



Giant®

FREE!

# healthy ideas

SUMMER 2011

*\*try it!*

Grilled Shrimp Skewers  
& Corn on the Cob  
page 31

make your own  
**baby food**  
*learn how!*  
page 14

**25**  
light & easy  
**RECIPES**  
inside!

**fresh**  
*summer-inspired*  
**flavors**

guilt-free **grilling**  
farm fresh **produce**  
fruity **freeze pops**



**Healthy Ideas for your...**

**Shopping Cart**

- 4** Down On The Farm
- 6** Fill Up With H2O
- 10** What's The Buzz On Honey?
- 12** Stone Fruits Rock!

**Kids**

- 8** Healthy Freeze Pops

**Lifestyle**

- 14** Easy, Homemade Baby Food
- 18** Eating Healthy On a Budget

**Kitchen**

- 16** Grilling Safety
- 28** Fill Your Grill With Healthy Flavor

**Family**

- 26** Sprains: Healing & Preventing
- 27** Ouch! Bee Stings...
- 30** ABC, 123 Back To School



4

*Editor's Note: In the previous issue, we listed the author of the "Blooms for Spring" article as Kelly Krutz. The author was actually Laura Rivell. We want to acknowledge and thank Laura for writing such a wonderful article and apologize for our mistake.*



8



16



27

**sneak peek:**  
a look at our next issue...

- Holiday recipes
- Applesauce ornaments
- Dealing with diabetes

**healthy ideas**

**EDITOR-IN-CHIEF**  
Shirley Axe

**MANAGING EDITOR**  
Melanie Mnich

**CREATIVE MANAGER**  
Justin Keller

**CREATIVE DESIGN**  
Dana Leeper

**COPY EDITOR**  
Wendy Cray Kaufman

**CONTRIBUTING WRITERS**  
Wendy Cray Kaufman  
Sylvia B. Emberger, RD, LDN  
Sarah Glunz, MS, CCN  
Andy Markievich, PharmD, RPh  
Sylvia E. Warner, MEd, RD, LDN  
Valerie Waters, RD  
Emily Huth, CLC  
Melanie Mnich

**PHOTOGRAPHY**  
Alysha Yoder  
Brian Donnelly Studio

**TO CONTACT OUR  
CONSUMER AFFAIRS DEPARTMENT**  
Giant Food  
1.888.469.4426  
giantfood.com



SYNAPSE  
to place  
SFI Logo



ready. set.  
summer!



*Each time the seasons change, we find ourselves with a whole new batch of flavors and inspiration on our plates. In this issue, we're highlighting classic tastes of summer, from smoky grilled favorites to stone fruits, honey, and farm-fresh local produce. We've even included some homemade baby food recipes for your little ones!*

*Whatever you may be craving as the days heat up, you can bet you'll find it within our pages, along with some hot weather safety tips, a few money-saving coupons and a recipe that will help you stretch your grocery dollar.*

*So browse our pages, then fire up the grill to share some Healthy Ideas with your family and friends this summer.*

*From my grill  
to yours!*

*Andrea*



Andrea Astrachan, Vice President of Consumer Affairs

**Can socks make you feel better?**

**No nonsense®**

We think so. For walking, running or just chilling, No nonsense® socks are always comfortable and always a good value. Share the good feelings with every member of your family and feel even better.

Follow Us

LOOK FOR NO NONSENSE® SOCKS IN THE HEALTH AND BEAUTY AISLE.





# down on the farm

## Why should fall get all the credit for a bountiful harvest?

The summer growing season boasts a pretty good haul of its own! Eating foods while they're at their seasonal peak helps you to enjoy their best flavor while reaping the full nutritional benefits they have to offer.

Think beyond the simple salad and get to know these summer staples a little bit better

Vegetables containing seeds are technically fruits!

Bring the goodness of summer produce to your family table.

By Wendy C. Kaufman



## BELL PEPPERS

Members of the nightshade family, bell pepper varieties come in a rainbow of hues, including red, yellow, orange, purple, brown and green—all starting out green and changing color as they ripen. Bell peppers are a sweeter pepper with no heat and a distinctive crunch.

Choose peppers that are bright and firm, with no soft spots. Be sure to wash thoroughly and remove the core and bitter seeds before cooking. With their standout crunch and eye-catching color, bell peppers can jazz up lots of recipes, from soups and salads to sandwiches and crudités. Kids love to dip 'em, too!

## PEAS

Peas grow well in most climates, making them one of the most popular and widely grown foods in the world.

When choosing fresh peas, make sure the pods are smooth, crisp and even in color. Avoid those that are soft, spotted or yellow. After they are picked, enjoy them as soon as possible or blanch and freeze. Peas can be steamed, sautéed and baked into a recipe or eaten raw. They make a wonderful addition to salads, stews, soups, stir-fries or casseroles.



## SWEET CORN

What is a summer cookout without fresh corn on the cob? Corn has been an essential part of daily life for thousands of years. Ancient civilizations used yellow, red, pink, blue and violet corn (and the rest of the plant) not only as a meal staple, but also for home building, decoration, toys and more.

Corn should be kept cool, and freezes well. Since it is often inexpensive during the peak season, why not stock up and fill your freezer? Add cooked corn to a hot or cold salad, soup or salsa. Or, if you're a corn purist, boil or grill it in the husk and eat it right off the cob.



## TOMATOES

It's hard to get through a day without coming across a tomato! This star of the summer crop seems to pop up everywhere: sandwiches, sauces, juices—even ketchup. But nothing compares to a slice of fresh tomato, right off the vine. From unique color-swirled heirlooms to the poppable cherry tomato, they can be used in countless soup, salad, pasta, casserole, meat, fish and poultry recipes, or eaten right out of hand like an apple. Look for those with a sweet, clean aroma and firm, unblemished skin. Make sure to store them at room temperature.

## SQUASH

The summer squash is related to the cucumber. Unlike the bumpy, thick-skinned winter squash, summer varieties have a thin, edible skin and mild white flesh that can be easily worked into many recipes. Try the yellow crookneck, green zucchini or round pattypan, but don't wait too long—they can't be stored like winter squash. Shred into baked goods, pasta sauces, soups or omelets, slice into stir-fries or brush wedges with olive oil and grill. Its edible flowers can also be used as an elegant ingredient for cooking.



### Fresh Veggie Pita Pizza

Makes 4 4-wedge servings • Prep Time: 15 minutes

#### Ingredients:

- 2 whole wheat pita pockets (6 inch)
- 8 oz. red pepper hummus
- 1 medium zucchini, chopped (1 1/2 cup)
- 1 medium tomato, chopped (1 cup)
- 1 medium bell pepper, chopped (1 1/2 cup)
- 2 Tablespoons chopped onion

Slice pita pockets all the way around the edge creating two separate rounds per pita, 4 rounds total. Spread 4 tablespoons of hummus on each pita round. Top with equal portions of vegetables. Cut each round into 4 wedges.

