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healthy ideas

SUMMER 2013

FUSS-FREE
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**cold
soups** FOR
hot days

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recipes
inside!

make your
own nut
butters

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tastes OF
SUMMER:

- CUCUMBERS
- PEACHES
- WATERMELON

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

**EXPANDED
HOLIDAY ISSUE!**

DOUBLE THE RECIPES!

healthy ideas

EDITOR-IN-CHIEF

Shirley Axe

MANAGING EDITOR

Melanie Mnich

NUTRITION ADVISOR

Sylvia Emberger, RD, LDN

CREATIVE MANAGER

Justin Keller

CREATIVE DESIGN

Dana Leeper Sherwood

Jay Basinger

Mike Broccio

COPY EDITORS

Wendy Cray Kaufman

Julia Mosemann

PHOTOGRAPHY

Alysha Yoder

Brian Donnelly Studio

CONTRIBUTING WRITERS

Dr. Michael Chen

Dr. Joseph A. Cincotta

Lisa Coleman, MS, RD, LDN

Sylvia Emberger, RD, LDN

Sarah Glunz, MS, CNS, LDN

Wendy Cray Kaufman

Andy Markievich, PharmD, RPh

Julie Menounos, MS, RD, LDN

Melanie Mnich

Julia Mosemann

Mary Ann Moylan, RD, LDN, CDE

Tracy Pawelski

Sylvia Warner, MEd, RD, LDN

Valerie Waters, RD

OUR HEALTH PARTNERS

PinnacleHealth

Adventist Health Care

CONTACT US:

Giant Food

Consumer Affairs Department

1-888-469-4426

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an ode to summer

What's not to love about summer? The season of fun (preferably in the sun), it's also the time when amazing fresh food is at its peak. Crunchy cukes, sweet peaches and juicy watermelons abound, begging us to fill our plates with the bright colors and delicious flavors of the season.

In this special issue, you'll learn how to make the most of summer's best with fresh recipes and quick ideas for healthy living and a healthy diet. We'll show you how to make quick pickles (see page 5), pack snacks for the road and entertain your kids on the cheap with a backyard summer camp!

You'll find these fresh ideas, plus lots more to love about summer...all inside!

in-store nutritionist



Lisa Coleman, MS, RD, LDN

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By Sylvia E. Warner, MEd, RD, LDN

cucumbers A COOL PICK

Seeing too many cucumbers this season?

Our gardens are overflowing with these cool customers, and we're taking action! Far more versatile than you'd imagine, here are a few new ways to use up your yield:

- Make quick refrigerator pickles using our recipe.
- Take them for a swim. Cucumber slices add a hint of light, melony flavor to your water glass or punch pitcher.
- Battle puffy eyes. It's not just a myth – fresh cucumber slices can help to constrict your blood vessels and hydrate your skin (they're made of over 90% water!)
- Use slices in place of crackers. Crisp cukes hold up to hearty dips like hummus, plus they're popular among the carb-conscious crowd.
- Dice them for salsa. They'll help to balance spicy-hot peppers and add refreshing flavor to your recipe.
- Two words: cucumber salad. Light and refreshing, it's also easy to make. Try our cool, creamy recipe!

Digestive backtalk?

Some cucumbers are described as “burpless,” but if you find them hard to digest, peel off the skins, especially if they are tough, waxed or bitter. Slice the cucumber in half lengthwise and use a small spoon to scrape and gently remove the seeds.

Want Crunchier Cukes?

- Slice cucumbers thin (about 1/8 inch), cover with cold water, add 1½ teaspoons salt and stir to dissolve.
- Add ice cubes and refrigerate for about 30 minutes.
- Drain and rinse well with cold water to help remove salt. Pat with a paper towel, keep cool and use in your recipe.
- Why does it work? Salt draws water out of your cucumbers, making the flesh crunchy and crispy.

Perfect Peeling

- Wash cucumber in cold water and trim off the ends. The stem end that was attached to the plant may sometimes have a bitter taste.
- Use a vegetable peeler to gently peel the cucumber, going from blossom end to stem end.
- Nutrients are concentrated in the skin. Some varieties have tender skin, which can be left on. You can also peel off the skin in stripes for a decorative effect.

Refrigerator Pickles

Makes 20 servings, 1 ounce each
Prep time: 30 minutes

- | | |
|---|------------------------------------|
| 2 heatproof quart glass jars with 2-part lids | 10 allspice berries |
| 1½ lb cucumbers (about 10 mini cucumbers) | 1 teaspoon mustard seeds |
| 4 large sprigs fresh dill | 1 1/3 cups distilled white vinegar |
| 4 large cloves garlic, sliced | 1 1/3 cups water |
| 1/2 small onion, thinly sliced | 1 teaspoon kosher salt |
| 2 bay leaves | 2 Tablespoons granulated sugar |

Wash jars and lids in hot, soapy water, then rinse in hot water. Wash cucumbers, slice into spears and pack tightly into jars. Divide dill, garlic, onion, bay leaves, allspice and mustard seeds between jars and tuck into spaces between cucumbers. In a medium saucepan, combine remaining ingredients, bring to a boil and stir to dissolve solids. Pour hot liquid into jars to cover cucumbers. Cap jars tightly, allow to cool to room temperature, then put in the refrigerator. Serve after 1 week or continue to store in the refrigerator for up to 1 month. Makes 2 quarts.

Per serving: 10 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 3g carbohydrate, 0g fiber, 2g sugars, 0g protein



Substituting non-fat Greek style yogurt for sour cream in a recipe adds protein and limits fat.

Cool as a Cucumber Salad

Makes 4 1/2-cup servings
Prep time: 15 minutes + chilling

- | | |
|---|----------------------------|
| 2 cups cucumbers (2 medium) sliced about 1/8 inch thick | 2 Tablespoons lemon juice |
| 1 cup thinly sliced red onion | 1 Tablespoon sugar |
| 1/2 cup non-fat (0%) Greek yogurt | 1 teaspoon fresh dill weed |
| | Pepper to taste |

In a medium bowl, mix onion, Greek yogurt, lemon juice, sugar and dill weed. Add the cucumbers and stir to coat. Refrigerate until ready to serve.

