

Sacks of Snacks



Offering a hand up, not a hand out
February 16, 2024

Welcome to this week's *Sacks of Snacks*. February is National Canned Food Month. I have included a recipe and tips for storing and using canned foods. Send me a review from your family of the 7 Can Taco Soup. If you have questions or concerns, call 926-1189 or email mparcell@purdue.edu.

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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trena Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

HEALTHY BITES FOR FEBRUARY: NATIONAL CANNED FOOD MONTH

Tips for Storing & Using Canned Foods:

- Tips to remember when purchasing canned goods. Avoid rusted, dented, scratched, or bulging cans. Always check freshness dates on foods.
- Compare food labels to help make healthier choices. Read the Nutrition Facts Label on products to find food with the most nutrition for your money.
- Pay attention to storage location and temperature for optimal quality. Store canned food in clean, cool, dark, and dry spaces.
- Use the first in, first out rule. Using this rotation method will help you use older canned and dried food items before using recently purchased products.
- Fortify meals with fruits and vegetables. Canned fruits and vegetables are always in season and packed at the peak of freshness. Keep canned tomatoes, beans, fruits and vegetables on hand to quickly create meals or boost the nutrition of recipes.

Source: Authored by or Adapted from Lisa Franzen-Castle, PhD., RD, University of Nebraska-Lincoln Extension Nutrition Specialist.

SLOW COOKER 7-CAN TACO SOUP

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| 1 (15 ounce) can pinto beans, drained and rinsed | 1 (10.75 ounce) can cream of chicken soup |
| 1 (14.5 ounce) can tomatoes, diced and drained | 1 (10 ounce) can green enchilada sauce |
| 1 (15 ounce) can sweet corn, drained | 1 (14 ounce) can chicken broth |
| 1 (12.5 ounce) can chicken breast, drained | 1 (1 ounce) packet taco seasoning |

Spray slow cooker with non-stick cooking spray. Dump all the ingredients into slow cooker and stir together. Cook on low heat for 2-3 hours. Serve with shredded cheese and tortilla chips.

Recipe adapted from: *Food.com*



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