Per serving: 200 calories, 7g fat, 0g saturated fat, 0mg cholesterol, 390mg sodium, 31g carbohydrate, 7g fiber, 9g protein



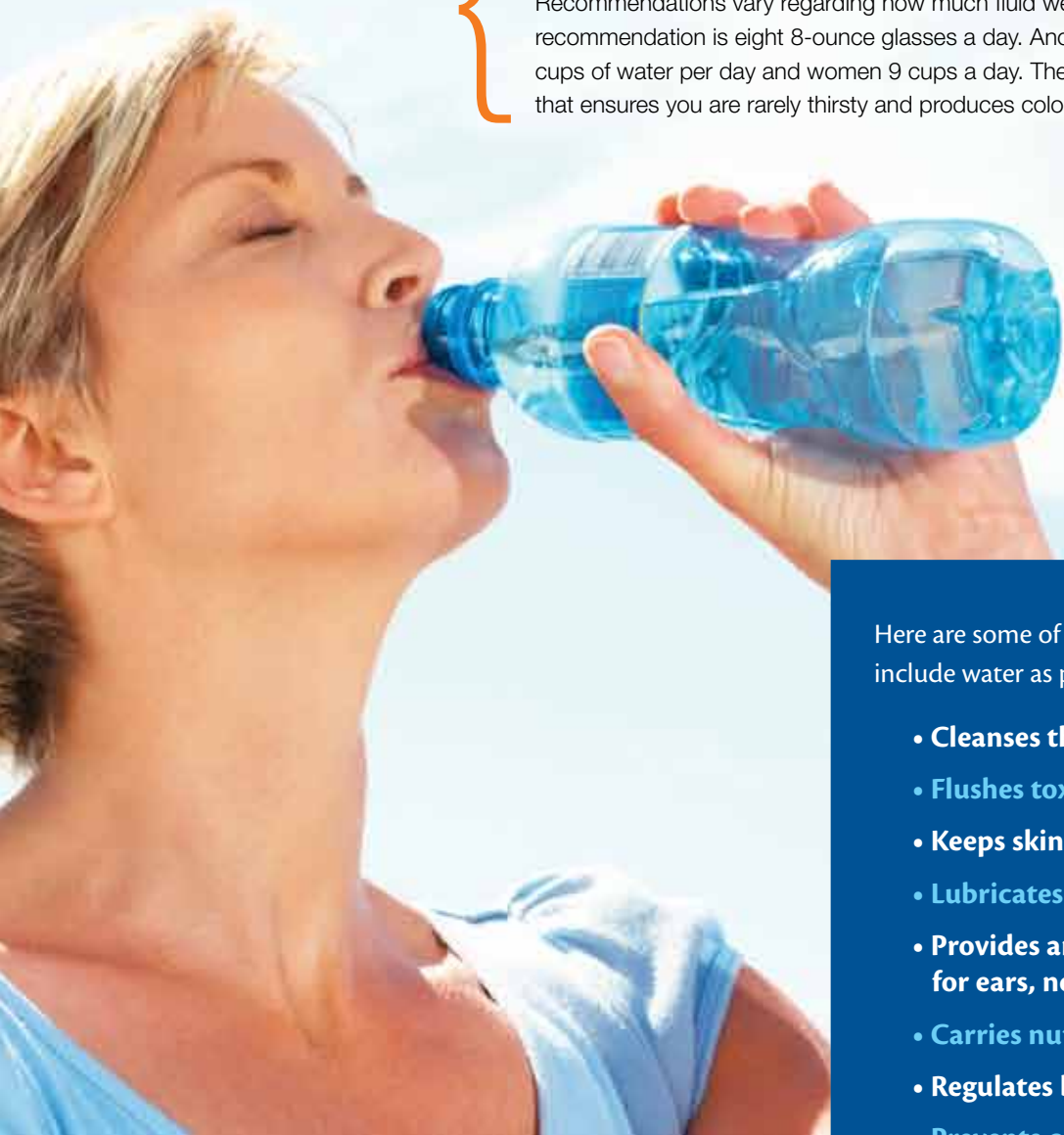




# Fill Up With H<sub>2</sub>O

Water makes up over 60% of the weight of the human body, which makes water intake extremely important for the function of every system in the body.

Recommendations vary regarding how much fluid we need to drink each day. One recommendation is eight 8-ounce glasses a day. Another encourages men to drink 13 cups of water per day and women 9 cups a day. The best amount to drink is the amount that ensures you are rarely thirsty and produces colorless or slightly yellow urine.



Here are some of the reasons why you should include water as part of a healthy diet:

- Cleanses the kidneys
- Flushes toxins from the body
- Keeps skin healthy
- Lubricates the joints
- Provides an ideal environment for ears, nose and throat
- Carries nutrients to the cells
- Regulates body temperature
- Prevents constipation

There are many different types of bottled water. The choices can be overwhelming, so here's a guide:



Spring water comes from an underground source that naturally flows to the surface. It is collected at the spring or at an underground source of the spring.



Artesian water is collected from a confined, underground aquifer—a water-bearing, impermeable layer of rock, sand or ice. Some examples include Eternal Artesian Water which comes from New Zealand and Voss Artesian Water from Norway.



Flavored water may be a good choice for someone who struggles to get enough water. Remember, it may be sweetened or unsweetened. If flavored water is sweetened, it may contain added sugars or other sweeteners so be sure to read the nutrition facts label and the ingredients. Unsweetened flavored waters, sometimes referred to as essence waters, are flavored with fruit, mint, or even cocoa but not sugar or sweeteners. Hint® and Metromint® are popular examples.



Sparkling water, seltzer, and club soda contain carbonation. Tonic water is also carbonated but typically contains added sugar. Sparkling water with a slice of lemon can be a great alternative to soda.

No matter which water you choose, try these simple tips for ensuring that you reach your water intake goal.

**1** Drink water first thing in the morning. Most of us are pretty thirsty at this time of day so keep a glass or bottle next to your bed.

**2** Add your own flavor—a squeeze of lemon or orange or a splash of 100% fruit juice.



**3** Eat your fruits and veggies. Some are as much as 90% water!

**4** Keep a bottle of water with you at all times, especially on your desk where you can take sips all day.



**5** Invest in a fun, reusable water bottle. This can help you track and even increase your water intake each day.

**6** Other beverages such as milk, juice, coffee and tea contribute to your fluid intake for the day. Be careful, however, as juice, coffee and tea (with added sugars and creamers) can add unwanted calories.

**7** It's best to rely on water to quench your thirst. It's calorie-free and inexpensive!



By Emily Huth, CLC

# {HEALTHY} freeze pops

Use fun shaped freeze pop molds to coordinate party themes!

Between dance recitals, soccer practice and busy school schedules, many parents worry that their kids aren't getting the nutrition they need for healthy growth and development. With fresh produce in abundance, summer is the perfect time to get some extra nutrients into your child's diet.

Freeze pops are a summer favorite that can be made very easily and healthfully at home. Homemade freeze pops are simple to make, provide important vitamins and minerals and are very inexpensive.

The base for most freeze pops is a fruit purée, which is simply fruit that has been processed in a blender until smooth. Use puréed fresh or frozen fruit instead of fruit juice to allow more fiber to remain in the recipe. You don't need to add any sugar because fruit is already naturally sweet. Then pour the purée into a freezer pop mold and put it into the freezer for a few hours. If you don't have a mold, use paper cups that can be peeled away after the purée is frozen. Use craft sticks for holders.

Freezer pop recipes are very versatile and can be easily customized to include any fruit you or your child would like. Use a variety of different colored fruits to maximize the nutritional content of your freezer pops. So chill and enjoy this tasty summer treat!



## Layered Fruit Freeze Pops

Makes 8 1/2 cup servings • Prep Time: 20 minutes + freeze time

**Ingredients**  
 2 cups watermelon, cubed  
 2 cups sliced fresh or frozen strawberries  
 5-ounce paper cups for molds  
 1 1/3 cups fresh or frozen peach slices  
 Craft sticks

Puree strawberries in a blender until smooth. Fill paper cups 1/3 full with strawberry puree. Add craft sticks and freeze for 1–2 hours. Puree peaches in a blender until smooth. Pour peach puree over frozen strawberry layer until the mold is 2/3 full. Freeze for 1–2 hours. Puree watermelon in a blender until smooth. Pour watermelon puree over frozen peach layer until the mold is full. Freeze for 1–2 hours and enjoy!

