

Make better boxed dinners

Imagine it's late afternoon on a typical weekday. Do you know what you're having for dinner tonight?

Most people don't, according to a recent survey. About 70 percent of adults living in the U.S. don't decide what to eat that night until 4 p.m. or later.

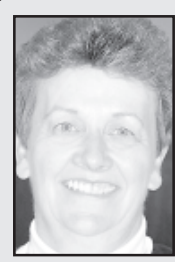
For a quick meal, many cooks reach for packaged foods. Most of these products are low in healthy nutrients and high in sodium, fat and calories. Some convenience foods are much more expensive than homemade recipes, too.

Nutrient dense foods, on the other hand, provide many healthy nutrients and fewer calories per measurement. Here are some delicious, quick and easy suggestions to boost the nutrient density of boxed or frozen packaged convenience food.

Decrease fat:

- Use only half the margarine called for in the instructions of rice, pasta, stuffing, potatoes and macaroni-and-cheese box mixes. Omit all the margarine for even greater calorie savings.

- Reduce the fat in ground beef when making a hamburger casserole boxed mix. Drain the fat from



Home Time

By Tranda Watts
Multi-county Extension Agent

cooked ground beef. Then place the meat in a colander and rinse with warm water. Drain. Continue with the regular directions.

- Substitute an equal amount of unsweetened applesauce for vegetable oil in boxed brownie mixes. Substitute two egg whites for each whole egg to decrease the fat and calorie content even more.

Decrease sodium:

Use only half of a seasoning packet for seasoned rice mixes, packaged soup noodles and frozen stir-fry meals. Add the remaining half when cooking plain rice or noodles, or use as a seasoning for slow-cooked meats, if desired.

Add nutrients:

- Add chopped vegetables to frozen pizzas before baking.
- Add frozen chopped spinach to

tomato-based pasta sauces.

- Add frozen mixed vegetables to canned soups.

- Add drained chunks of canned fruit to gelatin desserts and puddings.

- If a packaged mix calls for milk, use nonfat dry milk powder and water instead. If you use 2/3 cup dry milk and 1 cup water for every cup of milk the package calls for, you will add twice the calcium as with regular milk.

Tranda Watts is Kansas State University extension specialist in food, nutrition, health and safety for Decatur, Gove, Norton, Sheridan, and Trego counties. Call her at 785-443-3663 or e-mail twatts@oz-net.ksu.edu. For more information, contact the county extension office, 475-8121.

Emma Sanford returned home June 13 after visiting about 10 days with her niece, Carol Hartley, at Columbus, Ohio. Emma spent two days in the hospital. She came home Friday and is feeling better.

The rains were a welcome sight. The farmers are waiting for ground to dry to get into the wheat fields. There was hail south of Jennings.

Eddie Reed of Colorado broke her arm in a fall at their home in Jennings.

Jennings City Council will not meet July 6 but will instead meet July 13 in the Senior Center.

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Midway News

By Mary Lou Olson

Curtis Heim of Tucson, Ariz., husband of the former Dawnelle Schmidt, is recuperating from multiple injuries which he received in a vehicle accident last week. Mail will reach them at 8510 N. Cantora Way, Tucson, Ariz., 85743.

Bernadine Fred returned home Thursday from Oxford, Mass., where she had visited the past month with her daughters, Linda and Richard Rocco, and Glenda Sprague and families. On June 10, they all attended the wedding of her granddaughter, Elizabeth Rocco, and Matthew LaFountain. Mrs. Rocco accompanied her mother to Denver by plane and visited here until Saturday.

Eric and Susan (Bell) Flavin, Belle and Una Fae of Dublin, Ireland, and his mother, Anne Marie Flavin, of Waterford, Ireland, came June 20 to visit Roger and Melinda Carlson, Greg and Gwen Jones family and other relatives.

On Sunday, the Jones family took Mariah and Noah Jones and Braden Schmid of St. Francis to Covenant Heights Camp near Estes Park, Colo., where they are attending camp this week. Josiah Jones and Sarah Grafel accompanied them and are counselors this week at camp. The Flavin family and Anne Marie Flavin also went to Colorado to vacation with the Jones family.

