

## Eating Healthy While On A Budget

(NAPSA)-Earlier this year, the U.S. Department of Labor said nationwide food costs made their biggest price increase in 18 years-and there is no sign of relief, leaving families in the U.S. looking to save.

Registered dietitian Sharon McNerney said you don't have to sacrifice your health while watching your pocketbook.

"Canned fruits packed in their own juices or frozen vegetables are just as nutritious as their fresh counterparts," said McNerney. "And when it comes to poultry, try buying the whole chicken versus precut parts." McNerney also stresses not to forget seafood in the diet. While leading health authorities recommend eating two 6-ounce servings of fish weekly, or 39 pounds annually, the average American eats less than 17 pounds.

"The American medical, heart and diabetes associations all recommend people eat fish twice a week because it provides health benefits, such as omega-3 fatty acids, not found in other protein sources," said McNerney. "Products such as Chicken of the Sea's Healthy Selections Tuna offer the health benefits of fish at a much lower cost than fresh seafood."

A fresh tuna steak will cost about \$10 per pound, while tuna in pouches range between \$4 and \$6 per pound. Healthy Selections -which are available in 3- and 7.1-ounce pouches in light and white albacore tuna varieties-range between \$.99 and \$2.79 per pouch.

Try this cost-effective recipe. For other recipe ideas, visit [ChickenOfTheSea.com](http://ChickenOfTheSea.com).

### Saucy Tuna Vegetable Potato Topper

#### Ingredients:

- 2 tablespoons unsalted butter OR margarine
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 1/2 tablespoons all-purpose flour
- 1 teaspoon seasoned salt OR salt-free seasoning
- Dash ground marjoram
- 1 cup milk
- 2 tablespoons sour cream
- 1 tablespoon fresh-squeezed lemon juice
- 1 (8 1/4-oz.) can peas and carrots, drained
- 1 (7.1-oz.) Chicken of the Sea(r) Healthy Selections Light Tuna Pouch
- 4 to 6 medium baking potatoes; scrubbed, washed and baked OR microwaved

#### Directions:

**In medium saucepan, over medium-high heat, melt butter. Saute onion and bell pepper until vegetables are crisp-tender (about 5 minutes). Combine the flour, seasoned salt and marjoram; stir into vegetables. Stir and heat until bubbly; remove from heat. In small bowl, whisk together milk and sour cream and slowly stir into vegetables. Heat and stir until sauce just comes to a boil and is thickened. Gently fold in lemon juice, carrots and Chicken of the Sea(r) Tuna; heat through. Serve over hot split potatoes. Makes four to six servings.**



**Eating fish twice a week is good for your health and doesn't have to break your family's budget.**

## A Personal Note to a Volunteer...

Mr. Jackson the Electrician.... would you please call me again. I've misplaced your phone number and I really need your help at Camp Melacoma... Thanks, Dodi 837-3699

## ATTENTION EAGLE SCOUTS and Other Service Organizations

### Do You Need A Community Project?

### CAMP MELACOMA WOULD APPRECIATE YOUR CONSIDERATION

Camp Melacoma, located 13 miles up the Washougal River Road in Skamania County is owned and operated by Camp Fire USA ~ Mt. Hood Council. Camp Fire USA is non-profit, and dedicated to educating children.

*The camp could use your help.*



#### WOOD PROJECTS

CABIN DOORS, CABIN WINDOWS, OUTHOUSES, CRAFT HOUSE, POOL BATHHOUSE, WELL HOUSE, HOBART MIXER TABLE, POND DOCK. *Some wood and fasteners are available.*

