

# Something to Chew On

## Dining Trends: What's Hot?

With the help of consumer surveys and annual sales data, registered dietitian nutritionists can keep up with the most recent supermarket trends that affect people's health and wellness.

### Private Label Products

Private label products display the retailer's logo instead of the manufacturer's emblem. In 2017, sales of private-label products tripled the sales of branded products. Data show this category grows in sales by about 3 percent each year.

### Meal Kit

Meal kits are groupings of pre-packaged ingredients, sold together and used to make a featured recipe. Of the 25 percent of Americans who say they purchased meal kits last year, 17 percent purchased one at a supermarket.

Meal kits may persuade shoppers to try new recipes and they allow for easier recipe modification compared to restaurant foods or other prepared foods. Although consumers believe meal kits are healthier, that may not always be true: Many can be high in calories, sodium or saturated fat and often include sauces high in added sugars.

### Online Ordering, Home Delivery and Store Pickup

While online companies have changed the competition for brick-and-mortar retailers, most online purchases are health, beauty and pet products. By 2024, it is estimated that more than 70 percent of consumers will be purchasing some form of food and beverage online.

Home delivery and store pickup may offer a timesaving convenience and help shoppers save money by reducing the opportunity for impulse buys.

### Local

Sales of local foods are expected to reach \$20 billion by 2019, up from \$5 billion in 2008.

Shopping local is trending overall, but fresh items — especially produce — are driving the trend. Local produce sold twice as much compared to overall produce, with a 10-percent lift in sales in 2017. Shoppers who purchase local items say they believe these goods are of higher quality, fresher and better for the environment.

Caution that the term "local" is defined in many ways, which could be misleading. The USDA's vague definition of local — "the direct or intermediated marketing of food to consumers that is produced and distributed in a limited geographic area" — does not provide a specific distance or radius. Shoppers should investigate their store's definition of local.

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October 1, 2018  
Volume 1, Issue 2

### Inside this issue:

Dining Trends	1
What's Cooking	2
Food Safety Tips	2
Nutrition	2





## Food Safety Tips

If you are in a disaster or emergency, it's important that you take steps to prevent illness from unsafe food and water.

### Congratulations to the following Managers for a Deficiency Free MDH Survey or a 100% Sanitation Inspection:

- Janice O. - MN
- Brad L. - OH
- Michael J. - MN
- Deb L. - MN
- Francois L. - MN
- Julie M. - MN
- Blake B. - CO
- Shannon S. - CO

### Employees of the Month:

- June - Pilar R. - MN
- July - Kathie W - MN
- August - Dustin R. IA

### Congratulations to the following Managers of the Quarter:

- Jeff K. - MN
- Tammy B. - MN
- Josh K. - MN

### RD of the Year:

- Claire M. - WI

### Retiring with 20 Years with NHF:

- Marcie B. - MN

### Years of Service:

A total of 42 managers have celebrated either 5 years, 10 years, 15 years, 20 years, 25 years all the way up to 30 years! This doesn't include the managers who fall in between these years of service!

#### After A Disaster:

**Food:** Throw away food that may have come in contact with flood or storm water; perishable foods that have not been refrigerated properly due to power outages; and those with an unusual odor, color, or texture. Unsafe food can make you sick even if it looks, smells, and

tastes normal. When in doubt, throw it out.

**Water:** Do not use water you suspect or have been told is contaminated to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. Safe water for drinking, cooking, hygiene includes

bottled, boiled, or treated water. Your state, local, or tribal health department can make specific recommendations for boiling or treating water in your area.

**Source:** CDC

## What's Cooking? Mini Pumpkin Pies

"Mini Pumpkin Pies are perfect when you want to have several desserts and make sure everyone can try them all!"

#### Ingredients

- 1 cup canned pumpkin (not pumpkin pie mix)
- 1/2 cup Original Bisquick™ mix
- 1/2 cup sugar
- 3/4 cup evaporated milk
- 1 1/2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 2 eggs
- 1 cup Cool Whip™ frozen whipped topping, thawed, if desired

#### Steps

1. Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.

2. In medium bowl, stir all ingredients except whipped topping until blended. Pour 1/4 cup of mixture into each muffin cup.
3. Bake about 30 minutes or until muffin tops are golden brown and edges are starting to pull away from sides of pan. Cool 10 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer, and serve with 1 generous tablespoonful whipped topping.

#### Nutrition Facts

Serving Size: 1 Mini Pie  
Calories 90  
Total Fat 2g

Saturated Fat 1g  
Trans Fat 0g  
Cholesterol 35mg  
Sodium 90mg  
Total Carbohydrate 15g  
Dietary Fiber 0g  
Sugars 11g



## Seasonal Nutrition Trivia: Pumpkin

Pumpkin is one of the widely grown vegetables incredibly rich in vital antioxidants, and vitamins. Though this humble backyard vegetable is low in calories, nonetheless, it is packed with vitamin-A, and flavonoid polyphenolic antioxidants such as lutein, xanthan and carotenes in abundance. Pumpkin is a fast-growing vine that creeps along the surface in a similar fashion as that of other *Cucurbitaceae* family vegetables and fruits such as cucumber, squash, cantaloupes, etc. It

is one of the most popular field crops cultivated around the world.