Per serving: 50 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 15mg sodium, 10g carbohydrate, 1 g fiber, 7g sugars, 4g protein





Power-up your plate!

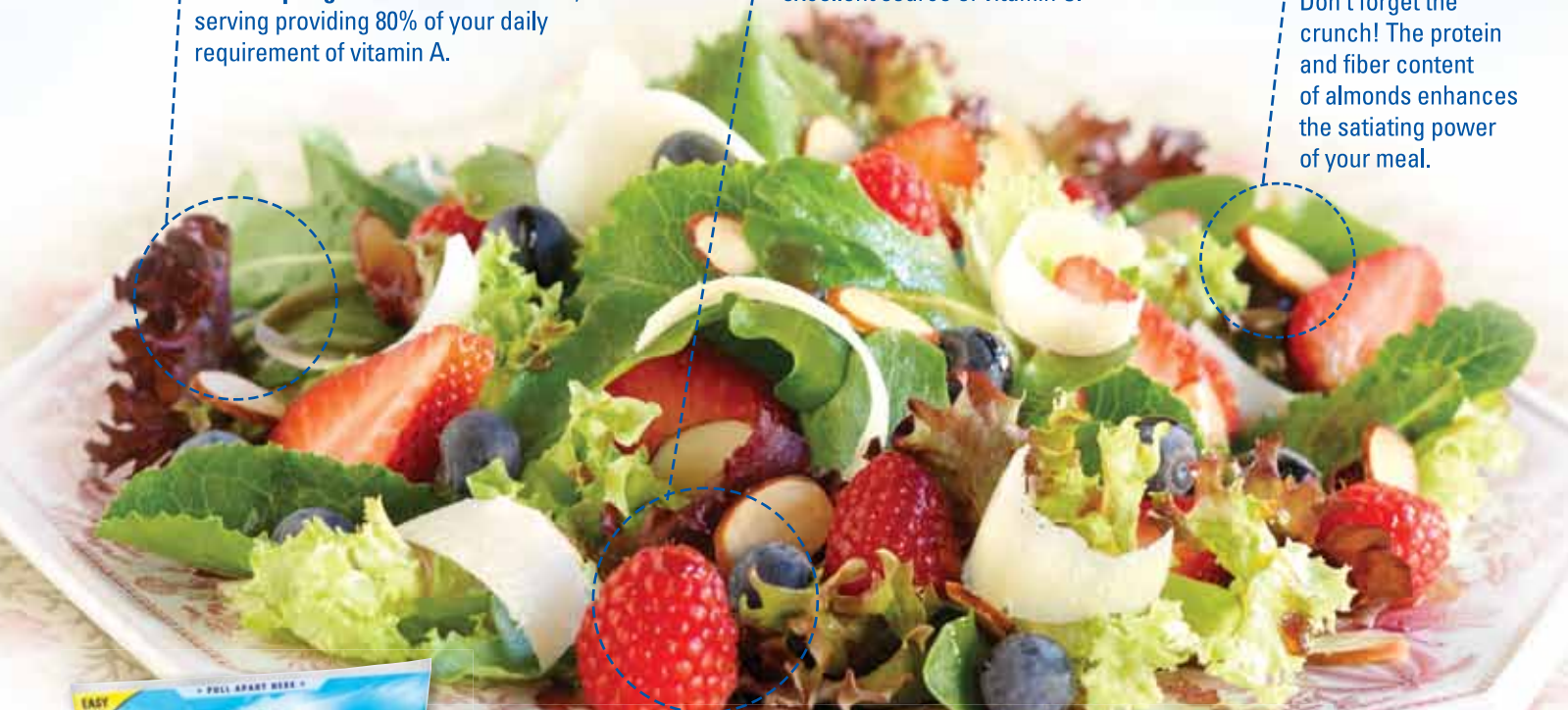
lifestyle

By Dr. Michael Chen

Start with a base of your favorite salad greens. **DOLE® Spring Mix** is a flavorful blend, with one serving providing 80% of your daily requirement of vitamin A.

Raspberries, strawberries and blueberries are naturally cholesterol-free and an excellent source of vitamin C.

Don't forget the crunch! The protein and fiber content of almonds enhances the satiating power of your meal.



Mixed Berry Salad with Balsamic Vinaigrette

Serves 4 to 6 Prep: 20 min.

- 1 tablespoon balsamic vinegar
- 1 teaspoon honey
- 3 tablespoons extra-virgin olive oil
- Salt and freshly ground black pepper
- 1 package (8 oz.) DOLE® Spring Mix

- 1/2 cup sliced DOLE Fresh Strawberries
- 1/2 cup DOLE Fresh Raspberries
- 1/2 cup fresh blueberries
- 1/4 cup shaved Parmesan cheese
- 1/4 cup toasted sliced almonds

Mix vinegar and honey in bowl. Whisk in olive oil and season with salt and pepper.

Combine salad blend and berries in large bowl. Add vinaigrette and gently toss to coat. Arrange salad on plates. Sprinkle with Parmesan cheese and almonds.

Like us on Facebook for more recipes

summer heart smarts

Gathering around the grill doesn't have to put a dent in your heart-healthy diet.

Here are a few ways you can lighten up your summer fare:

- Remember portion control. A serving of meat is three ounces, which is about the size of a deck of cards.
- Try grilling seafood for a healthy and delicious change of pace.
- Remove the skin from chicken or turkey before grilling.
- Include grilled vegetables such as kabobs or corn on the cob with your meals.