*Nutrition Information per serving: 25 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 6g carbohydrate, 1g fiber, 0g protein.*



# Now Healthier is Heart-ier than ever!

Francesco Rinaldi ToBe™ Healthy Pasta Sauce Fortified with DHA Omega 3.

## Spicy Vegetable Bolognese

Serves 4-6  
 Preparation Time: 5-10 minutes  
 Cooking Time: 10 minutes with cooked pasta



### Ingredients:

- 2 medium sweet onions, chopped
- 2 medium carrots, peeled & chopped
- 2 celery ribs, chopped
- 2 small zucchini, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1/4 cup olive or vegetable oil
- 1 jar Francesco Rinaldi ToBe Healthy Pasta Sauce (Spicy Marinara)
- 1/2 cup chopped fresh basil
- 12 ounces bow ties, cooked

### Directions:

- Sauté onions, carrots, celery, zucchini and peppers in oil over medium-high heat 6-8 minutes until vegetables are tender.
- Stir in pasta sauce over a medium heat. Stir in basil; lower heat and simmer for 5 minutes, stirring occasionally.
- Serve over hot, cooked pasta.



MANUFACTURER'S COUPON - 9/30/2011 - CANNOT BE DOUBLED

**Save \$1.00**  
 On Any 2 Jars  
 Any Size Glass Jar of Francesco Rinaldi ToBe™ Healthy Pasta Sauce with Omega 3

9 977644 352332

0077644-000042

Tomato & Basil • Garden Vegetable  
 Garlic & Onion • Spicy Marinara

To the Dealer: LDClear Foods, Inc. will redeem this coupon for \$1.00 off when you purchase any 2 glass jars of Francesco Rinaldi ToBe Healthy Pasta Sauce, plus 8¢ handling, provided the coupon has been turned over to you by a customer in exchange for two (2) jars of Francesco Rinaldi ToBe Healthy Pasta Sauce, according to our agreement and provided the store redeeming the coupon has purchased stock equal to or in excess of coupons redeemed. To obtain payment, send to: LDCLEAR FOODS, P.O. BOX 326, PENN-ELD, NY 14526. LDClear Foods, Inc. reserves the right to withhold payment on, and declare void, coupons received less than in kind condition. Cash value 1/20th of one cent. Reproduction of this coupon is expressly prohibited. (All OTHER USE OR UNAUTHORIZED REPRODUCTION CONSTITUTES FRAUD) ©2011 LDClear Foods, Inc.

Find us on Facebook  
 FrancescoRinaldi.com/ToBeHealthy



New

# 100%

## NATURAL

### LIPTON ICED TEA

© 2011 LIPTON is a registered trademark of the Unilever Group of Companies. YAE137433-3/11





# what's the buzz on honey?

Call something “sweet as honey” or create a “honey-do list” and these buzzwords evoke heartfelt sentiments. A natural form of sugar, honey is created by bees from the nectar and pollen of flowers and tree blossoms. If bees have access to one type of flower, the honey can be classified by the flower name, such as clover or orange blossom, and will have a distinctive flavor and color. Other honey, such as wildflower, is made from a variety of flowers. As a general rule, the darker the honey, the deeper the flavor.

Store honey in an airtight container in a cool dry place and it will keep indefinitely. Honey's high sugar content and slightly acidic pH helps to inhibit bacteria and molds from growing in it. If honey becomes crystallized, place the container in hot water for 15 minutes to return it to a liquid. Microwaving honey to soften is not recommended because it changes the flavor.

**To make honey slide off easily** from a measuring spoon or cup, spray the tool with cooking spray or warm the tool under hot tap water before measuring honey into it. Since honey tastes sweeter than table sugar, you can use less for the same sweet flavor. Honey has a low to moderate glycemic index, which estimates how it affects blood sugar. Keep in mind that honey is a simple sugar, so moderation is still important if you have diabetes or need to count your calories.

Honey not only adds sweetness to our food, but an abundance of folklore surrounds the almost magical powers of honey to cure and prevent a multitude of physical ailments. Honey is being studied as a cough suppressant, a carbohydrate source for athletes and as an aid to heal wounds. Modern scientists are researching exactly how and why honey works. One thing is for certain, honey is filled with antioxidants made by the plants on which bees feed.

**Special Care for Infants:** Avoid honey until at least the age of 12 months. Honey can harbor spores of a toxic bacterium called *Clostridium botulinum*, which can be fatal to the immature immune system of an infant.

We know that the future supply of honey, and of our food supply in general, lies in the health of bees. Bees are needed to pollinate the flowers of plants that produce our fruits and vegetables. A mysterious disorder causing the death and disappearance of millions of honeybees is called Colony Collapse Disorder (CCD). Home gardeners can all take part in encouraging bee health by avoiding pesticide and herbicide use and planting a variety of native species that provide bees with the proper nutrition. So let some clover grow in your lawn and plant some wildflowers in your garden for a Bee Healthy Idea!

## Grilled Mango & Banana Skewers with Honey Cinnamon Glaze

Makes 6 1-cup servings • Prep Time: 30 min. • Cook Time: 10 min.

Ingredients:	3 mangos cut into 1-inch chunks
6-8 wooden or metal skewers	1/2 cup Giant honey
1 teaspoon lemon juice	1/2 teaspoon ground cinnamon
4 bananas cut into 1/2-inch pieces	Cooking oil spray

If using wooden skewers, soak in water for at least 30 minutes to prevent burning while grilling. Clean grill and preheat to medium. Pour 1 cup of water (separate from water used to soak wooden skewers) into a large bowl and add lemon juice. Add banana and mango to water and soak for 20 minutes. In a small bowl, combine honey and cinnamon. Thread fruit onto skewers. Coat with honey-cinnamon mixture and spray with cooking oil to prevent fruit from sticking to the grill. Grill for 5 or 10 minutes until warm, turning regularly. Do not overcook or fruit will become too soft.

*Nutrition Information per serving: 250 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 5mg sodium, 60g carbohydrate, 4g fiber, 1g protein.*



## Honey-Pecan Encrusted Chicken Strips

Makes 4 servings • Prep Time: 10 min. • Bake Time: 20-25 min.

Ingredients:	1/4 cup pecans
1 lb. Nature's Promise® chicken tenders or chicken breast cut into 1 inch strips	1/2 cup Giant toasted bread crumbs
1/2 cup Giant orange juice	1/2 teaspoon garlic powder
2 teaspoons Giant Dijon mustard	1/8 teaspoon Giant salt
2 Tablespoons Giant honey	Cooking spray
	Orange wedges (optional garnish)
	Dipping sauce (if desired)

Preheat oven to 425 degrees F. Cover a baking sheet with aluminum foil and spray with cooking spray. Place pecans in a zip-top bag and crush with a rolling pin to create a crumb texture. Add bread crumbs, garlic powder and salt to bag and shake to distribute. Pour crumbs onto a flat dish. In a bowl, combine honey, Dijon mustard and orange juice. Stir until well combined. Dip chicken piece into the liquid mixture, coating both sides. Let sit 30 seconds (or up to 10 minutes) to absorb the flavors. One by one, press each chicken strip into the dry mixture to coat the top. Place onto the baking sheet and spray the tops lightly with cooking spray. Bake for 8-10 minutes or until internal temperature reaches 165 degrees. Place on a serving plate garnished with orange wedges. Serve with a dipping sauce, if desired.