Mary Lou Olson visited on

Wednesday with her granddaughter and family, Keely and Chris Wilson and Julie Beth, in Kearney, Neb. On Friday, Mrs. Olson and Cecil Hess took Marianna Bendon and Karla Jones out for supper to honor them on their recent birthdays. On Saturday, Mrs. Olson and Mrs. Hess went to McDonald, where they attended the Hopkins family reunion. The Hopkins family formerly lived in Oberlin.

Urgent news for people who took SEROQUEL.

Seroquel, an antipsychotic drug also known as Quetiapine, has been linked to diabetes, pancreatitis, diabetic ketoacidosis (DKA) and even death. If you or a loved one have experienced any of these health problems, call us now toll free at 1-800-THE-EAGLE for a free consultation. We practice law only in Arizona, but associate with lawyers throughout the U.S.

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JULY

Decatur County Community Calendar

Call 785-475-3441

(Call Decatur County Area Chamber of Commerce to have your organization's meeting updated and listed in next month's calendar.)

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



THE OBERLIN HERALD

NOW IN OUR 128th YEAR OF SERVICE

Bargain Box Plus 1/2 Price Day

2 Attend the Church of Your Choice	3 Norcatour Rebekahs, Weight Watchers, Medical Arts Bldg., 5-6 p.m.; Lions, Medical Arts Bldg.	4 Dr. Doolittle, Decatur Health Systems; Games at the Swimming Pool, 1 p.m.; Teens for Christ burger fry, City Park Shelter House, 5:30 p.m.; Politicians in the park, 5:30 p.m.; FIREWORKS, dusk at the Fairgrounds <i>INDEPENDENCE DAY</i>	5 Dr. Eskildsen, Decatur Health Systems; Oberlin Business Alliance, noon, LandMark; Blood Pressure Clinic, Golden Age, 11-11:30 a.m.; Compassionate Butterflies, Medical Arts Bldg., 7 p.m.; Jaycees, 8:30 p.m.; AA, Ambulance Barn, 8 p.m.; Bargain Box Plus 25¢ day	6	7	8
9 Attend the Church of Your Choice Antique Engine Club Potluck, Sappa Manor, 6:30 p.m.	10 Board of Education, 7:30 p.m.; Weight Watchers, Medical Arts Bldg., 5-6 p.m.	11 Dr. Doolittle, Decatur Health Systems; Rotary, Gateway, noon	12 Dr. Eskildsen, Decatur Health Systems; Norcatour Royal Neighbors; Legion Auxiliary, 7:30 p.m.; AA, Ambulance Barn, 8 p.m.; Bargain Box Plus 25¢ day	13 Chamber Board, Chamber office, Noon	14 Coffee Hour, Decatur Co-op, 9-11 a.m.; Deadline for garage sale placement on map at noon; Oberlin Royal Neighbors, Golden Age Center, 4 p.m.	15
16 Attend the Church of Your Choice Sprint Car Races Oberlin Speedway 7 p.m.	17 Dr. Curry, urology, Decatur Health Systems; Dr. McDonald, cataracts, Decatur Health Systems; Weight Watchers, Medical Arts Bldg., 5-6 p.m.; Hospital Board, 7 p.m.; Lions, Medical Arts Bldg.; Norcatour Rebekahs	18 Dr. Doolittle, Decatur Health Systems; Rotary, noon, Gateway;	19 Dr. Eskildsen, Decatur Health Systems; AA, Ambulance Barn; Bargain Box Plus 25¢ day	20 CVB, LandMark Inn, noon; Garage Sale maps available after 3 p.m., Chamber Office	21 COMMUNITY WIDE GARAGE SALES, begin at 3 p.m. Maps available at Chamber office all day	22 COMMUNITY WIDE GARAGE SALES, 8 a.m. - ?????? Maps available at Chamber office
23 Attend the Church of Your Choice	24 Weight Watchers, Oberlin Medical Arts Bldg., 5-6 p.m.	25 Dr. Doolittle, Decatur Health Systems; Rotary, Gateway, noon; American Legion meeting	26 Dr. Eskildsen, Decatur Health Systems; Bargain Box Plus 25¢ day	27	28 BEACH PARTY on Main street, 6:30 p.m. Sand volleyball, food, games, and street dance	29 Bargain Box Plus \$3 bag day
30 Attend the Church of Your Choice	31					

To sponsor this calendar call Dave at The Oberlin Herald • 785-475-2206

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