Safe exercise in the heat

The summer heat can put extra stress on the heart since our bodies circulate more blood to keep cool. Keep the following in mind when exercising in the summer:

- Drink enough fluids before exercising in warm weather – it can be difficult for the body to catch up.
- Avoid caffeinated beverages, which can cause fluid loss.
- Limit outdoor physical activities between 10am and 3pm when the sun is at its hottest.
- Take breaks in a shaded area or indoors so your body can rest and cool itself.
- Wear light-colored clothing when outdoors and apply sunscreen liberally.
- Watch for any signs of a heart issue during exercise. These include: chest pain, shortness of breath, nausea or unusual perspiration. If you experience any of these symptoms while exercising, stop, rest and seek medical attention. If they persist, call 911.
- If you have a heart condition, talk to your doctor before exercising in the heat.

Dr. Michael Chen is the Chair of Cardiology at Shady Grove Adventist Hospital in Rockville and Interventional Cardiologist at Washington Adventist Hospital in Takoma Park.

For more information about the heart services at Shady Grove Adventist or Washington Adventist Hospitals, visit www.AdventistHealthCare.com/Heart.

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no-sweat summer snacks

A seriously busy summer calls for some seriously filling snacks. How do you fuel up when between-meal hunger beckons? It can be tempting to turn to unhealthy choices to satisfy cravings and silence a parade of hungry kids, but don't sweat it: meeting the summer snacktime challenge is easier than you think.

We'll show you how to find balance in your day by choosing small, balanced snacks that are big on nutrition and high on the satisfaction scale. They'll keep your energy levels up by regulating your blood sugar, giving you more energy to hit the road, the beach or the backyard.

* Create a balanced snack by picking one food from each column

carbohydrate

- Apple or pear slices (1 medium)
- Whole wheat crackers (5 crackers)
- Carrots (unlimited)
- Banana (1 medium)
- Pretzels (1 oz.)
- Black bean or nut chips (10 chips)
- Popcorn, low fat (3 cups)
- Berries (1 cup)

protein and/or fats

- Guacamole (1/4 cup)
- Mozzarella cheese stick (1 oz.)
- Cottage cheese (1/2 cup)
- Nut butter (1 Tablespoon) **make your own! See page 28**
- Hummus (1/4 cup)
- Hardboiled egg
- Pistachios (1/4 cup in the shell)
- Deli turkey, ham or roast beef (2 oz.)



Make your own nutrition bars!

They're great on the go, but premade nutrition bars can be loaded with sugar and low in fiber. Mix up your own for a fraction of the cost and a fraction of the calories.

Fruit & Nut Squares

Makes 9 bars
Prep Time: 20 minutes + cooling time

- Ingredients:
- 2 cups Medjool dates, pitted
 - 1 cup raw, unsalted cashews
 - 1 Tablespoon water
 - 1/2 teaspoon vanilla extract
 - 1/4 cup mini chocolate chips

Line an 8x8-inch pan with parchment paper. Place all ingredients except for chocolate chips in a food processor and process until a thick, sticky ball is formed. Add more water if needed. Put the ball in a bowl and mix in the chocolate chips. Spread dough evenly in a single layer on the bottom of your pan. Cover with plastic wrap and refrigerate for 1 hour. Transfer dough to a cutting board and cut into 9 equal-sized bars. Wrap individually with plastic wrap and refrigerate until ready to eat.

Per serving: 190 calories, 7g fat, 2g saturated fat, 0mg cholesterol, 10mg sodium, 33g carbohydrate, 3g fiber, 26g sugars, 3g protein

Power Snack Mix

Makes 12 servings, 1/4-cup each
Prep Time: 15 minutes • Cook Time: 30 minutes

- Ingredients:
- 2 cups whole natural almonds
 - 2 Tablespoons olive oil, divided
 - 2 teaspoons chili powder
 - 1 cup canned chickpeas, drained and rinsed
 - 1/4 teaspoon salt
 - 1/2 cup dried apricots

Preheat oven to 375°F. Toss almonds with 1 tablespoon olive oil and chili powder. Roast on a baking sheet until golden brown, about 8–10 minutes. Toss chickpeas with remaining olive oil and the salt. Roast on a baking sheet until crunchy, about 30 minutes. Combine almonds, chickpeas and dried fruit in mixing bowl and add additional chili powder to taste.

Per serving: 190 calories, 13g fat, 1g saturated fat, 0mg cholesterol, 90mg sodium, 12g carbohydrate, 4g fiber, 4g sugars, 6g protein

For a different flavor, swap the chili powder for cinnamon and the apricots for apple chips!

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lifestyle

By Andy Markievich, Pharm. D, R. Ph.

The Essential Summertime Medicine Cabinet

Is your medicine cabinet ready for everything an active summer has in store?

Here are some items that are essential to treating summer's itches and ouches:

Oral pain relievers like ibuprofen or naproxen are a good choice, for reducing swelling and irritation, caused by bruises, cuts and sunburn.

Topical pain relievers containing either lidocaine or benzocaine are helpful in providing temporary relief from sunburn pain. These products are available as sprays, ointments and creams. Limit their use to no more than 3–4 times a day.

Topical antibiotics applied to cuts and scrapes help prevent infection. Cover the cut with a sterile dressing or bandage that is an appropriate size and contour for the affected body part. Many newer dressings come with antibiotic ointment. When kept covered and moist, wounds heal quicker and with less scarring.

For poison ivy, topical hydrocortisone cream along with an oral antihistamine is helpful in minimizing itching and helping speed up healing time. If drowsiness is a concern, ask your Pharmacist for a recommendation.