*Nutrition Information per serving: 270 calories, 7g fat, 1g saturated fat, 75mg cholesterol, 270mg sodium, 23g carbohydrate, 1g fiber, 29g protein.*







By Sylvia Warner, MEd, RD, LDN

# stone fruits rock!

Have you ever been hungry for a juicy, fresh peach or sweet cherries that you can eat out of hand? You're in luck, because summertime brings an abundance of this family of fruits called stone fruits.

A stone fruit has a characteristic single stone (pit) in its center. Cherries, peaches, plums and apricots belong in this group. Pluots and apriums are hybrid combinations of apricots and plums. All of these stone fruits are members of the rose family.

## ripening

Because of their delicate flesh, stone fruits are often picked before their peak ripeness. Allow them some ripening time on the countertop or in a paper bag at room temperature. Peaches, apricots and nectarines will lose their hardness and become fragrant when ripe.

## storing

Stone fruits are highly perishable, so eat them when they are ripe, craft them into a recipe or move them to the crisper section of your refrigerator so they will retain their juiciness. Don't wash stone fruits until you are ready to use them.

## enjoying!

Because the skins on stone fruits are thin, it's easier to leave them on. Besides, the skins add to your daily fiber intake. If you prefer stone fruits peeled, here is an easy tip: Immerse the fruit into boiling water for one minute. Remove from boiling water with a slotted spoon. Plunge into a bowl of very cold water for one minute. See how easy it is to remove the peels! (This works with tomatoes, too.) Once cut, sprinkle the fruits with lemon, lime or orange juice to prevent discoloration.

**savor this salsa as an appetizer with cheese and crackers or as an accompaniment to grilled meat or fish!**

### Stone Fruit Salsa

Makes 7 1/4-cup servings • Prep Time: 15 minutes + 1 hour chill time

#### Ingredients:

- 2 cups diced ripe stone fruit (peaches, nectarines, apricots)
- 1 Tablespoon lime juice
- 1 Tablespoon Giant canola oil
- 1/4 cup chopped red onion
- 1/2 cup chopped bell pepper (red or green)
- 1 Tablespoon chopped cilantro (or parsley or mint)
- Pinch of salt

Combine all ingredients in a bowl and toss gently to mix. Refrigerate for at least one hour to allow flavors to blend.

*Nutrition Information per serving: 60 calories, 2g fat, 0g saturated fat, 0mg cholesterol, 2mg sodium, 9g carbohydrate, 2g fiber, 1g protein.*



# Tastes So Good...

## (they won't know it's nutritious too!)

When it comes to breakfast cereal, artificial ingredients just go against the grain. That's why Nature's Promise organic cereals contain only wholesome, USDA-certified organic ingredients. It's quality you can trust for your family's health and well-being, at affordable prices every day.



**Start your day right** with our full line of Nature's Promise natural & organic breakfast favorites!





By Valerie Waters, RD

# EASY HOMEMADE baby food

Introducing a baby to solid food is a fun and exciting time. It helps babies develop important skills and introduces them to the wonderful flavors of fruits and veggies! Store-bought baby food is a convenient staple, but why not try your hand at making your own when the freshest ingredients are right at your fingertips? It is easier than you think! Parents choose the type and quality of ingredients used, maximizing the nutrients baby gets from each spoonful. This also allows you to share your favorite seasonal tastes with your little one. Baby food recipes can range from simple purees to creative combinations and experimenting is the fun part. The whole family, including baby, can enjoy the fresh flavors of local produce, available in our stores all summer long.

## WHAT YOU'LL NEED:

- Food processor and/or blender
- Storage containers, such as ice cube trays and freezer bags.

- Always start with clean hands and utensils.
- Great foods to start with are bananas, peaches, mangos, apricots, apples, sweet potatoes, avocados, carrots, peas and green beans. (Many experts recommend a 2-3 day wait between introducing new foods, just in case an allergic reaction occurs.)
- Cook the vegetable or fruit either by steaming, baking, microwaving or boiling. When cooking veggies, save the cooking liquid to use when pureeing. This preserves any nutrients that may have leached into the water during cooking.
- Cook veggies and firm fruits, such as pears and apples, until soft. Let cool, peel skins and remove all seeds.
- Add enough water or other liquid, such as breast milk, formula or 100% fruit juice, and blend or puree the food to the consistency appropriate for baby's stage of eating development. Don't add sugar, salt or spices initially. Allow baby to taste the natural flavors of fruits and veggies.
- Make larger quantities and freeze in ice cube trays for convenience. (If using plastic trays, look for options that are free of BPA, PVC and phthalates.) Once the cubes are frozen, transfer them into a freezer bag and label and date the bags. Frozen food can be kept for 1-3 months.
  - Only dish out one serving at a time, and discard any leftovers from the serving dish as they will be contaminated by enzymes and bacteria and should not be served again. Do not share a spoon with your baby.
  - Thaw frozen food in refrigerator as needed. Use refrigerated or fresh baby food within 3 days.

Avocado & mango make a great baby finger food!

Simply cut them into dices or bite-size chunks for baby. Coat the fruit bits with crushed oat cereal or wheat germ to help baby easily pick up the bits.



### Avocado Puree

#### INGREDIENTS:

1 medium ripe avocado, soft to the touch

#### DIRECTIONS:

Cut the avocado in half and remove the pit. Spoon out the inside of the fruit into a bowl and mash with a fork. Add water if necessary to reach a smoother consistency. Do not cook.

### Creamy Avocado Mango Mousse

#### INGREDIENTS:

1 cup peeled and cubed mango  
1 ripe avocado, peeled, seeded and cubed  
½ cup Giant plain yogurt

#### DIRECTIONS:

Mash the mango with the avocado until smooth, or use a food processor or blender. Add yogurt and whip with a whisk until a creamy mousse-like consistency is created.

### Garden Vegetable Combo

#### INGREDIENTS:

Green Beans, Summer Squash, Peas and Carrots

*\*Make sure baby has tried each vegetable individually before introducing combination foods.*

#### DIRECTIONS:

Combine fresh or frozen green beans and peas, chopped summer and/or zucchini squash and small pieces of chopped carrots. Add just enough water to cover the vegetables. Cook until tender, reserving water. Puree vegetables in blender or food processor. Add reserved water from the vegetables until mixture is of the desired consistency.

Recipes adapted from [www.wholesomebabyfood.com](http://www.wholesomebabyfood.com)



# GENTLE care for your little one

Each Cottontails baby wipe is thick, cushiony-soft and alcohol free so it does not irritate baby's skin. Each wipe contains a mild cleansing solution with aloe & vitamin E to help keep skin baby soft.



Take care of your little one, from the top of their head to their tiny little toes, with Cottontails.

Offer Valid 6/17-9/30/11

# \$1 OFF

with a purchase of \$15 or more



**Cottontails Baby Wipes 72 ct. pkg.**



Must present coupon with your Giant Card and purchases at checkout. With \$15 minimum purchase. (minimum spend must be met after all discounts have been subtracted from order and before sales tax has been added to order. Coupon redeemable at your neighborhood Giant. Coupon not redeemable at Prespot by Giant. Limit one coupon per customer per order. Coupon can not be doubled or tripled, or combined with any other offer.





# At Giant, we mean business when it comes to food safety.

We actively promote safe food handling among our associates by continually reinforcing established policies and procedures. Our food safety teams are constantly in our stores auditing procedures, coaching our associates on best practices and teaching safe food handling techniques to our customers.

It's important to know that product recalls do occur and, when they do, our stores fly into action. As soon as a recall is announced, affected product is immediately removed from the shelf.

When a severe product recall is announced, we use loyalty card information to identify and call customers to let them know they purchased a product that was recalled. We offer a full refund to customers who have any concern with a product they have purchased in our stores.