#### PAINT PROJECTS

PAINT CABINS, PAINT SIGNS, WOOD SEALING, POOL BATHHOUSE

#### ELECTRICAL PROJECTS

WINEBERG LODGE, POOLHOUSE BATH LIGHTS *Supervisors must have Electrical License*

#### CLEANING PROJECTS

NIEMAN LODGE

#### PLUMBING PROJECTS\*\*\*\*

NIEMAN LODGE, POOLHOUSE BATH, *Supervisors must have Plumbing License*

#### LANDSCAPING PROJECTS

TENT TOWN, CLEARING STREAMS, CLEARING TRAILS

**For details of any of these projects please email us. If you are interested in VOLUNTEERING to help with any of these projects, please call us at 360 837-3699 or email us at [RiverTalkNews@gmail.com](mailto:RiverTalkNews@gmail.com)**



## Did You Know?

(NAPSA)-Visa Gift cards, which can be used wherever Visa debit cards are accepted, can be customized with holiday-themed art. More festive than giving cash, these cards are also more secure because they are covered by Visa's Zero Liability policy and can be replaced if lost or stolen.

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Family game night can be an inexpensive way to spend time together. For instance, for less than \$30 you can purchase a family-friendly game, such as "Cranium Family Edition," and enough snacks and beverages to keep everyone happy. Visit [www.hasbrotoyshop.com](http://www.hasbrotoyshop.com).

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When it comes to reducing stress, many believe it's helpful to take a multivitamin with B vitamins and minerals to help convert food to energy, as well as B and C vitamins and antioxidants to help the body handle stress. Learn more at [www.vitaminshoppe.com](http://www.vitaminshoppe.com).

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One of the worst failures that can happen when you drive into an auto repair facility is a failure to communicate. Be prepared to describe the symptoms. Carry a written list of the symptoms that you can give to the service manager or technician. For car care tips, visit [www.ase.com](http://www.ase.com).

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The Mickelson ExxonMobil Teachers Academy is a five-day, all-expense-paid professional development program described by USA Today as giving teachers "new ideas, tools and networking opportunities." Students can nominate their teacher to attend by visiting [www.sendmyteacher.com](http://www.sendmyteacher.com).

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If you've got a do-it-yourselfer on your gift list, you might check out Channellock's #420 (9") tongue-and-groove pliers. Along with its little brother, the #426 (6"), these pliers can be used to tighten or loosen nuts and bolts around the house. Visit [www.channellock.com](http://www.channellock.com).

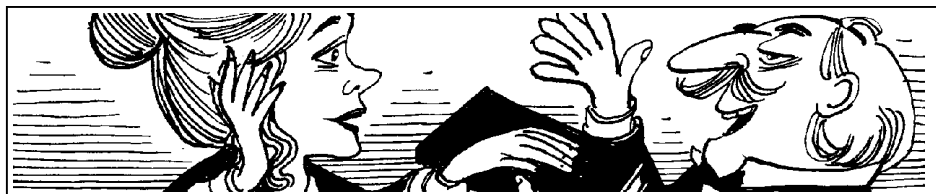
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You might save time this holiday season by utilizing tools like the iRobot Roomba Vacuum Cleaning Robot to handle floor vacuuming. The 560 model lets you program the robot to clean whenever you want it to, including when you're not at home. Visit [www.irobot.com](http://www.irobot.com).

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According to The New York Times, "Leonard Maltin's 2009 Movie Guide" (Plume)-available in bookstores now-is head and shoulders above the rest. To learn more, visit [www.leonardmaltin.com](http://www.leonardmaltin.com).

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Arabella Babb Mansfield was the first woman admitted to the practice of law in the United States. She was admitted into the legal profession in 1869.



(NAPSA)-Because there's so little awareness about psoriasis, the American Academy of Dermatology and the National Psoriasis Foundation, with support from Abbott, launched a program called "Stop Hiding from Psoriasis" to encourage people with the condition to talk with a dermatologist. Learn more at [www.StopHiding.org](http://www.StopHiding.org).

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The American Heart Association says it's important to get a blood pressure monitor that has been clinically validated. For example, Omron blood pressure monitors come with two cuff sizes or have expandable cuffs to fit both regular and large size arms. For more information and a free brochure, visit [www.bpnumbers.com](http://www.bpnumbers.com).

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**In the beginning, all the world was America.**

**-John Locke**

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