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Barilla® PLUS® Rotini with Puttanesca Sauce

Ingredients

- | | | | |
|---------|---------------------------------|----------|--|
| 1 box | Barilla® PLUS® Rotini | ½ tsp. | red pepper flakes |
| 1 jar | Barilla® Marinara sauce | 1 cup | black olives, pitted, sliced into rounds |
| 4 Tbsp. | extra virgin olive oil, divided | 2 Tbsp. | capers, preferably in salt, rinsed |
| 1 clove | garlic, whole | 1 Tbsp. | parsley, chopped |
| 2 | anchovies (optional) | To taste | sea salt |

Preparation

Bring a large pot of water to a boil. In a skillet, sauté garlic in 2 tablespoons olive oil with anchovies and red pepper. Just before the garlic turns yellow, stir in sauce and ½ cup of water; simmer five minutes. Add olives and capers, season with salt if needed. Meanwhile, cook pasta according to package directions. Drain pasta and toss with the sauce. Sprinkle with parsley and drizzle with olive oil before serving.



back in black

discovering dark-colored foods

- We know we should eat our greens and pack our plates with bright hues. But what about those foods on the darker side of the spectrum? Deep purple eggplant, black beans, violet plums – these dark foods are now being recognized as nutritional powerhouses, too.

why all the buzz?

Dark-colored plant foods get their color from red, purple or blue pigments called anthocyanins. These pigments protect plants from radiation and offer natural pest control, so it's not surprising they can also protect your body. Though there's still much to be learned, they may help promote overall health and prevent the development of some chronic diseases.

The darker the food, the higher the concentrations of good-for-you pigments, **so when it comes to dark foods, eat up!**

- Whole grain mustard, mashed blueberries, and honey makes a colorful and **flavorful dipping sauce** for chicken skewers or chicken nuggets
- For a simple **dessert**, poach plums in black tea flavored with scraped vanilla bean
- **Hosting a party?** Offer your guests a decadent appetizer of black grapes, figs, cheese, and dark chocolate served on a wooden cutting board
- **At your next cookout**, grill black bean sliders, then top with pepper jack cheese and avocado slices

Roasted Eggplant Dip

Makes 8 servings, 1/4 cup each
Prep Time: 15 minutes • Cook Time: 55 minutes

Ingredients:

- 1 head of garlic
- 1 medium eggplant, cut into 1-inch cubes (with skin)
- 1 red onion, cut into 1-inch cubes
- 2 red bell peppers, cut into 1-inch cubes
- 2 Tablespoons + 1 teaspoon olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 2 Tablespoons tomato paste or tahini
- 2 Tablespoons lemon juice

Preheat the oven to 425°F. In a medium bowl, combine eggplant, red onion, red bell peppers, 2 Tablespoons olive oil, salt and pepper. Spread vegetables on a baking sheet. Roast for 45–55 minutes or until vegetables are soft and browned. While vegetables are roasting, cut 1/4 inch off the pointed top of the garlic head. Place in a small baking dish, cut side up. Drizzle with 1 teaspoon olive oil. Roast approximately 45 minutes until garlic cloves are soft and golden brown. Cool roasted vegetables slightly and place in a food processor. Add 3–4 roasted garlic cloves, tomato paste or tahini, and lemon juice. Pulse 4–5 times to blend.

Per serving: 60 calories, 2.5g fat, 0g saturated fat, 0mg cholesterol, 3g fiber, 260mg sodium, 9g carbohydrate, 3g fiber, 4g sugars, 1g protein



- Make a beautiful salad of greens, goat cheese, and blackberries drizzled with balsamic vinegar



- Finish your stir-fry with a drizzle of sesame oil and a sprinkle of black sesame seeds



- Make our roasted eggplant dip and serve with blue corn chips or as a sandwich spread



redesigning campfire meals



Check out our food-in-foil recipes on page 23!

You can make all of those meals in an oven, on a grill or (with the right equipment) over a fire!

Campfire food for thought

- Plan meals in advance and bring only the ingredients you'll need.
- Prepare as much as possible at home. Many foil packets can be pre-assembled, put on ice, and cooked at the campsite. If there are things that need to be assembled at the campsite, mix together what you can (dressings, toppings, etc.) and bring them to the site in sealable containers. Freeze pre-made meals and reheat on foil.
- Bring easy-to-cook grains such as quinoa, couscous and oatmeal.
- Bring nuts and dried fruits as an easy snack or an addition to oatmeal, salads or other recipes.
- Have a two-sided fire. Instead of cooking over a large flame, make your campfire area larger, start a fire on one side and, as it burns, rake over some of the hot coals/embers to cook your food. This will allow greater temperature control.

Food safety reminders

- Perishable foods such as luncheon meats, cooked chicken, salads with mayonnaise, yogurt, and cheese should be kept in a cooler packed with ice or freezer packs.
- Pack perishable foods directly from the refrigerator or freezer into your cooler.
- Never leave perishable food out of the refrigerator for more than two hours (or one hour if the temperature is over 90°F).
- When carrying drinks, consider packing them in a separate cooler so the food cooler isn't opened frequently.
- Some snacks, such as snack mixes and whole fresh fruits and vegetables, don't need to be stored in a cooler!

By Melanie Mnich



Don't forget dessert!

Stuff bananas with chocolate chips, peanut butter chips and mini marshmallows

How to make a foil packet:

1. Arrange food in the middle of a rectangular piece of heavy-duty aluminum foil. Place foods that take longer to cook (meat, potatoes) on the bottom, topped with foods that cook more quickly (fish, veggies). Add spices or liquid (oil, vinegar, sauce).
2. Bring the long sides of foil together. Fold and crimp the tops, rolling down until almost touching the food, leaving a little room in between the foil and the food for steam.
3. Fold up each of the sides, crimping until closed.
4. Place foil packets in the oven, on the grill or over campfire coals. When done cooking, carefully remove from the heat and allow to sit for 5 minutes.
5. Carefully open packet to allow steam to escape.



Antibiotic resistance: the superbug story



When you're feeling sick, you want to be well – and fast. But while taking antibiotics can seem like the easy answer to what ails you, it's not always the right one. A recent poll found that many of us don't know when antibiotics should be used and when they should be avoided.

What we know about antibiotics

The Centers for Disease Control recently surveyed more than 1,000 people nationwide. Most of those surveyed correctly knew that antibiotics are used to treat bacterial infections. However, more than 33 percent mistakenly thought that antibiotics also work on viral infections, such as a cold, the flu, and many instances of sinusitis, bronchitis, and ear infections.