Burgers	160°		
Poultry	165°		
Fish	145°		
Pork	160°		
Beef & Lamb	Medium Rare	Medium	Well Done
	145°	160°	170°

## Grilling season is officially here!

To keep you and your loved ones safe and healthy this summer, here are a few tips to help you enjoy this sizzling summer pastime.

- Always wash your hands with warm water and soap for 20 seconds before and after handling raw meat.
- After marinating meat or poultry, discard the leftover marinade.
- Place cooked food on a clean plate. Don't place cooked food back on the plate that held the raw meat, fish or poultry unless it has been well washed with soap and warm water in between.

### Refer to this chart for safe temperatures for cooking meat.

It can be tough to know how long to cook meat to make sure that it is cooked safely, especially because color is not an accurate indicator. Use a meat thermometer and insert it into the thickest part of the meat to determine if meat is "done."



**Food safety is of the utmost importance to us, and we know it is to you, too.**

## Follow these four easy lessons on safe food handling:

### 1 clean

- Clean cutting boards, knives and countertops frequently to prevent the spread of bacteria throughout the kitchen.
- Wash your hands with warm water and soap for 20 seconds before and after handling food.
- If at an outdoor event, to keep yourself and any tables or serving equipment clean, bring table cloths, paper towels, spray cleaners, soap and water and hand sanitizer. Be sure you clean the grill before using it!

### 2

- Keep raw meat, poultry and seafood and their juices away from ready-to-eat foods. Bacteria spreads through cross-contamination.
- Use separate utensils and serving dishes for raw and cooked foods.



### separate

### cook

- The way you prepare food is an important step in eliminating the survival and spread of bacteria. If food is heated or prepared improperly, bacteria is likely to survive. Even if you are an experienced cook, always use a food thermometer to make sure you have cooked your food to the appropriate temperature.

### 3

### 4

- Reduce the risk of foodborne illness by chilling food properly. Bacteria spreads fast at temperatures between 40°F and 140°F, so always be sure to keep foods chilled until ready to serve.
- Perishable foods should be thrown away if left out for over 2 hours. In 90 degree heat or above, discard food after 1 hour.



### chill

Learn more about safe food handling tips at [www.befoodsafe.org](http://www.befoodsafe.org) and keep your family safe.





| eating healthy...on a budget! |

# super salads

Vegetables are often called “superfoods” because of the nutrients they provide.

Even more astounding is that most vegetables are low in calories but fill you up and keep you from feeling hungry. For example, there are only 10 calories in 2 cups of lettuce and 15 calories in a half cup of chopped tomatoes! One way to fill your plate and enjoy the abundance of fresh vegetables this summer is by making a dinner salad.

Start with a bed of crisp, dark lettuce greens and add cucumbers, tomatoes, carrots, celery or any other crunchy vegetables. Arrange grilled and sliced meats such as boneless chicken breast, salmon fillets or lean beef over the vegetables. Stop before you top your salad with bottled dressing, cheese and croutons that can add unwanted calories.

**\$2.85**

Approximate cost per serving for recipe.\*

(Based on average price of ingredients available at Giant.)

Instead, try marinated mushrooms, three-bean salad or corn relish for a colorful, flavorful and nutrient-rich salad topper!

Many of these vegetables already come in a delicious dressing that you can use over your salad.

To save on calories, choose vegetable salads made with a tangy vinegar marinade instead of creamy dressings.

## Dinner Salad with Beef & Marinated Tomatoes

Makes 4 4-cup servings • Prep Time: 30 min. • Cook Time: 30 min.

- |                                    |  |
|------------------------------------|--|
| Ingredients:                       | 1 Tablespoon fresh lemon juice           |
| 1/2 cup sliced scallions           | 1 lb tomatoes, seeded & chopped (2 cups) |
| 1 Tablespoon chopped fresh parsley | 1 lb Nature's Promise® top round steak   |
| 1/2 teaspoon Giant sugar           | 8 cups green or red leaf lettuce (1 lb)  |
| 1/8 teaspoon Giant salt            | 1 cucumber, peeled and sliced            |
| 1/2 teaspoon Giant pepper          |  |
| 1 Tablespoon Giant canola oil      |  |
| 3 Tablespoons Giant vinegar        |  |

Combine scallions, parsley, sugar, salt, pepper, oil, vinegar and lemon juice in a medium bowl. Add tomatoes and toss gently to combine. Cover and keep at room temperature up to 2 hours to allow flavors to develop. Prepare grill for medium heat. Sprinkle steak with pepper. Grill steak, uncovered, 8 to 9 minutes for medium doneness, turning occasionally. Carve steak into thin slices against the grain. Divide lettuce among plates or salad bowls. Top with cucumber slices and arrange steak on top. Spoon marinated tomatoes, including liquid, over salads and serve immediately.

Nutrition Information per serving: 280 calories, 15g fat, 4g saturated fat, 55mg cholesterol, 150mg sodium, 12g carbohydrate, 4g fiber, 27g protein.



meal plan 1

whole wheat garlic pita chips



meal plan 1

strawberry mango sorbet



meal plan 1

cilantro lime grilled chicken



meal plan 1

mexican corn salad



- 2 cups corn kernels; fresh, canned or frozen/thawed
- 2 cups diced tomatoes (about 1 lb)
- 1/4 cup chopped scallions
- 1 red bell pepper, diced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 Tablespoons chopped fresh cilantro
- 2 Tablespoons Giant canola oil
- 1 Tablespoon Giant red wine vinegar

In a large bowl, combine corn, tomatoes, scallions and bell pepper. Set aside. In a separate bowl, combine cumin, chili powder, cilantro, oil and vinegar. Mix well. Pour over vegetables and mix until well coated. Chill until ready to serve.

**Makes 4 1-cup servings**

**Prep time: 20 minutes**

*Per serving: 180 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 20mg sodium, 23g carbohydrate, 4g fiber, 4g protein*

cilantro lime grilled chicken

- 1 lime for zest and juice
- 1 Tablespoon fresh cilantro, plus extra for garnish
- 1 1/2 Tablespoons minced garlic
- 1 teaspoon Giant onion powder
- 2 Tablespoons Giant olive oil
- 4 Giant boneless skinless chicken breasts (about 1 lb total)

Grate zest and squeeze the juice from the lime into a glass or ceramic bowl. Add cilantro, garlic, onion powder and olive oil. Add the chicken breast to the bowl and spoon the marinade over the chicken until well coated. Cover with plastic wrap and chill for 30 minutes or overnight. Preheat the grill to medium heat or preheat the broiler. Place the chicken on the grill or broiler pan. Discard any remaining marinade. Cook chicken about 10 minutes on each side or until internal temperature reaches 165 degrees. Garnish with extra cilantro and serve immediately.

**Makes 3 8-ounce servings**

**Prep time: 35 minutes**

**Cook time: 20 minutes**

*Per serving: 170 calories, 5g fat, 1g saturated fat, 65mg cholesterol, 75mg sodium, 3g carbohydrate, 0g fiber, 27g protein*



seafood lettuce wraps

meal plan 2

- 1 large mango, peeled and cut into chunks
- 2 cups fresh strawberries, hulled and sliced
- 1 teaspoon Giant vanilla extract
- 1 1/2 Tablespoons Giant orange juice
- Juice from 1/2 lime

Place cut fruit in a single layer on a plate or tray, cover with plastic wrap and freeze overnight. Use a food processor or blender to finely chop the frozen fruit. Add orange juice, lime juice and vanilla extract. Blend thoroughly, until very smooth, scraping down the sides of the container. Continue to blend up to five minutes. Spoon into serving dishes or a covered storage container and return to the freezer until ready to serve. Transfer to refrigerator to temper 15 minutes before serving.

