheap, healthy

by Monine Strobe-Stebbins
OSU Extension Service

"What's the definition of a split second? That's the time it takes a teenager to close the front door and open the refrigerator door!" Oh, did that joke bring back memories. When my kids were teenagers, it seemed like snacking was no problem, leftovers were no problem, the food just disappeared like magic. The real problem was just keeping ahead of the "hungries" without spending a fortune. When the youngest moved away, it took me a while to realize that what went into the refrigerator stayed in.

I've always enjoyed those articles that say anything can be a snack. My kids were born knowing that, probably because I seldom bought the kinds of snacks that other people may consider snack foods. They were brought up on econo-caring. Patoto chips, special snack crackers, pop and nuts were only bought for special occasions. They were purchased to go with a meal or were for a party — not for general use. Small leftovers, on the other hand, were encouraged as snacks. Cheese, fruit, bread, fresh vegetables, plain crackers and peanut butter were also encouraged, not because they were cheap, but because they were good for you. They were bought in large quantities, anticipating the need to fill bottomless pits.

Snacks are an American institution. They are often important to good health, not just for fun. The young child can seldom eat the amount of food needed at one sitting, but can have snacks that add up to a balanced diet if the right snacks are chosen.

We've already talked about teenagers. These active young adults really do need extra calories. The Recommended Dietary Allowance for calories for teenage girls is an average of 2,100, not very high, but boys need about 2,900 calories, the highest in the whole chart. They really do need to eat more. My son was standing in front of the door of the refrigerator one day and said, "I used to think it was a lot of bunk when they said that teenagers ate a lot; I'm beginning to believe it." It even amazed him!

Older people can benefit greatly from snacking, too. Sometimes problems of chewing or indigestion interfere with eating three meals large enough to meet their nutrition requirements. They also tend to skip or go lightly on some of the food groups, such as milk or meat. A little cheese, ice cream, or yogurt can be a useful snack and a nice way to rest a minute.

In a survey of shopper's habits, though, people stated that they were cutting down on non-essentials — and as an example, they often said they were cutting down on snacks. So, how do you take care of this nutritional need and keep the expense down?

The fresh fruits and vegetables in season can often be a cheap snack. Oranges and bananas, for instance, are a little lower in price now. Instead of having each person eat a whole one, I often fix a plate of fruits as snacks. Two oranges that are cut into "smiles" look like a lot more fruit than when just peeled and eaten. If you haven't cut smiles before, you might try it. Cut the orange from stem end straight down to blossom end (I just learned that term from my horticulture husband), then lay it flat on the cut side. Cut straight across, at right angles with the stem ends making half circles that look like smiles. Cut-up bananas can be nice on a plate, too. I just cut them crosswise through the peel. Then they stay a little nicer to pick up.

Popcorn was one of our mainstays. It's good tasting, crunchy and not very expensive, especially if you have the air-type popper that doesn't require oil. We always had the popper out on the counter like other people had their mixers, so it was handy. We did invest in popcorn salt and used

margarine on it sparingly. When my son moved away from home, he'd come home and make popcorn, so I gave him a house warming gift of a popcorn popper of his very own. It was a real hit and helped fill him up, I'm sure.

There are even fancy snacks you can make with popcorn. We sometimes made popcorn balls as a fun family activity. Here's my favorite recipe. It's easy to do and can be shaped by young kids, because you can pour the syrup over the popcorn, stir it to coat, scoop it out onto waxed paper and let it cool a little. It doesn't have to be formed while still very hot. It also stays soft to eat.

The other recipe is a cheaper

version of the Party Mix. Kids can make this one, too, if they're ambitious. I always felt it was important to have them use up some of the time and energy generating the food, not just eating.

SPEEDY QUICK POPCORN BALLS

Combine 1 3/4 cups granulated sugar and 1 cup light corn syrup in saucepan and cook over medium heat, stirring constantly, until sugar is dissolved and mixture comes to a full rolling boil. Turn heat to low and add 12 large marshmallows; stir until melted. For colored balls, add a few drops of color.

Slowly pour the hot cooked syrup over about 10 cups salted popcorn,

mixing. Scoop out onto waxed paper. Let cool until easy to handle. Grease hands, form into balls, using as little pressure as possible. Wrap individually in waxed paper.

CEREAL NIBBLES

Melt 3 tablespoons butter or margarine in a fry pan at 250°F. Add: 1/4 teaspoon Worcestershire sauce and 1/4 teaspoon flavored salt.

Stir to mix. Then add: 2 cups ready-to-eat unsweetened cereal (different kinds may be used) and 1 cup thin pretzel sticks.

Stir to coat with butter or margarine mixture. Stir every two or three minutes. It is ready when slightly brown, about 5 minutes. Store in tight container.

THIS WEEK'S SPECIAL
**Pickup & Truck Seats
Reupholstered**

As low as **\$79⁵⁰**

Complete Most Trucks

ART CRAFT UPHOLSTERY
2653 NE Union.....287-8806



Prices Good Wed., June 1 thru Tues., June 7, 1983

Fred Meyer

Shopping Fred Meyer Can Help You Lower Your Cost of Living
**CHECK THESE LOW PRICES — YOU'LL
DISCOVER THAT FRED MEYER SAVES YOU MORE!**

We Feature USDA Choice Grade Beef
MEAT MARKET



USDA Choice Beef Chuck
**Boneless
Chuck Steak**
\$1.78
lb. Reg. 2.88 lb.

Fresh, Beautiful Fruits & Vegetables
PICK OF THE CROP




**Large Red Ripe
Strawberries**
48¢
pint

Restaurant-Quality Delicacies
MEYER'S DELI




MY-TE-FINE
**Mild Cheddar or Jack
Cheese**
\$3.88
each
2 lb. loaf • Reg. 5.19



MY-TE-FINE
**Macaroni
& Cheese**
10¢
each
First three - Additional at regular price



Regular Cold Brewed Form or Sip
**MJB
Coffee**
\$5.39
3 lb. can
Reg. 6.79
First one - Additional at regular price



MY-TE-FINE Juice
66¢
each
First three - Additional at regular price



Popcorn, Hot Popcorn, Popcorn from Popcorn Light, Sugar Free Popcorn, Mountain Dew
\$1.99
each
First three - Additional at regular price



Sliced White Enriched Bread
SONNY BOY
Sliced White Enriched Bread
399¢
for
White or White - 28 1/2 oz. loaf



Carroll
**Paper
Towels**
\$1
each

**Bachelors • Bachelorettes
Tired Mothers**

Do you need domestic care for your home?
I will clean at low cost.
Call for appointment

**Ms. Spic-n-Span
Cleaning Service**
Call 287-3308

Open 7 Days A Week
9 AM To 10 PM

Fred Meyer

ONE STOP SHOPPING CENTERS

Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad. Except Morrison, Stark, Consumer Warehouse, Albany, The Dalles.