Other revealing statistics focused on antibiotic resistance. Forty-one percent of those surveyed had little or no knowledge of the topic. Many respondents thought that the patient builds up a tolerance to the medication, but it's actually the bacteria that become resistant to the antibiotic.

Antibiotic resistance

Antibiotic resistance poses a serious concern for your healthcare team and you. That's because the overuse of antibiotics has fueled the growing number of "superbugs." These are infections that have become hard to treat with antibiotics. Methicillin-resistant Staphylococcus aureus, commonly known as MRSA, is one example.

Your medical team is doing their part to prevent future bacterial resistance. You may notice that your provider

prescribes antibiotics infrequently. That's because he or she has determined that your infection is viral, and viruses don't respond to antibiotics. In these cases, your own body's defense system will fight off the infection – and it may take 7–14 days for this to happen. It takes our bodies a number of days to recognize an infection and manufacture the essential antibodies it uses to defeat it.

Treating bugs & superbugs: What can you do?

- Ask your doctor for more information about your treatment if you are concerned.
- If you are given an antibiotic for a bacterial infection, always take it as prescribed. *Use antibiotics until they're gone even if you feel better. That is an important way you can prevent "superbugs."*
- Stay up-to-date on recommended vaccinations.

antibiotics
are used to treat
infections caused
by bacteria, but are
ineffective against
viruses, including
colds and flu.

Handwashing for health

The most powerful weapon you have against infections is handwashing. According to experts, washing your hands regularly is one of the best ways to protect yourself from harmful germs and prevent passing them on to others.

when to wash

After using the bathroom, before and after preparing food, before eating, and after blowing your nose, coughing or sneezing.

how to wash

Use soap and water and scrub your hands all over for at least 20 seconds – the time it takes to sing "Happy Birthday" twice – which is longer than most people take. Drying your hands thoroughly with clean paper towels also helps to remove germs from your hands.

using hand sanitizer

Alcohol-based hand sanitizer is good in a pinch, but thorough handwashing should always be your first choice.

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Iced Vanilla Coffee

Serves 4

Ingredients

- 1/2 cup ground coffee
- 2 2/3 cups filtered water
- Crushed ice
- 4 tablespoons Vanilla Flavor NESTLÉ COFFEE-MATE **natural bliss** All-Natural Coffee Creamer
- Sweetener (optional)

Directions

BREW coffee with quantities listed above; chill. Fill 4 tall glasses with ice; top evenly with coffee. Stir in 1 tablespoon COFFEE-MATE. Sweeten as desired.



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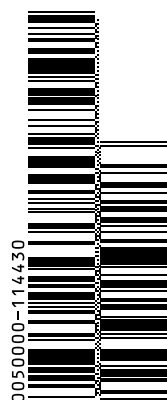


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FIND IT IN THE DAIRY AISLE.



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A SLICE OF SUMMER

sweet, juicy watermelon – oh, how we've missed you!

HERE'S WHY YOU SHOULD GO (EVEN MORE!) WILD OVER WATERMELON:

1. It quenches your thirst. True to its name, watermelon is about 90% water, so it helps you stay refreshed on a hot summer day.
2. It's under 100 calories. With 70 calories in a 1 1/2-cup serving, watermelon fills you up without packing extra calories. It's also a fat-free and cholesterol-free food.
3. It's vitamin-rich. You'll get 1/3 of your daily vitamin A and C requirement for every 1 1/2 cups you eat.
4. It's a good source of potassium. Sometimes it's hard to get enough potassium while keeping your sodium intake in check. Watermelon is a good source of potassium and has almost no sodium.
5. It's the lycopene leader. Watermelon has the highest lycopene level among fresh fruits and veggies, even beating tomatoes! An antioxidant that has a number of potential health benefits, lycopene is what gives watermelon its red color. Lycopene content is highest when the watermelon's flesh is ripe.

After spending a winter in hiding, you're back in a big way, taking over our picnics, potlucks and barbecues. And while we love the summer fun you signify, we've never really thought of you as a nutritional gem. **But watermelon, you're full of surprises!** Packing a stealthy health boost in every bite, you're more than just good looks and great taste.

Watermelon Salsa

Makes 12 servings, 1/4-cup each
Prep time: 15 minutes + chilling

- | | |
|---|---------------------------------|
| 2 cups peeled, seeded and diced watermelon | 1/4 cup minced fresh cilantro |
| 1/2 cup seeded and chopped English cucumber | Juice of 2 limes |
| 1/4 cup minced red onion | Freshly ground pepper, optional |
| 1 jalapeno pepper, seeded and minced | Pinch of salt, optional |

In a large bowl, combine watermelon, cucumber, onion and pepper. Add cilantro, lime juice, freshly ground pepper and salt (if desired). Serve at room temperature, or for optimum taste, refrigerate for 1 hour prior to serving.

Per serving: 20 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 2mg sodium, 5g carbohydrate, 1g fiber, 0g protein



| eating healthy...on a budget! |

keen on peaches

There's nothing quite like the taste of a perfectly ripe, fresh summer peach. Succulent, sweet and always gone too fast, enjoy these classic summer fruits while they're at their peak.



Pecan Pancakes with Peaches

Makes 4 2-pancake servings
Prep Time: 10 minutes • Cook Time: 6 minutes

- | | |
|-----------------------------|-------------------------------|
| Ingredients: | 1 cup reduced fat buttermilk |
| 1/2 cup whole wheat flour | 1 Tablespoon brown sugar |
| 1/4 cup all-purpose flour | 1 Tablespoon canola oil |
| 1/4 teaspoon ground nutmeg | 1 large egg |
| 1 teaspoon baking powder | 1 teaspoon vanilla extract |
| 1/4 teaspoon baking soda | 2 cups sliced peaches |
| 1/3 cup pecan pieces | |

Lightly coat griddle or large skillet with cooking spray or oil and preheat. In a medium bowl, stir together flours, nutmeg, baking powder, baking soda and pecans until well combined. In a 2-cup measure, add buttermilk, sugar, oil, egg and vanilla and whisk together. Add liquids to flour mixture, stirring just until dry ingredients are moistened. For each pancake, pour about 1/4 cup batter onto griddle. Cook pancakes 2-3 minutes or until tops are covered with bubbles and edges are slightly dry. Turn and cook other sides. Serve immediately. Top each serving with 1/2 cup sliced peaches.