**Makes 4 1/2-cup servings**

**Prep time: 15 minutes + freeze time**

*Per serving: 60 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 15g carbohydrate, 3g fiber, 1g protein*

whole wheat garlic pita chips

- 2 whole wheat pita rounds
- 4 teaspoons Giant olive oil
- 1/2 teaspoon crushed garlic
- 1/4 teaspoon coarse salt

Preheat oven to 350 degrees. Cut around the outside of the pita rounds to separate the layers. You should now have 4 round pieces of pita bread. Combine oil, garlic and salt in a small bowl and brush the inside surface of each pita round with oil mixture. Cut each round into 8 wedges and arrange in a single layer on a baking sheet, oiled side up. Bake 8–10 minutes or until golden brown. Makes 32 wedges.

**Makes 4 8-piece servings**

**Prep time: 10 minutes**

**Cook time: 10 minutes**

*Per serving: 120 calories, 5g fat, 1g saturated fat, 0mg cholesterol, 180mg sodium, 16g carbohydrate, 2g fiber, 3g protein*



cucumber slaw

meal plan 2



blueberry-lemon iced tea

meal plan 2



individual peach clafoutis

meal plan 2



- 8 oz. fresh or frozen blueberries (1 1/2 cups)
- 3 Tablespoons fresh lemon juice (from 1 lemon)
- 4 cups water
- 6 tea bags (black or green tea)
- 2 Tablespoons Giant honey

Bring blueberries and lemon juice to a boil in a medium saucepan over medium heat. Cook, stirring occasionally, for 5 minutes until blueberries are soft. Remove from heat, and pour through a fine wire-mesh strainer into a bowl. Use the back of a spoon to squeeze out juice. Discard the flesh left in the strainer. Wipe out saucepan, bring water to a boil in saucepan, add tea bags and let stand 5 minutes. Remove and discard tea bags. Stir in honey and blueberry juice mixture. Pour into a pitcher, cover and chill until ready to serve. Serve over ice.

**Makes 4 12-ounce servings**

**Prep time: 5 minutes**

**Cook time: 10 minutes**

*Per serving: 70 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 18g carbohydrate, 0g fiber, 0g protein*

### seafood lettuce wraps

- 1/4 cup (2 ounces) Giant light cream cheese (Neufchâtel), softened
- 2 Tablespoons Giant light mayonnaise
- 1 Tablespoon chopped fresh dill
- 1 Tablespoon Giant lemon juice
- 1 cup salad shrimp
- 6 oz. canned crab meat, drained or fresh cooked, flaked
- 6 oz. Giant canned tuna, drained or fresh cooked, flaked
- 1 cup diced tomato
- 4 large lettuce leaves

In a medium bowl, combine cream cheese, mayonnaise, dill and lemon juice. Add shrimp, crab, tuna and tomatoes and stir gently until the seafood is well coated with the dressing. Divide the seafood filling among the lettuce leaves. Roll up to enclose filling, folding in ends while rolling.

**Makes 4 8-ounce servings**

**Prep time: 20 minutes**

*Per serving: 160 calories, 5g fat, 2g saturated fat, 125mg cholesterol, 420mg sodium, 4g carbohydrate, 1g fiber, 25g protein*



honey mustard turkey burgers

meal plan **3**



raspberry lemon spritzer

meal plan **3**

- 2 cups diced peaches (about 1 lb)
- 1/2 cup Giant nonfat milk
- 1/4 cup Eggs Made Simple egg product or 1 GIANT egg
- 2 Tablespoons Giant all-purpose flour
- 1 Tablespoon Giant sugar
- 1/4 teaspoon Giant vanilla extract
- 1/8 teaspoon grated nutmeg
- 2 Tablespoons sliced natural almonds
- Giant confectioners' sugar (optional)

Preheat oven to 375 degrees. Grease 4 individual ramekins or custard cups (6-ounce each) and place on a baking sheet. If you don't have individual cups, use a 1-quart baking dish. Divide the peaches among the cups. Whisk together milk, egg product, flour, sugar, vanilla and nutmeg until well combined. Pour mixture over peaches and top with sliced almonds. Bake until puffed and golden, about 20 minutes for ramekins or 30 minutes for baking dish. Cool to lukewarm. Sprinkle with confectioner's sugar if desired.

**Makes 4 3/4-cup servings**

**Prep time: 10 minutes**

**Cook time: 15 minutes**

*Per serving: 120 calories, 3g fat, 0g saturated fat, 0mg cholesterol, 40mg sodium, 19g carbohydrate, 2g fiber, 4g protein*

### cucumber slaw

- 4 cups shredded cucumber
- 1 cup shredded red cabbage
- 1/2 cup shredded Nature's Promise carrots
- 1/2 cup Giant cider vinegar
- 2 Tablespoons Giant sugar
- 1 teaspoon celery seeds

Put cucumber, cabbage through a food processor to shred. Add carrots and place vegetables in a colander over an empty bowl to allow excess fluid to drain for about 1 hour. In a measuring cup, combine vinegar, sugar and celery seed. Set aside. Discard drained fluid from vegetables and transfer the cucumbers, cabbage and carrots into the empty bowl. Add vinegar mixture and stir. Chill before serving.

**Makes 4 1-cup servings**

**Prep time: 20 minutes active time**

*Per serving: 70 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 17g carbohydrate, 3g fiber, 2g protein*



green bean salad almondine

meal plan **3**



cocoa banana frozen dessert

meal plan **3**



- 1 cup fresh or frozen raspberries
- 1 cup water
- 1 liter Zazz lemon seltzer, chilled
- Lemon wedges for garnish

Crush raspberries in a small bowl. Add water to the raspberries and stir, then strain juice into a 2-quart pitcher. Carefully pour seltzer into pitcher and stir gently to combine. Pour into ice-filled glasses. Garnish with lemon wedges.

**Makes 4 10-ounce servings**

**Prep time: 10 minutes**

*Per serving: 15 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 4g carbohydrate, 0g fiber, 0g protein*

- 2 ripe bananas
- 1 Tablespoon Giant unsweetened cocoa powder
- 1/2 teaspoon Giant vanilla extract
- 1 Tablespoon Giant dark brown sugar
- 2 Tablespoons Giant flaked coconut
- Flaked coconut for garnish (optional)

Peel the bananas and cut into large chunks. Puree banana in a blender or food processor until smooth. Add cocoa powder, vanilla, sugar and coconut and pulse to combine. Pour into individual serving dishes. Place in freezer for about 1 hour or just until frosty. Top with shredded coconut if desired.

**Makes 4 1/2-cup servings**

**Prep time: 10 minutes + chilling time**

*Per serving: 80 calories, 1g fat, 1g saturated fat, 0mg cholesterol, 10mg sodium, 19g carbohydrate, 2g fiber, 1g protein*

- 1 lb. Nature's Promise ground turkey breast, 94% lean, 6% fat
- 2/3 cup finely chopped onion
- 2 Tablespoons Giant yellow mustard
- 1 Tablespoon Giant honey
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1 teaspoon Giant canola oil
- 4 whole wheat hamburger rolls
- Lettuce, sliced tomato and onion as desired

Prepare a grill for medium heat. In a large bowl, combine turkey, onion, mustard, honey, salt, pepper and garlic powder. Form into 4 patties, 1 inch thick. Lightly brush each patty with oil to prevent sticking. Grill for 5-7 minutes per side, or until internal temperature reaches 165 degrees. Serve patties on rolls, with lettuce, tomato and onion as desired.

