

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Shelf-Stable Foods: Pros and Cons

Benefits:	Downfalls:
Long shelf-life; unlikely to expire	Expire eventually (after years)
Options from all food groups	Often high in salt and/or sugar
Relatively inexpensive	Preservatives or preservation methods are used
Easy to buy ahead of time	May not taste quite as fresh

Weekly Challenge

The next time you are shopping, buy 3 shelf-stable foods to stock in your pantry.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. Sept. 2019

Shelf-Stable Emergency Foods

All the food groups have shelf stable options, with dairy being the most difficult to find sources.

Protein: canned fish and meats, nuts, nut butters, jerky, beans, and lentils

Grains: pasta, rice, oats, cereals, granola

Vegetables: canned peas, corn, green beans, carrots, tomatoes, and sauces

Fruit: canned pineapple, peaches, applesauce, pears, dried raisins, raisins, and apricots

Dairy: shelf-stable ultra-processed milk, soy milk, and cheese



Photo courtesy of Pixabay.com



Photo courtesy of Pixabay.com

Weekly Challenge

Identify one time this week when you feel rushed and have little fresh food, and use what you have on the shelf to make a meal.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. Sept. 2019

Shelf-Stable Foods: Nutritional Value

Although shelf-stable foods are given a poor reputation due to higher sodium and sugar contents, they still provide quality nutrition.

Look for canned or boxed items that say “reduced sodium/sugar,” or “no sodium/sugar added” to monitor your intake.

Canned fruits and vegetables are processed within hours of harvesting, whereas fresh fruits and vegetable can take over a week to get from farm to fork. They are fresh when they are canned & provide vitamins and minerals like fresh produce does.



Photos courtesy of Pixabay.com

Weekly Challenge

Limit your daily sodium intake to less than 2300mg/day, even when consuming shelf-stable foods.

GWAAR Nutrition Team in Collaboration with UW-Stout Dietetic Students by Nicole Tellock. Sept. 2019

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Who Knew! Raisin Trivia

- Half of the world's supply of raisins are grown in California.
- California discovered the commercial potential of raisins quite by accident. In 1873, a freak hot spell withered the grapes on the vine. One enterprising San Francisco grocer advertised these shriveled grapes as "**Peruvian Delicacies**" and the rest is history.
- It takes more than 4 tons of grapes to produce 1 ton of raisins.
- Golden raisins are made by treating the raisins with a lye solution, sometimes with lye and then burning sulfur, and sometimes with sulfur dioxide.
- Fresno, California is the Raisin Capital of the World.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Sept. 2019

How to Best Store Raisins

Cool storage is the best way to keep raisins. After the package has been opened they should be put in a sealed container and refrigerated.

Raisins will retain their flavor, color, and nutritive value if stored in the refrigerator. They can be kept even longer if frozen. Raisins will thaw quickly at room temperature. If raisins become dry due to improper storage, rinse them in tap water to dissolve the sugar crystals to restore the moisture.

For more Facts & Trivia visit:

<https://mobile-cuisine.com/did-you-know/raisin-fun-facts/>



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Sept. 2019

Shelf Stable Foods:

Raisins



Raisins are an excellent source of fiber, protein, carbohydrates, and antioxidants! This tiny energy packed food improves digestion, bone health, and iron levels. Raisins help reduce the risk of heart disease, and some cancers. Raisins also have a long shelf life, and make a great snack or addition to any meal.

Weekly Challenge:

Try adding raisins into a whole grain cereal or pairing raisins with various nuts!



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Hope Quilling. Sept. 2019

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Shelf Stable Emergency Meals:

Why do I need shelf stable meals?

- We have all encountered a situation in which we did not have a healthy meal option available or didn't have the time to make it. Having nutritious ingredients available before this happens is key to avoiding it. Shelf stable meals provide nutritious options in a time crunch.

Weekly Challenge

Prepare a meal that is shelf stable.



Photo courtesy of pexels.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. Sept. 2019

Shelf Stable Emergency Meals:

What are some examples of shelf stable meals?

- There are tons of examples of shelf stable meals that can satisfy anyone's taste buds! A few examples would be canned or dehydrated soups, beans, and vegetables. Freezer meals are another great option to have prepared in a pinch.

Weekly Challenge

Prepare a meal that is shelf stable.



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. Sept. 2019

Shelf Stable Emergency Meals:

How long are shelf stable meals stable for?

- The longevity of a shelf stable meal varies based on its ingredients. Dried beans and herbs are good for about 1-3 years. Dried fruits and vegetables can be good for up to 5 years, and canned goods are stable for anywhere from 2 to 5 years.

Weekly Challenge

Prepare a meal that is shelf stable.



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan. Sept. 2019

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Shelf Stable Foods: Bean Recipes

Beans are such a diverse food. They can be eaten cold right out of the can. They can be roasted and enjoyed as a snack.

They can be blended into a delicious hummus. You can puree them and use them in a baked good recipe to replace the fat and boost the fiber and nutrient content. They can be combined with many hot dishes, added to taco meat to replace half the hamburger, and more! Check out the sites below for some new recipes.

Bean Recipe Websites

https://bushbeans.com/en_US

<https://betterbeanco.com/recipes/>

<http://www.kelleybean.com/>
(Look Under Consumer– Recipes)

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Paige Weiner. Sept. 2019

Shelf Stable Foods:

Beans



Beans are nutrient dense and a great source of protein. Protein is an important nutrient that plays a role in almost everything that the body does. Types of dried beans include navy beans, pinto beans, black beans, and chickpeas. Dried beans are a great affordable, shelf stable food that are good to have around the house to add into recipes!



Photo courtesy of Pixabay.com

Weekly Challenge:

Pair cooked dried beans with whole grain rice and cooked vegetables for a fast and nutritious meal.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Paige Weiner. Sept. 2019

Shelf Stable Foods: Bean Trivia

- ◆ Approximately 71,089 people in the world have the last name Bean.
- ◆ Vermont ranks highest in searching for bean recipes online. Montana and Wyoming are second and third.
- ◆ In ancient Greece, minor public officials were elected by drawing beans. The person who got the white bean got the job.
- ◆ Every hour, 38.5 tons of baked beans are eaten in Britain.
- ◆ North Dakota has retained its position as the top-ranking producer of dry edible beans in the United States since 1991

Source

<https://parade.com/537260/ccopelan/happy-national-bean-day-12-weird-facts-about-the-magical-fruit/>

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Paige Weiner. Sept. 2019

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.