Per serving: 270 calories, 13g fat, 2g saturated fat, 50mg cholesterol, 260mg sodium, 32g carbohydrate, 4g fiber, 14g sugars, 8g protein

\$1.25

Approximate cost per serving based on average price of ingredients at Giant

By Sylvia Emberger, RD, LDN



selecting: Pick peaches that are firm to the touch, with skin that has a rosy blush and no tinges of green. Available exclusively at Giant, our Orchard Perfect peaches are ripened in the orchards and handpicked at the peak of perfection.

storing: Purchase only the amount of peaches you will use within a few days. Store peaches at room temperature and wash them just before you use them.

using: Add fresh peaches to a smoothie, pack a peach for lunch, pair peach salsa with chicken or bake up a peach cobbler for dessert. Or try sliced, fresh peaches on top of pancakes for an eye-opening breakfast.



rice noodles with red peppers



honeydew "bubble tea"



lemongrass mango shrimp



broccoli slaw

- 1 bag (12 oz) broccoli slaw
- 1/4 cup sliced scallions
- 1/4 cup white vinegar
- 2 Tablespoons granulated sugar
- 1 Tablespoon toasted sesame oil
- 1/2 teaspoon ground black pepper
- 1/2 cup sliced almonds, toasted

In a large bowl, combine broccoli slaw and scallions. In a 1-cup measure, pour in vinegar, add sugar and stir to dissolve. Add oil and pepper, whisk together and pour over broccoli. Toss to coat evenly. Cover and chill several hours or overnight. To toast almonds, place almonds in a small non-stick pan and turn heat to medium. Stir almonds frequently while heating, especially as they start to brown and smell fragrant. Remove from heat and from pan and allow to cool. Before serving salad, stir in almonds.

Makes 4 1-cup servings

Prep time: 10 minutes • Cook time: 5 minutes

Per serving: 150 calories, 9g fat, 1g saturated fat, 0mg cholesterol, 35mg sodium, 14g carbohydrate, 5g fiber, 9g sugars, 5g protein

lemongrass mango shrimp

- 1 Tablespoon peanut or canola oil
- 1/4 cup minced shallots
- 2 Tablespoons minced fresh ginger
- 1 Tablespoon minced garlic
- 1–2 Tablespoons minced jalapeño, no seeds*
- 1 stalk lemongrass, split in half
- 1 1/2 cups snow peas

Heat large skillet over medium-high heat. Add oil, shallots, ginger, garlic, jalapeño and lemongrass stalk. Cook until fragrant, about 30 seconds. Add snow peas and shrimp and sauté an additional minute. Add coconut milk, curry paste, lime juice and diced mango. Cook for 2–3 more minutes. Remove lemongrass stalk before serving.

*Use 1 tablespoon for mild, more for medium to hot.

Makes 4 12-oz servings

Prep time: 20 minutes • Cook time: 10 minutes

Per serving: 260 calories, 10g fat, 4g saturated fat, 170mg cholesterol, 270mg sodium, 20g carbohydrate, 3g fiber, 14g sugars, 23g protein

Adapted from a recipe by Louisiana Seafood Promotion & Marketing Board



steak and pepper foil packet



lemon dill tilapia foil packet

- 4 cups honeydew chunks (about 1/2 melon)
- 1 cup orange juice
- 1 cup skim milk
- 1 cup fresh or frozen blueberries

Blend honeydew, orange juice and milk in a blender or food processor until smooth. Evenly distribute blueberries among four glasses, top with ice if desired and pour honeydew mixture over the ice and blueberries.

Makes 4 1-cup servings

Prep time: 10 minutes

Per serving: 130 calories, 0g fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 31g carbohydrate, 2g fiber, 26g sugars, 4g protein

rice noodles with red peppers

- 4 oz. uncooked rice noodles
- 1 Tablespoon peanut or canola oil
- 1/2 teaspoon crushed garlic
- 1/2 cup sliced white onion
- zest of one lemon
- 2 teaspoons lite soy sauce
- 1/2 teaspoon granulated sugar
- 1 large red bell pepper, chopped
- 1/4 cup chopped scallions

Soak rice noodles in warm water for 20 minutes, drain and set aside. Heat oil in a medium skillet, add garlic and onion and cook until softened. Add noodles, lemon zest, soy sauce, sugar and chopped pepper and stir well. Cook until the pepper softens slightly. Sprinkle with scallions and serve immediately.

Makes 4 1-cup servings

Prep time: 20 minutes • Cook time: 10 minutes

Per serving: 160 calories, 3.5g fat, 0.5g saturated fat, 0mg cholesterol, 105mg sodium, 28g carbohydrate, 2g fiber, 3g sugars, 2g protein



southwest sausage foil packet



plum and blackberry foil packet

- 2 Tablespoons olive oil
- 2 teaspoons minced garlic
- 1 teaspoon dried dill
- 2 cups chopped zucchini
- 2 ears corn, cut in 1-inch round pieces
- 1 lb tilapia, cut into 4 fillets
- 8 thin slices lemon

Preheat oven to 450°F or heat outdoor grill. In a large bowl, combine oil, garlic and dill and divide evenly into two bowls. Add zucchini and corn to one of the bowls and toss until coated. Spray four large pieces of heavy-duty aluminum foil with cooking spray; evenly distribute corn mixture in the center of each. Coat each fish fillet with the remaining oil mixture and place one fillet in each packet on top of the corn and zucchini. Top each fillet with 2 lemon slices, fold and seal each packet. Cook for 20 minutes. Remove packets from heat; let stand 10 minutes before opening.