**Makes 4 8-ounce servings**

**Prep time: 15 minutes**

**Cook time: 15 minutes**

*Per serving: 390 calories, 11g fat, 4g saturated fat, 60mg cholesterol, 440 mg sodium, 40g carbohydrate, 4g fiber, 32g protein*

- 4 cups fresh green beans (1 1/4 lb)
- 1 stalk celery, thinly sliced
- 1/4 medium red onion, thinly sliced
- 2 Tablespoons Giant red wine vinegar
- 1 Tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- 1/4 teaspoon kosher salt
- Giant ground black pepper to taste
- 1/4 cup sliced almonds

Bring a large pot of water to a boil. Trim and tail green beans and add to water. Boil beans until they are only slightly tender (4-5 minutes). Plunge in ice water bath, drain and pat dry. Transfer beans to a large bowl and combine with celery and onion. In a small bowl, mix vinegar, lemon juice, lemon zest, salt and pepper. Add vinegar mixture to beans and toss to combine. Toast almonds in a non-stick pan over medium heat, stirring frequently to prevent scorching. Sprinkle almonds over bean mixture and chill until ready to serve.

**Makes 4 1-cup servings**

**Prep time: 15 minutes**

**Cook time: 10 minutes**

*Per serving: 100 calories, 5g fat, 0g saturated fat, 0mg cholesterol, 135mg sodium, 12g carbohydrate, 5g fiber, 4g protein*

# TASTE THE DIFFERENCE!

The freshest extra virgin olive oil is not imported, it's from California. Visit us at [californiaoliveranch.com](http://californiaoliveranch.com)



**2 Servings of VEGGIES**  
in Every 1/2 Cup of Sauce



# the sauce your family loves!

Ragú® Old World Style® Traditional Pasta Sauce has **2 full servings of veggies** in every half-cup.

**Feed our kids well.™**

DO NOT DOUBLE MANUFACTURER'S COUPON EXPIRES 10/15/11

## SAVE 75¢

when you buy any TWO (2) Ragú® Pasta Sauce products

(1 lb., 10 oz., any variety)



Consumer: Limit one coupon per purchase on product specified. Void if reproduced, transferred, used to purchase products for resale or where prohibited/regulation by law. Consumer pays sales tax. Redeemable at participating retail stores. Valid only in the US.  
Retailer: UNILEVER, P.O. Box 880460, El Paso, TX 88588-0460 will reimburse the face value of this coupon, plus 8¢, if submitted in compliance with our redemption policy, available upon request. Cash value 1/100th of 1¢. Any use of this coupon not specified herein constitutes fraud. © 2011 Unilever INT 108418



0036200-064116





By Tara Morrett, DPT, Physical Therapist/Program Manager  
Rehab Options, Pinnacle Health System

# Sprains: HEALING & PREVENTING

**A sprain occurs when** there is injury to a ligament.

Ligaments are thick, tough, fibrous bands of tissue that attach bones together at joints. They help to prevent excessive movement of joints and provide stability to our skeletons.

When a sudden and forceful movement occurs near a joint, such as in a fall, ligaments are stretched beyond their capacity and become injured or torn.

Sprains occur most often at the ankle, knee and wrist. Sprains can happen to anyone but individuals involved in sports, dance and heavy laborers are at increased risk.

Symptoms of a sprain include pain which worsens with pressure and movement. Redness, swelling and stiffness can also occur and later, bruising and loss of motion. A mild sprain involves injury to a few ligament fibers, while a severe injury can also involve a tear of the ligament as well as dislocation of a joint, bone fracture and/or muscle strain. With proper care, most sprains heal without complication.

Over-the-counter pain and anti-inflammatory medications can be used. After two days, begin to gently move the affected area and continue gradually increasing the use of the joint as tolerated. If the sprain does not improve in a few days, seek medical attention.

If there is severe pain, severe swelling, instability and/or you are unable to move the affected area, seek immediate medical attention. In addition, if there is a fever of 100°F as well as redness and heat in the area, seek immediate medical attention.

To prevent sprains, warm up before physical activity and use bracing or taping to protect previously injured joints. Keep muscles strong and flexible and wear proper footwear to avoid slips and falls.

## FIRST AID FOR A SPRAIN follows the R.I.C.E. principle:

**REST** the affected area. A splint, sling or crutches may be necessary to protect the joint.

**APPLY ICE** (for 10–15 minutes) to reduce swelling as soon as possible and as often as possible during the first 48 hours.

**COMPRESS** the area using a CareOne™ bandage or compression sleeve to help reduce pain and swelling.

**ELEVATE** the affected area higher than heart level.



By Andy Markievich, PharmD, RPh

# Ouch!

## 1 Remove the stinger

It takes approximately 2–3 minutes to empty all the venom from a bee's stinger and venom sac, so the sooner you get rid of it, the better! Use tweezers or your fingernail to scrape it away. Don't squeeze or rub the stinger or accompanying venom sac as that will cause more venom to be released.

Warm summer sun, beautiful flowers and...OUCH!... insect stings. Whether we like it or not, bee stings are as much a part of summer as baseball and backyard barbeques. Use these tips to help minimize the pain and discomfort following a bee sting.

## 3 Apply Ice

Apply an ice pack to area to limit swelling.

## 2 Clean & Disinfect

Wash the area with soap and water and apply a topical disinfectant like hydrogen peroxide or isopropyl alcohol.

## 4 Topical Medications

If pain, itching or swelling persist, apply topical medication containing either hydrocortisone (CareOne Hydrocortisone 1% Cream, Cortaid) or diphenhydramine (CareOne Anti-Itch Cream MD 2%, Benadryl).



Allegra® is now available without a prescription at  Giant®

**NEW!**

Look for the coupon in the Sunday 7/31/11 newspaper for "Try Me Free" mail in rebate. (Rebate good towards 5 count only.)



# Allergy Relief





By Valerie Waters, RD



# fill your grill with healthy flavor!

**Ahh... the aroma of the backyard barbecue** – it is the signature smell of summer and one that is certain to make your mouth water. Grilling is one of the healthiest cooking methods and often requires limited effort put into preparation, cooking and clean up, saving valuable time on a busy night. Grilling gives meat, fish and vegetables a natural smoky flavor without the added fat. The fresh meat, seafood and produce departments are full of healthy choices perfect for any grilling occasion.

When choosing meat to grill, stick with cuts of red meat or pork with the word “loin,” such as tenderloin, sirloin or loin chop. They will have less fat marbling and fewer calories. Skinless chicken breasts and ground turkey breast also make delicious and nutritious choices. Stop by the seafood department and pick up a salmon fillet or tuna steak to boost your intake of heart healthy Omega 3 fatty acids. Save room on the grill for

the veggies and choose a variety of colors from red peppers and asparagus to eggplant!

Going leaner doesn't mean you have to sacrifice taste and adding flavor doesn't mean you have to sacrifice health. Whether seasoning meat, fish or vegetables, keep it low in sodium with fresh herbs, spices, powders, or pre-made salt-free seasoning blends. Make a marinade with any of these seasoning combinations by adding vinegar and a small amount of vegetable oil. Use a variety of vinegars and oils for different flavor combinations.

