

A CLEAN REFRIGERATOR CAN SAVE YOU MONEY!



Spring cleaning is a tradition for many households. Yet, when it comes to cleaning, the refrigerator is frequently ignored. The reality is that it's very important that we keep our refrigerators clean as part of a healthy lifestyle. It's also important that we keep an inventory of what's inside our refrigerators and how long it's been there. Regular cleaning will make taking an inventory much easier.

A clean, well-organized refrigerator runs more efficiently, which saves money. A clean refrigerator will also smell and look better. Cleaning your refrigerator regularly can help you avoid eating foods that are no longer safe to consume. More importantly, regular cleaning will eliminate much of the bacteria that can accumulate between thorough cleanings.

Taking a careful, regular inventory of the contents of your refrigerator can help you avoid buying something that you already have, which will save money. Regular checks of your refrigerator will also enable you to check to make sure foods are sealed properly and to throw out left-over foods that have been stored more than a week. By sealing foods properly and discarding left-over foods that have been in your refrigerator over a week, you will greatly reduce your risk of consuming spoiled foods. Remember to check the expiration dates on dairy products like milk, eggs, and mayonnaise. A helpful tool that some use to keep track of the amount of time left-over dishes have been in the refrigerator is to write the date you put the left-over item in the refrigerator on a piece of tape and place the tape on the container.

Ground spices and herbs are best if used within one year. White sugar should be used within two years while brown sugar should be used within six months. (Source: University of Wyoming Cooperative Extension Service)

If you are interested in nutrition classes offered by Better Living for Texans, contact the Family and Consumer Sciences Agent at your local Texas AgriLife Extension:



Featured Recipe: **Muffin Meat Loaf** (cost per recipe: \$3.89; per serving: \$0.65)



Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cup oats
- 1 pound lean ground beef
- 3 Tablespoons chopped onion
- 1/2 teaspoon salt
- 1/2 cup grated cheese (any variety)

Instructions

1. Preheat the oven to 300 degrees.
2. Combine all ingredients and mix well. (*Do not over mix; too much mixing can make the meat loaf tough*).
3. Spoon mixture into greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups

Nutrition Facts	
Serving Size 2 muffin meatloaves, 1/6 of recipe (130g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 330mg	14%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 21g	
Vitamin A 4%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	