Makes 4 8-oz servings • Prep time: 15 minutes • Cook time: 20 minutes

Per serving: 240 calories, 10g fat, 1.5g saturated fat, 55mg cholesterol, 65mg sodium, 13g carbohydrate, 2g fiber, 4g sugars, 26g protein

steak and pepper foil packet

- 1 pound boneless beef sirloin steak, cut into 1-inch thick chunks
- 1/4 cup Worcestershire sauce
- 2 cups chopped bell peppers, yellow, green and orange
- 2 cups sliced yellow onion
- 2 teaspoons garlic powder
- 1/4 cup shredded cheddar cheese

Preheat grill to medium-high or oven to 450°F. Combine all ingredients except cheese in a large bowl and mix until well coated. Spray four large pieces of heavy-duty aluminum foil with cooking spray and distribute mixture evenly, fold and seal each packet. Cook 30 minutes. Remove packets from heat; let stand 10 minutes before opening to allow steam to soften potatoes. Top each mixture with cheese.

Makes 4 10-oz servings • Prep time: 10 minutes • Cook time: 20 minutes

Per serving: 370 calories, 17g fat, 6g saturated fat, 80mg cholesterol, 280mg sodium, 25g carbohydrate, 4g fiber, 7g sugars, 29g protein



chicken tetrazzini



chicken sloppy joe sliders

- Filling:**
 - 2 Tablespoons fresh lemon juice (about 1/2 large lemon)
 - 4 Tablespoons whole wheat flour
 - 1 teaspoon vanilla extract
 - 2 Tablespoons light brown sugar
 - 2 cups blackberries, halved
 - 4 plums, pitted and sliced
- Topping:**
 - 1/3 cup whole wheat flour
 - 1/4 cup old fashioned style oats
 - 1 Tablespoon cup light brown sugar
 - 1/2 teaspoon ground cinnamon
 - 2 Tablespoons unsalted butter, chilled, cut into cubes

In a medium bowl, whisk together the lemon juice and flour until smooth. Add the vanilla extract and brown sugar; toss blackberries and plums in mixture until fruit is coated. Pour fruit mixture onto 4 pieces of heavy-duty aluminum foil and set aside. In a small bowl, combine the dry ingredients for the topping. Add the butter, mixing by hand, until small crumbles form. Sprinkle the mixture over the fruit* and cook for 20 minutes until the filling is bubbly and the top is golden. Remove packets from heat; let stand 5 minutes before opening. *If preparing ahead of time, wait to top the fruit with the crumb mixture until you are ready to cook the packets.

Makes 4 servings

Prep time: 10 minutes • Cook time: 20 minutes

Per serving: 200 calories, 4g fat, 2g saturated fat, 10mg cholesterol, 0mg sodium, 40g carbohydrate, 7g fiber, 18g sugars, 5g protein

southwest sausage foil packet

- 8 oz pork sausage links, chopped
- 2 cups canned black beans
- 1½ cups chopped pineapple
- 1/2 cup finely chopped red onion
- 2 Tablespoons minced jalapeno pepper (about 1 pepper)
- 2 Tablespoons lime juice, divided
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- Freshly ground black pepper, to taste
- 2 Tablespoons chopped cilantro

Preheat grill to medium or oven to 375°F. In a medium bowl, combine the sausage, black beans, pineapple, red onion, and jalapeno. Stir in lime juice, cumin, chili powder and pepper. Spray four large pieces of heavy duty aluminum foil with cooking spray and distribute mixture evenly, fold and seal each packet. Cook for 20 minutes. Remove packets from heat; let stand 10 minutes before opening. Carefully open the foil packets and stir the contents. Sprinkle with cilantro. Serve alone, over rice, or in tacos.

Makes 4 10-oz servings

Prep time: 15 minutes • Cook time: 20 minutes


Per serving: 310 calories, 11g fat, 4g saturated fat, 35mg cholesterol, 760mg sodium, 35g carbohydrate, 7g fiber, 14g sugars, 16g protein



slow cooker chicken pizza stew



lemon-garlic grilled chicken

- 1 cup diced onion
- 1 Tablespoon minced garlic
- 3 bay leaves
- 1 Tablespoon ground cumin
- 1 Teaspoon chili powder
- 1/2 teaspoon ground allspice
- 3 cups  cooked chicken, diced or shredded

Spray large skillet with cooking spray and heat over medium-high heat. Add onion and garlic; cook and stir until slightly soft, about 2 minutes. Add bay leaves, cumin, chili powder and allspice; stir together for 1 to 2 minutes. Stir in chicken, tomato paste, water, raisins and pepper; cook covered over medium heat until thickened. Uncover and cook, stirring, until desired consistency. Remove bay leaves. Divide chicken mixture among bottom halves of rolls. Top each with a tomato slice and top halves of rolls.

Makes 8 servings, 6 oz. each • Prep time: 10 minutes • Cook time: 10 minutes
Per serving: 270 calories, 5g fat, 1g saturated fat, 45mg cholesterol, 280mg sodium, 34g carbohydrate, 8g fiber, 16g sugars, 24g protein

Adapted from a recipe by California Raisins Marketing Board www.calraisins.org




chicken tetrazzini



- 2 cups  tri-color rotini, uncooked
- 1 Tablespoon  olive oil, divided
- 1 lb  boneless, skinless chicken breast
- 8 oz  sliced mushrooms
- 1 cup chopped onion
- 1/3 cup  all-purpose flour
- 1/2 teaspoon dried thyme
- 1/2 teaspoon  ground black pepper

Preheat oven to 400°F. Cook rotini according to package directions, drain and place in a 3-quart baking dish. Slice chicken into bite-sized pieces. Heat 1 teaspoon oil in a large skillet over medium-high heat, brown chicken and transfer to baking dish. In same skillet, brown mushrooms in 1 teaspoon oil and transfer to baking dish. Reduce heat to medium and sauté onion in remaining oil until soft. Add flour, thyme and pepper to skillet and stir into onions. Add milk and broth and whisk to blend in flour. Cook until thickened and pour over ingredients in baking dish. Fold in tomatoes. Combine Parmesan and bread crumbs and sprinkle over casserole. Bake for 20 minutes or until bubbly and lightly browned. Remove from oven and sprinkle with parsley.

