



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Family Food Cent\$

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Health Across the Lifespan

Healthy habits look different depending on what stage of life you are in. It's important to understand the health priorities that each stage of life needs to function effectively. Below is a summary of each stage.

- **Infancy and Childhood: Building a Strong Foundation:** Early life is a critical period for establishing a solid foundation for health. Proper nutrition, immunizations, and adequate physical activity play essential roles in ensuring optimal growth and development.
- **Adolescence: Navigating Changes and Challenges:** Adolescence is a period of rapid physical, emotional, and social changes. Balanced nutrition, regular physical activity, and mental health support are crucial during this phase.
- **Adulthood: Sustaining Wellness:** Adulthood brings increased responsibilities, but maintaining a healthy lifestyle remains crucial. A well-balanced diet, regular exercise, stress management, and preventive health screenings are key components of adult health.
- **Seniors: Embracing Healthy Aging:** As individuals age, proactive health measures become increasingly important. Seniors can maintain vitality and independence by staying physically active, eating nutrient-rich foods, and prioritizing social connections.



This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP. For more information on the Supplemental Nutrition Assistant Program (SNAP), please contact your local Social Services office.

For more information on stretching your food dollars, contact your local SDSU Extension office or the State office at 605-688-4440.

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Recipes from: <https://www.myplate.gov/myplate-kitchen/recipes>

Content from: <http://www.extension.org>; <http://doe.sd.gov/cans/sfsp.aspx>; <https://choosemyplate.gov/>

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Tips to Reduce the Cost of Necessities

When the price of goods increases, there is less money to spend. State-funded programs provide individuals and families with resources to help pay for utilities, groceries, and child care. Each program has specific criteria for enrollment.

Low-Income Home Energy Assistance Program (LIHEAP) consumers pay for heating and cooling costs. In South Dakota, the Department of Social Services manages this program. To check eligibility and to apply go to: dss.sd.gov/economicassistance/energyassistance/

The Lifeline Program offers discounted phone or internet service. To check eligibility and to apply go to: lifelinesupport.org/

The **Supplemental Nutrition Assistance Program (SNAP)** is for families who meet income requirements. If approved, families receive benefits each month on an Electronic Benefits Transfer (EBT) card, which works like a debit card that can be used in authorized stores. To check eligibility and to apply go to: dss.sd.gov/economicassistance/snap.aspx

The **Child Care Assistance Program** can help ease the burden on low-income families paying for child care. Grants are income based and typically cover care for children under 13. To check eligibility and to apply go to: dss.sd.gov/childcare/childcareassistance/

Unclaimed Money

Unclaimed funds are turned over to the South Dakota State Treasurer when the owner can not be located. These funds could be deposits paid to a utility company, a lost savings bond, unclaimed life insurance benefits, or an uncashed paycheck. Check to find out if you have unclaimed property at southdakota.findyourunclaimedproperty.com/

Tax Credits for Health Insurance

Anyone who buys health insurance through the Marketplace (HealthCare.gov) may qualify for a credit toward their insurance premiums. The premium tax credit can be paid directly to the insurance provider, lowering monthly payments. To learn more and determine if you qualify go to: healthcare.gov/glossary/premium-tax-credit/

Finding ways to reduce costs may take some time, but the payoff can help you stretch your income. Always watch for scams. The government does not reach out to consumers with offers. Never provide personal information on a website unless you verify it is authentic.

If you have questions or need assistance deciding on the best option for you, contact the SDSU Extension Family Resource Management Field Specialist Lorna Saboe-Wounded Head at lorna.woundedhead@sdstate.edu.





These yummy vegetarian burgers are made from lentils and are loaded with protein.

Tastee Burgers

Makes 8 Servings

Ingredients:

- | | |
|-----------------------------|------------------------------------|
| 1 ¼ cups lentils | 1 teaspoon garlic powder |
| 3 cups water | ½ teaspoon oregano (crumbled leaf) |
| 1 cup onion (chopped) | ½ teaspoon salt |
| 1 cup carrot (grated) | 3 tablespoons margarine |
| 3 cups bread crumbs (fresh) | 4 ounces cheddar cheese (sliced) |
| 1 egg | |

Directions:

1. Place lentils in a colander, rinse in cold water and drain.
2. In a medium saucepan, bring water to a boil. Add lentils, reduce heat to low, cover and cook for 15 minutes.
3. Add onion and carrots. Cook 15 minutes more or until lentils are tender.
4. Remove from heat and cool slightly.
5. Stir in bread crumbs, egg, garlic powder, oregano and salt.
6. Melt margarine in large skillet. Drop lentil mixture by rounded ½ cupfuls into hot margarine. Flatten mounds into patties and cook until firm and golden brown on both sides.
7. Top each patty with a thin slice of cheese.
8. Serve immediately.
9. Refrigerate leftovers within two hours.

Nutritional Information per serving: Total Calories 378g; Total Fat 12g; Saturated Fat 4g; Protein 18g; Carbohydrates 50g; Dietary Fiber 9g; Sodium 591g



Enjoy the taste of fall with the combination of sweet potatoes and apples in this delicious side dish. Serve with roasted chicken or turkey, and a large green salad.

Sweet Potato and Apple Bake

Makes 6 Servings

Ingredients:

- 3 ½ cups sweet potatoes, drained (save 2 Tablespoons of the liquid)
- 2 cups apples (peeled, cored and cut into bite-sized pieces)
- 6 teaspoons brown sugar (2 Tablespoons, packed)
- ⅓ cup chopped nuts (pecans, walnuts or any other type)
- 2 tablespoons flour
- 2 tablespoons butter, melted (unsalted)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Put sweet potatoes in baking dish.
4. Add apples.
5. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
6. Mix brown sugar, nuts, flour, and melted butter together in a small bowl.
7. Sprinkle over the top of the sweet potato/apple mix.
8. Bake for 20-30 minutes, until the top is golden brown and bubbly.

Nutritional Information per serving: Total Calories 230g; Total Fat 8g; Saturated Fat 3g; Protein 3g; Carbohydrates 38g; Dietary Fiber 4g; Sodium 64g



Find more recipes
and videos at
extension.sdstate.edu



Did you know ...

Onions contain many antioxidants and sulfur-containing compounds. They have been linked to a reduced risk of cancer, lower blood sugar levels, and improved bone health

Learn more at: extension.sdstate.edu/onion-pick-it-try-it-preserve-it



Onion

Makes 12 servings

Onion and Celery Seed Relish

Ingredients:

- 1 cup white wine vinegar or distilled white vinegar
- 2 Tablespoons powdered sugar
- 2 Tablespoons celery seeds
- 2 cups thinly sliced small onions, no green tops
- 1 cup finely chopped celery
- 1/2 teaspoon red pepper flakes

Directions:

1. Mix vinegar and sugar in a salad bowl until sugar is dissolved.
2. Add celery seed, pepper flakes, onions, and celery.
3. Mix until all ingredients are combined evenly.
4. Cover and chill.
5. Chill for several hours or overnight.
6. Serve cold alongside your favorite poultry or fish dish.

Nutritional Information per serving: Total Calories 20; Total Fat 0g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 5g; Dietary Fiber 1g; Sugar 3g, Protein 1g



Learn more ways about spending your money wisely with this short interactive lesson available at The Dish: Real Talk about Food. Check out our website here: thedishrealtalk.com/course2/#/ or follow instructions below.



1. Open the camera on your phone.
2. Hold your device over a QR Code so that it's clearly visible within your smartphone's screen.
3. Your smartphone reads the code and a the link pops up on your screen.