



EFNEP TRAVIS
COUNTY

The Daily Apple

A quarterly newsletter for friends and participants of EFNEP– Travis County

Volume 1, Issue 3

Summer 2017

Important

Announcements

- Check out our blog posts [here!](#)
- Community Forum on Health August 10, 2017
Time: 5-7pm
South Austin Neighborhood Center
- Health Fair August 26, 2017
Time: 10 am—3pm
Berkeley United Methodist Church

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Choose the Right Cooking Oil!

By Amely Vela

Fried chicken, sautéed vegetables, scrambled eggs, and dressings; what do all of these dishes have in common? Oil! We use cooking oils in meals that we make at home every day. There are many different oils at the store; different colors, smells, prices, nutrition, and smoke points.

Smoke point? This is the temperature in which the oil starts breaking down, which causes “good fats” to be reduced and release harmful things called radicals. Not only this

but it starts to burn and adds an off color and taste to food. This is why we want to use oils/fats with high smoke points that are high in unsaturated (good) fats, but low in saturated (bad) fats. Some oils with a high smoke point and “good fats” are canola and soybean oil. Other oils with high “good fats” are walnut oil and flax seed oil, but these have a low smoke point.

Last thing to consider when buying cooking oil, is storage. Some oils are sensitive to light and storage temperature; like avocado, grapeseed,

sesame, flax, and walnut oils. It would be wise to read the food label or look up what is the best storage method.

Next time you buy cooking oil think about three things; What cooking style am I using? Is the smoke point appropriate? What storage method should I use after? Choosing appropriate oil is vital to the quality of our food but more importantly our health.

Amely Vela is an Adult Nutrition Education Assistant with EFNEP – Travis County.

Source: [USDA](#), [Univ. Florida, Acad. Nutrition & Dietetics](#), [Univ. Tennessee](#)

Here are some common oils and when to be used:

Oil	Smoking Point	Cooking Style
Refined Sesame, Peanut, Corn, Soybean, Refined Canola, Avocado	445-510° F	Deep and stir-frying, sautéing- high heat
Refined Coconut, Walnut, Grapeseed	360-430° F	Baking, sautéing-medium heat
Unrefined coconut, Extra Virgin Olive, Sesame	250-350° F	Warm Sauces, dressing, sautéing-low heat
Flaxseed	≤225° F	Cold dressings or sauces

EFNEP TRAVIS COUNTY

The EFNEP program provides nutrition education to low income families and children throughout Travis County.

Adult

A series of eight classes are offered to adults in a variety of settings and class topics include:

- Intro to EFNEP
- MyPlate
- Fruits, Vegetables & Dairy
- Power of Planning
- Setting your Limits
- Plate it Safe
- Mealtime Miracles
- Choice is Yours- Setting Goals

Youth

A series of six classes are offered to youth aged 5-18 in schools and at after school locations. Class

topics include:

- MyPlate
- Make Half your Grains Whole
- Vary Veggies and Focus on Fruits
- Get your Calcium-Rich Foods
- Go Lean with Protein

If you or your organization is interested in speaking with a local nutrition educator to schedule classes, please call:

(512) 385-0990

Maria Rosario-Mejias,
Extension Agent- EFNEP

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AGRI LIFE
EXTENSION

In Season: Cucumbers

Cucumbers are mostly water (95%) which makes them great to stay hydrated in the summer months. Half a cup of sliced cucumbers has only 8 calories and is low in carbohydrates, sodium and fat. For best taste, select slender, firm and dark green cucumbers. These should be kept cold and in the crisper of the refrigerator for up to one week. Cucumbers offer a refreshing and interesting texture to dishes. You could add them to a salad, eat as a snack with a dip or prepare in a cold soup.

Simple Mexican Salad

Ingredients:

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Directions

1. Wash the cucumbers, oranges and lemon or lime under cold running water.
2. Slice the cucumbers. Peel and cut the oranges into small pieces.
3. Place cucumber slices and orange pieces in a medium size bowl. Add chili powder, lemon or lime juice and salt.

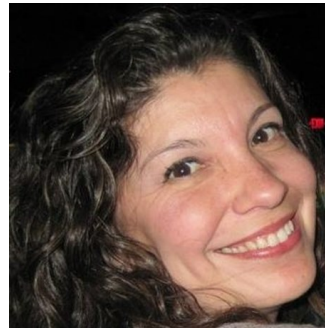
Retrieved from [What's Cooking? USDA Mixing Bowl](#)



Simple Mexican Salad

Volunteer Spotlight

“Lisa Morin has been a wonderful facilitator for our nutrition classes at Foundation for the Homeless. Classes are held at the St. Mary Magdalene Episcopal Church in Manor, Texas. Lisa has gone above and beyond to motivate participants to come back to the classes and it has been working. She has designed a raffle for pantry essentials that the participants can take part in and have a chance to win. She has



Lisa Morin, Foundation for the Homeless

also organized a little food pantry that the participants can freely access. The food pantry has dried and canned goods, but also fresh vegetables from the

church’s garden like tomatoes, yellow zucchini’s, and okra. When participants bring their children to class, Lisa likes to walk them out to the garden to teach them where food comes from. The children and the parents love it. We are so grateful for Lisa’s enthusiasm and motivation for nutrition and our classes.”

Hannah Flicker, *Adult Nutrition Education Assistant*