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## 10 Ways to Save Time and Money at the Grocery Store

There is more variety on today's grocery store shelves than ever before. With so many choices, it is easy to get overwhelmed. Make shopping easier by following these 10 guidelines.

1. **Don't shop when you're hungry.** You're more likely to make impulse purchases on less nutritious items that cost more.
2. **Make a shopping list and stick to it.** If you keep a running list at home of items that need to be replaced, you won't have to worry about forgetting anything.
3. **Organize your list into sections according to the layout of the supermarket.** This cuts down on time and the number of passes you need to make through the aisles.
4. **Check for supermarket specials.** These are printed in the newspaper or online. Plan your shopping trip around what's on sale.

If you are a single-person household, there are special ways to maximize your food dollars at the grocery store.

1. **Buy frozen fruit and vegetables.** This gives you the ability to take out the portions you need and buy these staples in bulk without worry about spoilage.
2. **Look for foods sold in single servings.** You'll find

juice, yogurt, frozen meals, soup and pudding.

3. **Shop from bulk bins.** You can buy smaller amounts, and reduce food waste.
4. **Talk to the butchers.** Ask them, or the produce managers, for a smaller amount of prepackaged items.
5. **Buy produce that keeps longer in the refrigerator.** These include broccoli, Brussels sprouts, cabbage and carrots.
6. **Buy small loaves of bread.** Then, wrap and freeze bread you won't use right .



### April Pantry Dates

March 27th & 28th

April 3rd & 4th

## Don't Forget, Tax Day is April 15th! Still Need to File?



MyFreeTaxes is an easy, safe, and free way to file your taxes online.

Available for residents in all 50 states and the District of Columbia, you can file your federal and state returns for free.

Just click File For Free and you'll be taken to the secure H&R Block software that has powered MyFreeTaxes since 2009.

United Way promotes My Free Taxes to help support the health, education, & financial stability of every person in every community, & maximizing your tax refund is a key step towards that goal.

Want to meet with someone in person? The VITA (Volunteer Income Tax Assistance) program offers families and individuals making less than \$65,000 FREE tax return preparation by trained and IRS certified volunteers.

- United Way of Greater Mercer County: 3150 Brunswick Pike, Ste 230
- Walk-Ins and Appointments (Call 2-1-1 or 609-896-1912)
- Monday 3pm-7pm & Thursday 2pm-6pm
- More information about the program & locations at: <https://www.uwgmc.org/FreeTaxPrep>

## What's Looking in Gale's Kitchen

### Maple-Pecan Granola (makes about 3 cups)



#### INGREDIENTS:

- 1 ½ CUPS ROLLED OATS
- ½ CUP ROUGHLY CHOPPED PECANS
- ½ CUP UNSWEETENED COCONUT CHIPS
- 1 TSP CINNAMON
- ¼ TSP SALT
- ¼ CUP MAPLE SYRUP
- 2 TBSP OIL
- 1 TSP VANILLA EXTRACT

#### PREPARATION:

*Preheat oven to 325 degrees. Line a large baking sheet with parchment paper.*

*In a large bowl, combine oats, pecans, coconut, cinnamon and salt and mix.*

*Add maple syrup, oil and vanilla. Stir until oats are evenly coated.*

*Spread on prepared pan and bake for 35 min or until lightly brown. Stir once while baking.*

*Remove from oven and cool. Store in a tightly covered container or zip-lock bag.*

*Use as a topping for yogurt, cottage cheese, ice cream or just eat as is for a snack. If you'd like, add some dried fruit to the mixture after taking it out of the oven.*

*Delicious* meets *Healthy*

## March is National Nutrition Month



### A quick guide to reading the Nutrition Facts Label.

#### Start with the Serving Size

- ◇ Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package.
- ◇ Compare your portion size (the amount you actually eat) to the serving size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

#### Check Out the Total Calories

- ◇ Find out how many calories are in a single serving. It's smart to cut back on calories if you are watching your weight.

#### Let the Percent Daily Values Be Your Guide

- ◇ Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan.
- ◇ Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.
- ◇ Percent DV are for the entire day, not just one meal or snack.
- ◇ You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

#### The High and Low of Daily Values

- ◇ Low is 5 percent or less. Aim low in saturated fat, trans fat, cholesterol and sodium.
- ◇ High is 20 percent or more. Aim high in vitamins, minerals and fiber.

#### Limit Saturated Fat, Added Sugars and Sodium

- ◇ Eating less saturated fat, added sugars and sodium may help reduce your risk for chronic disease.
- ◇ Saturated fat and trans fat are linked to an increased risk of heart disease.
- ◇ Eating too much added sugar makes it difficult to meet nutrient needs within your calorie requirement.
- ◇ High levels of sodium can add up to high blood pressure.
- ◇ Remember to aim for low percentage DV of these nutrients.

#### Get Enough Vitamins, Minerals and Fiber

- ◇ Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- ◇ Choose more fruits and vegetables to get more of these nutrients.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Spring Cleaning List

## Throughout the Home

- Dust ceiling fans and light fixtures
- Clean vents
- Wash baseboards
- Touch up any paint
- Clean trash can
- Reevaluate storage and organization

## Family & Living Room

- Floor & rugs (vacuum and shampoo)
- Clean all windows, blinds and sills
- Polish or wax furniture
- Dust electronics and knick knacks
- Wash curtains
- Clean out fireplace
- Clean sofas and chairs
- Vacuum underneath cushions

## Kitchen

- Clean refrigerator/freezer (in and out)
- Clean stove (in and out)
- Clean dishwasher (in and out)
- Clean microwave (in and out)
- Wipe down cabinet fronts
- Check pantry for expired food
- Dust top of cabinets and refrigerator
- Floor & rugs (vacuum and shampoo)
- Clean all windows, blinds and sills
- Clean any door tracks leading to outdoors

## Entry Foyer

- Clean sliding glass door tracks
- Check weather stripping at all exterior doors
- Organize coat closets
- Floor & rugs (vacuum and shampoo)

## Bedrooms

- Wash bed and linens
- Wash pillows
- Rotate and flip mattress, if needed
- Polish or wax furniture
- Reorganize closet
- Floor & rugs (vacuum and shampoo)
- Wash curtains
- Clean all windows, blinds and sills

## Bathrooms

- Wash shower and tub, including curtain
- Clean toilet bowl and around base
- Wipe down mirrors and sinks
- Floor & rugs (mop and shampoo)
- Clean out linen closet
- Throw away expired products
- Clean cabinets and drawers (in and out)
- Scrub and reseal tile grout
- Caulk around tub, sink or shower if needed

## Utility Spaces

- Clean out laundry washer & dryer
- Sweep and mop laundry area
- Clean the garage (organize and sweep)
- Clean the basement (organize and sweep)

## Outdoor

- Clean out the gutters
  - Power wash siding or touch up exterior paint
  - Wash all windows
  - Mulch around trees and landscaping
  - Trim bushes and trees
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