

IT'S ALMOST FALL Y'ALL!

*Bi-monthly Family Consumer Science (FCS) Newsletter by
Sarah Bock at Fergus County Extension Office*



Money Saving Tips While Grocery Shopping

Have you noticed that your grocery bill seems to be increasing lately? With the rising rates of inflation, groceries are just one of the areas of our spending that are seeing increased prices. Here are a few tips to help cut down that grocery bill.

1. **Make a list.** If you make a list before going shopping, you are less likely to buy things that you don't need. It is important to stick to what is on your list, so you will be able to avoid aisles that don't have things on your list.
2. **Avoid shopping when hungry.** Try grocery shopping after you have a meal. This will help you to avoid buying things that sound good because you are hungry and keep you on track with what you actually need.
3. **Keep an eye on weekly sales.** Try planning a couple of your meals for the week around what is on sale at the store you shop at. This can help reduce your grocery bill and encourage you to try new things with foods that are on sale!
4. **Buy store brand products.** Often store brand products are very similar to name brand products but are much cheaper. There are some exceptions, so make sure to read the ingredient list to ensure that the products are comparable.
5. **Buy items you go through quickly in bulk.** Pay attention to what items you are buying weekly at the grocery store and buy those in bulk. Buying items in bulk can save money, but make sure you don't buy things that you won't be able to finish before they expire.

Upcoming Events and Classes:

September 29th at 5:30: Cooking Soups in Your Instant Pressure Cooker

Please see page 4 for more information.

Mondays and Fridays at 9 AM Beginning October 3rd: Strong People Strength Training Class

Everyone is welcome to the Strong People class that is held twice weekly at the Council on Aging. Contact Sarah with any questions.

October 11th at 8:30 AM: Servsafe Manager Class

Please see page 2 for more information

October 25th at 5:30: Pumpkin - More than Pie Class

Please see page 4 for more information.

Let's Talk Food Safety - Food Manager Certification

Food Safety Tips of the Month

Have you ever wondered what restaurants need to do in order to serve food to the community? One of the requirements for facilities in Montana to serve food is to have a certified food manager. This individual must pass an exam through a program that is accredited by the American National Standards Institute (ANSI). One of these accredited programs is the Servsafe Program.

Here are some topics covered in the Servsafe Program:

- Importance of Food Safety
- Good Personal Hygiene
- Preventing Cross Contamination
- Time and Temperature Control
- Cleaning and Sanitization
- Receiving and Storing Food
- Food Safety Regulations

Each of these topics is covered in-depth in the class, and the manager must pass an exam to earn their certificate. This ensures that every food facility has at least one individual that is informed and prepared to teach others about food safety. If you need to be certified or know someone who does, check out the upcoming class.

SERVSAFE MANAGER CLASS: OCTOBER 11TH AT 8:30 AM. PLEASE CONTACT SARAH BOCK TO REGISTER.



Recipe of the Month: Zucchini Lasagna

Ingredients

- 3 large zucchini
- 1 teaspoon olive oil
- 1 pound ground beef
- 1/2 cup onion - finely chopped
- 2 teaspoons minced garlic
- 24 ounce jar marinara sauce
- 16 ounces ricotta cheese
- 1/2 teaspoon Italian seasoning
- 1 egg
- 1/2 cup grated parmesan cheese
- 2 cups shredded mozzarella cheese
- 1 tablespoon parsley - chopped
- salt and pepper to taste
- cooking spray

Nutritional Facts

Calories: 368kcal |
 Carbohydrates: 12g |
 Protein: 30g | Fat: 23g |
 Saturated Fat: 12g |
 Cholesterol: 114mg |
 Sodium: 820mg |
 Potassium: 890mg |
 Fiber: 3g | Sugar: 8g |
 Vitamin A: 1178IU |
 Vitamin C: 29mg |
 Calcium: 374mg |
 Iron: 3mg