**enjoy the bounty of fresh, local produce and the delicious taste of low-fat protein varieties, grilled to perfection this summer!**

## Grilled Hawaiian Salmon

Makes 6 4-ounce servings • Prep Time: 15 minutes • Cook Time: 12 minutes

- |  |  |
|--|--|
| Ingredients:                           | 1 tablespoon low sodium soy sauce        |
| 6 ounces Giant pineapple juice         | 2 medium garlic cloves, minced           |
| ½ cup finely chopped onion             | 1 teaspoon hot pepper oil (or chili oil) |
| ½ teaspoon grated lime zest            | 1 teaspoon Giant vegetable oil           |
| 2 tablespoons fresh lime juice         | 6 Giant salmon fillets (4-ounces each)   |
| 1 tablespoon grated, peeled gingerroot | Aluminum foil                            |

Put all ingredients, except fish, in a large resealable plastic bag. Rinse the fish and pat dry with paper towels. Add fish to the marinade and seal the bag. Turn over several times to coat the fish completely. Refrigerate for 15 minutes to 1 hour, turning occasionally. Preheat the grill to medium high heat. Remove the fish from the marinade; discard the marinade. Place the fish, skin side down on a large sheet of aluminum foil. Place the fish on the grill rack and grill for 10–12 minutes or until the fish flakes easily with a fork and internal temperature reaches 145°. The skin will stick to the foil making it easy to remove the fish from the foil without the skin.

*Nutrition Information per serving: 130 calories, 4g fat, 0.5g saturated fat, 70mg cholesterol, 140mg sodium, 9g carbohydrate, 0g fiber, 23g protein.*



## Grilled Summer Vegetable Medley

Makes 8 1-cup servings • Prep Time: 10 minutes • Cook Time: 20 minutes

- |   |  |
|---|--|
| Ingredients:                                  | 1 large onion, sliced                          |
| 2 Tablespoons Giant olive oil                 | 1 medium red pepper, cut into 1/4-inch slices  |
| 3 garlic cloves, minced                       | 1 medium eggplant, cut into chunks             |
| 1 Tablespoon minced fresh parsley             | 1 medium zucchini, cut into chunks             |
| 1/2 teaspoon salt-free lemon-pepper seasoning | 1 medium yellow summer squash, cut into chunks |
| 1 lb whole fresh mushrooms                    |  |

Combine olive oil, garlic, parsley and lemon-pepper in a small bowl. Place mushrooms, onion, red pepper, eggplant, zucchini and summer squash on a large piece of heavy-duty foil. Drizzle with olive oil and seasoning mixture. Seal packet tightly. Grill, covered, over medium-high heat for 10 minutes on each side or until the vegetables are crisp-tender.

*Nutrition Information per serving: 90 calories, 4g fat, 1g saturated fat, 0mg cholesterol, 30mg sodium, 11g carbohydrate, 3g fiber, 3g protein.*



*Why fire up the grill for just the meat? Grill your entire meal!*

More people say they love Olivio because it tastes the best. Try it and discover for yourself.

# Taste The Difference!

We proudly contribute to the Iacocca Family Foundation and support their mission of finding a cure for Type 1 Diabetes.

MANUFACTURER'S COUPON | EXPIRES AUGUST 31, 2011 | DO NOT DOUBLE

## SAVE 50¢ ON ANY ONE OLIVIO PRODUCT

Consumer: LIMIT ONE COUPON PER PURCHASE. Good only on the purchase of product indicated. May not be reproduced. Void if transferred prior to store redemption or if prohibited or taxed. Cannot be used in conjunction with other coupon(s). You pay any sales tax. Any other use is fraud. Retailer: Olivio Premium Products will reimburse you for the face value of this coupon plus \$.13 handling allowances if submitted in compliance with Olivio's Coupon Redemption Policy. Mail to: Olivio Corporation, PO Box 880059, El Paso, TX 88588-0059





By Melanie Mnich

# ABC, 1-2-3... Go back to school HEALTHY

**Back-to-school time is fast approaching** and when the dog days of summer start drawing to a close, it will be time to re-establish the eating, activity, homework and sleep habits that we are likely to forget about during the summer months. Getting back into the swing of school can be a big adjustment for all ages, and having a routine is not only important for young kids, it's also vital for college students and parents. When it's time to go back to school, use these tips to make staying happy and healthy as easy as your ABCs!

-  **ALWAYS** start the day with a good, nutritious breakfast to provide you with the fuel you need to get through the morning.
-  **BAG** lunches the night before. You'll have more time to pack a healthy lunch. In the morning, there will be one less thing to do to get everyone ready.
-  **CUT** back on TV, computer and video game time.
-  **DESIGNATE** homework time as a time free of TV. Set up a place to do homework that is quiet and away from distractions.
-  **EXERCISE** is important. Encourage all family members to move by playing sports or doing some other type of exercise for at least an hour every day, even if that hour is divided up throughout the day!
-  **FILL** lunches with foods that fuel the muscles and brain such as fruits and vegetables, whole grains and low-fat dairy products. Keep your fridge and cupboards stocked with these items for after school, before practice or snacks.
-  **GENERATE** plans for dinner for the whole week. It answers the "what to make tonight" question. Remember to include vegetables!
-  **HOLD** off illness by washing your hands often and getting up to date on immunizations.
-  **INTRODUCE** the back-to-school transition process a few weeks before the first day of school. For instance, wake up and go to bed 15 minutes earlier each week.



# Attention KIDS: Get your Passport to Nutrition!

Learn to eat right and maintain a healthy lifestyle with this new online education program, taught by our Nutritionist.



-  **Games!**
-  **Animation!**
-  **Fun Songs!**

Recommended for ages 6-10  
Available exclusively at  
[giantfood.com](http://giantfood.com)

## Cover recipes!

### Grilled Shrimp Skewers



Makes 4 3-ounce servings • Prep Time: 35 minutes  
Cook Time: 5 minutes

Ingredients:	Giant ground black pepper to taste
1 Tablespoon Giant Dijon mustard	1 Tablespoon Old Bay seasoning
1 Tablespoon fresh lemon juice	1 Tablespoon minced fresh parsley
1 clove garlic, minced	1 lb medium shrimp, heads and shells removed, de-veined, tails on
1 Tablespoon Giant olive oil	4 skewers, metal or wooden

Preheat grill to medium high heat. Whisk together mustard, lemon juice, garlic, olive oil, pepper, Old Bay seasoning and parsley in a large bowl. Add shrimp and let marinate in refrigerator for 30 minutes. If you are using wooden skewers, soak them at the same time in water. This will help prevent them from scorching when on the grill. Skewer shrimp in two places, the tail and the head, to keep the shrimp in place. Grill each skewer for 2 minutes per side—shrimp should be pink and opaque when done.

*Nutrition Information per serving: 120 calories, 4g fat, 1g saturated fat, 175mg cholesterol, 300mg sodium, 1g carbohydrate, 0g fiber, 19g protein.*

### Grilled Corn On The Cob



Makes 4 servings • Prep Time: 10 minutes  
Cook Time: 20 minutes

Ingredients:	1 clove garlic, minced
4 ears of corn	1/2 cup chopped onion
1 Tablespoon Giant butter, melted	1/4 teaspoon Giant salt
Aluminum foil	Giant ground black pepper to taste

Preheat grill to medium temperature (350 degrees F). Remove husks and silk from corn. Rinse, pat dry and brush the kernels with butter. Lay out 4 sheets of aluminum foil large enough to wrap each ear. Place one ear of corn in the middle of each foil sheet. Add garlic and onion and sprinkle with salt and pepper. Close the foil at the top and twist the ends. Place ears of corn on the grill, and allow the corn to slowly cook for 15 to 20 minutes, using tongs to turn occasionally. Remove corn from the grill. Wear oven mitts to carefully open the aluminum foil.

*Nutrition Information per serving: 120 calories, 4g fat, 2g saturated fat, 10mg cholesterol, 180mg sodium, 19g carbohydrate, 3g fiber, 3g protein.*



# Local Flavor. Local Pride.

Your local route to farm-fresh produce, with all the convenience of your hometown Giant.



Check out the rainbow of freshly picked favorites, available all summer long in our produce department.