

Healthy Food/Bids/Classifieds

Advertising deadlines 12:00 Noon Monday
Hours: Monday - Friday 8:30 a.m. - 5:30 p.m.

To place your ad, email
advertising@theskanner.com

What Are Empty Calories?

Currently, many of the foods and beverages we eat and drink contain empty calories – calories from solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called empty calories. Learning more about solid fats and added sugars can help you make better food and drink choices.

Solid fats are fats that are solid at room temperature, like butter, beef fat, and shortening. Some solid fats are found naturally in foods. They can also be added when foods are processed by food companies or when they are prepared.

Added sugars are sugars and syrups that are added when foods or beverages are processed or prepared.

Solid fats and added sugars can make a food or beverage more appealing, but

they also can add a lot of calories. The foods and beverages that provide the most empty calories for Americans are:

- Cakes, cookies, pastries, and donuts
- Sodas, energy drinks, sports drinks, and fruit drinks
- Cheese
- Pizza
- Ice cream
- Sausages, hot dogs, bacon, and ribs

However other foods do provide nutrients but can be found in forms either with or without empty calories.

Making better choices, like unsweetened applesauce or extra lean ground beef, can help keep your intake of added sugars and solid fats low.

A small amount of empty calories is okay, but most people eat far more than is healthy. It is important to limit empty calories to the



Professor Edward Jones discusses a nutrition experiment with University students Tony Carney, Latisha Corey, and Karen Meyer

amount that fits your calorie and nutrient needs. You can lower your intake by eating and drinking foods and beverages containing empty calories less often or by decreasing the amount you eat or drink.

US Department of Agriculture
www.choosemyplate.gov

Make better choices

AVOID

- Sweetened applesauce
- Regular ground beef, 25% fat
- Fried chicken legs with skin
- Sugar-sweetened cereals
- Whole milk

WELCOME

- Unsweetened applesauce
- Extra lean ground beef, 10% or less
- Baked chicken breast without skin
- Unsweetened cereals
- Fat-free milk

INVITATION FOR BIDS

KITSAP TRANSIT K.T. No. 11-427 Worker Driver Accessible Bus Fleet

Kitsap Transit, the public transportation provider in Kitsap County is requesting bids from firms or private owners interested in providing a quantity of up to eight (8) used accessible lift equipped MCI 102D3 motor coaches, model year 1994 through 2001, or approved equal.

Kitsap Transit reserves the right to reject any and all bids without cause and to waive any informalities or irregularities.

Kitsap Transit in accordance with Title VI of the Civil Rights Act of 1964, 78 Stat., 252.42 U.S.C. 2000d to 2000-4 and Title 49, Code of Federal Regulations Department of Transportation, subtitle A, of the Secretary, Part 21, nondiscrimination in federally assisted programs of the DOT issued pursuant to such Act, hereby notifies all bidders that it will affirmatively insure that in any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award.

The contract shall be subject to financial assistance by Kitsap Transit from the Federal Transportation Administration.

Copies of the Invitation for Bids may be obtained by contacting Kitsap Transit at 360-478-6220, or at 60 Washington Ave., Suite 200, Bremerton, WA 98337, by email from kt purchasing@kitsaptransit.com.

Bids will be accepted until 2:00 p.m. PST on January 20, 2012.

12-7-11

Cascade AIDS Project



CLIENT ADVOCATE/ HOUSING CASE MANAGER

Cascade AIDS Project (CAP), the leading HIV prevention, education, housing, advocacy and services organization in Oregon, seeks a .75 FTE CareLink Client Advocate/Housing Case Manager. Please refer to www.cascadeaids.org for full postin

12-7-11

Caldwell's, Hennessey, Goetsch & McGee Funeral Home



Von D. Bailey
 Funeral Director
 20 NE 14th Avenue
 Portland, OR 97232
 503-232-4111
 Fax 503-231-1586
von.bailey@sci-us.com

SUB-BIDS REQUESTED

EOU PIERCE LIBRARY RENOVATION

Eastern Oregon University, La Grande, Oregon

Bid Date: December 21, 2011 2:00 p.m.

There will be a NON-MANDATORY Job Walk on Tuesday, December 13, 2011, 1:00 p.m. at Eastern Oregon University – Pierce Library. EOU address One University Blvd., La Grande, Oregon 97850.



1705 SW Taylor Street, Suite 200,
 Portland OR 97205

Phone: 503-459-4477
 Fax: 503-459-4478

OR CCB#155766

Bid documents are available for review at the Fortis office and at local plan centers.

We are an equal opportunity employer and request sub bids from minority, women, disadvantaged, and emerging small business enterprises.

112-7-11

We honor the many accomplishments of African Americans.



It is our primary goal as a labor union to better the lives of all people working in the building trades through advocacy, civil demonstration, and the long-held belief that workers deserve a "family wage" – fair pay for an honest day's work.

A family wage, and the benefits that go with it, not only strengthens families, but also allows our communities to become stronger, more cohesive, and more responsive to their citizens' needs.

Our family wage agenda reflects our commitment to people working in the building trades, and to workers everywhere. In this small way, we are doing our part to help people achieve the American Dream. This dream that workers can hold dear regardless of race, color, national origin, gender, creed, or religious beliefs.



The Pacific Northwest Regional Council of Carpenters

Representing more than 5,000 construction workers in Oregon state.

Do you want to know more about becoming a Union carpenter?
 Go to our website at www.nwcarpenters.org

Offices in Portland
 1636 East Burnside
 Portland, OR 97214
 503.261.1862 • 800.974.9052

Headquarters in Kent, WA
 25120 Pacific Hwy S, Ste 200
 Kent, WA 98032
 253.945.8800 • 800.573.8333