Directions

1. Trim both ends off the zucchini.
2. Use a mandolin to cut the zucchini into 1/8 inch slices. Sprinkle salt over the zucchini slices, then lay them out on a layer of paper towels to drain. Let sit for at least 10 minutes.
3. Pat the tops of the zucchini slices with paper towels to dry.
4. While the zucchini is resting, prepare the sauce. Heat the olive oil in a large pan over medium heat.
5. Add the ground beef and season with salt and pepper to taste.
6. Cook for 5-6 minutes, breaking the meat up with a spatula, until beef is browned and cooked through.
7. Add the onion and cook for another 3-4 minutes or until softened. Add the garlic and cook for 30 seconds.
8. Add the marinara sauce and bring to a simmer; cook for 5 minutes.
9. Place the ricotta cheese, Italian seasoning, egg, parmesan cheese, salt and pepper in a bowl. Mix until well combined.
10. Preheat the oven to 375 degrees F. Coat a 2 or 3 quart baking dish with cooking spray.
11. Place 1/4 of the sauce in the bottom of the dish. Add 1/3 of the zucchini slices on top. Spread 1/3 of the ricotta mixture over the zucchini then top with 1/3 of the mozzarella cheese. Repeat the layers, ending with the mozzarella cheese.
12. Cover and bake for 30 minutes. Uncover and bake for an additional 20 minutes. Sprinkle with parsley, then let stand for 5-7 minutes. Cut into slices, then serve.



This recipe was found on the Dinner at the Zoo Website.

Check out these upcoming cooking classes!

I love fall. I love the crispness of the air that only requires a light jacket, the sounds of kids laughing as they go back to school, and the orange, red and yellow colors that fill the trees and streets. Another one of my favorite things about fall is the food that comes with the season. Of all of the foods I love in the fall, two of my favorites are soup and anything pumpkin! Check out these two upcoming classes if you'd like to learn more about cooking this fall.

Cooking Soups in Your Instant Pressure Cooker

Have you been gifted or bought yourself an Instant Pot and are a bit hesitant to use it for the first time? Have you been using your instant pot for a while but would like to try something new? No matter what stage you are at when it comes to Instant Pressure Cookers, this class is for you. In this class we will talk about how to safely use a pressure cooker and we will also practice by making a variety of soups to try as a class to get you through the cold months. This class will be held on September 29th at 5:30 PM.

Pumpkin - More than Pie

Do you enjoy the taste of pumpkin pie or pumpkin spice lattes? If so, this class is for you! Not only are pumpkins very nutritious for you, but they are also tasty. This class will teach you some new, creative ways to add pumpkin into your diet this fall, and spoiler - they aren't all desserts! There are many ways to use pumpkin that can be healthy and nutritious while also being delicious. This class will be held October 25th at 5:30 PM.

**Sign up
now!**

To sign up for these classes, please contact Sarah Bock at the Extension Office.

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Street
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SEPTEMBER/OCTOBER 2022

Virtual Powerful Tools for Caregiver Class Coming Soon!

Wednesdays | October 12th - November 16th | 12 - 1:30

This 6-week program covers 35 tools for caregivers to avoid burnout, lessen stress and strengthen communication. Caregivers will learn strategies for changing their negative self-talk, communicating their needs, dealing with difficult emotions, and making decisions.

Please contact Sarah Bock at the Extension Office to register.

Email: sarah.bock@montana.edu

Phone Number: 406-535-3919

Address: 712 West Main Street, Lewistown, MT

Taking Care of YOU While Taking Care of the One You Love



SEPTEMBER

Healthy Aging Month and National Food Safety
Education Month

				1	2	3
4	5	6	7	8 Reimagining Rural, 6-8 PM at Council on Aging	9 Chokecherry Jam, 7 PM Creekside Pavilion	10
11	12	13	14	15	16	17
18	19	20 LAC Public Comment Meeting - Noon	21 World Alzheimer's Day	22 Reimagining Rural, 6-8 PM at Council on Aging	23	24 Family Health and Fitness Day
25	26	27	28	29 Cooking Soups in Your Instant Pressure Cooker, 5:30 PM	30	

OCTOBER

Emotional Wellness Month

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2	3 Strong People - 9 AM at COA	4	5	6 Reimagining Rural, 6-8 PM at Council on Aging	7 Strong People - 9 AM at COA	8
9	10 Strong People - 9 AM at COA	11 Servsafe Manager Class, 8:30 AM	12 Virtual Powerful Tools for Caregivers, 12-1:30	13	14 Strong People - 9 AM at COA	15
16	17 Strong People - 9 AM at COA	18	19 Virtual Powerful Tools for Caregivers, 12-1:30	20	21 Strong People - 9 AM at COA	22
23	24 Strong People - 9 AM at COA	25 Pumpkin - More than Pie Class, 5:30 PM	26 Virtual Powerful Tools for Caregivers, 12-1:30	27	28	29
30	31 Strong People - 9 AM at COA					