Makes 1 1/2 servings • Prep time: 30 minutes • Cook time: 20 minutes
Per serving: 290 calories, 7g fat, 2g saturated fat, 55mg cholesterol, 260mg sodium, 33g carbohydrate, 4g fiber, 6g sugars, 26g protein





- 3/4 cup  low fat plain yogurt
- 1 teaspoon paprika
- 2 cloves garlic, minced
- 3/4 teaspoon finely shredded or grated lemon zest
- 1/8 teaspoon cayenne pepper
- 1 lb  boneless, skinless chicken breasts
- 2 Tablespoons chopped  fresh parsley

In a small bowl, combine yogurt, paprika, garlic, lemon zest and cayenne, stir to mix well. Spoon the yogurt mixture over the chicken, turning to coat both sides. Let marinate at room temperature for at least 20 minutes. While chicken is marinating, preheat the grill to medium-high heat. Grill, turning once, until the chicken reaches an internal temperature of 165°F, about 6–8 minutes per side. Transfer chicken to plates and sprinkle with parsley.

Makes 4 servings, 4 oz. each • Prep time: 30 minutes • Cook time: 20 minutes
Per serving: 160 calories, 2g fat, 1g saturated fat, 70mg cholesterol, 110mg sodium, 5g carbohydrate, 0g fiber, 29g protein

slow cooker chicken pizza stew



- 1 lb  boneless, skinless chicken breast, cut into 1-inch chunks
- 2 cups chopped yellow onion
- 2 teaspoons minced garlic
- 1 cup chopped green bell pepper
- 32 oz  pasta sauce
- 1 can (14.5 oz)  no-salt added diced tomatoes, undrained
- 1 Tablespoon dried basil
- 1 Tablespoon dried oregano
- 1/2 cup  shredded mozzarella cheese
- 6 slices Italian bread, sliced 1/4 inch thick

Spray a 6-quart slow cooker with non-stick cooking spray. Lay chicken chunks in the bottom of the slow cooker and top with all other ingredients except for cheese and bread. Stir, cover and cook on low for 5-6 hours. Garnish with shredded cheese and serve with a side of toasted Italian bread.

Makes 6 servings • Prep time: 15 minutes • Cook time: 6 hours
Per serving: 300 calories, 7g fat, 2g saturated fat, 45mg cholesterol, 770mg sodium, 37g carbohydrate, 6g fiber, 15g sugars, 23g protein

fighting hunger in our community

By Tracy Pawelski



As a food retailer, we strive to make a difference

In the fight against hunger by supporting countless food banks, local food pantries and soup kitchens in the communities we serve. Over the years, Giant, along with our customers, vendors, and associates, has raised millions of dollars for local hunger relief and donated thousands of pounds of food. In 2012, \$6.5 million of our \$12 million in total charitable contributions was made in hunger-related donations – the equivalent of 55.2 million meals for our neighbors in need.

We provide customers with a trusted way to donate money through our annual Good Neighbor Food & Funds Drive. We also have food donation programs in place to benefit local food banks, pantries and soup kitchens throughout the year. During the holidays, we provide hams and turkeys to families who would otherwise not be able to afford a holiday meal.

To alleviate child hunger, Giant announced a new three-year initiative to distribute \$3 million in Fighting Child Hunger grants to the Capital Area Food Bank, Maryland Food Bank, Blue Ridge Area Food Bank, Fredericksburg Area Food Bank and Food Bank of Delaware. These grants target communities with significant need and provide healthy meals to children through childcare, mobile pantries and after school and summer programs.

We also recognize and honor our associates who volunteer time at regional food banks. Associates or teams of associates who volunteer at least 10 hours are now able to earn a \$150 volunteer grant for their food bank partner.

Food banks need our help year-round. Consider picking up some extra non-perishable items on your next shopping trip to drop off at your local soup kitchen or volunteer with your family to help stock shelves and serve a meal. Join Giant in the fight against hunger in your local community.

go nuts for nut butters

Peanut butter & jelly, meet almond butter & jelly.

That's right: as much as we love everyone's favorite sandwich spread, it's time to butter up the other mixed nuts in the jar.

Not just for the peanut-free crowd, butters made from "other" nuts, including almonds, cashews, hazelnuts, pistachios and walnuts are worth going crazy over, too. These nut butters are easy to make and even easier to enjoy in both sweet and savory dishes. What's better, these butters also provide essential protein and a wide variety of other nutrients.

Nut butters are full of heart-friendly unsaturated fats, fiber and protein that work together to help promote health. Incorporating nuts into a diet low in saturated fat and cholesterol can have positive effects on cholesterol levels and help to reduce the risk of heart disease and stroke. Nuts also contain vitamins and minerals such as calcium, phosphorus, zinc, copper, selenium, folate, vitamin E and vitamin A.

how to make your own nut butter

1. Add your nut of choice (raw, roasted or salted) to a food processor.
2. Puree until smooth, scraping down the sides of your food processor several times with a rubber spatula.
3. Store in an airtight container in the refrigerator for up to one month. To make spreading easier, let nut butter return to room temperature before use.

As a general rule, 1 cup of whole nuts will produce 1/2 cup of nut butter.

The higher the fat content, the smoother the spread. Nuts that are lower in fat will make a grainy butter.



nut buddies

Try these perfect pairings for your homemade nut butters:

- Peanut butter with baby carrots
- Almond butter pureed into a mixed berry breakfast smoothie
- A scoop of cashew butter in place of tahini in homemade hummus
- Walnut butter spread onto a grilled cheese sandwich made with brie and thinly sliced apples
- Pecan butter with whole grain crackers
- Pistachio butter mixed into low-fat cream cheese and spread onto celery sticks topped with raisins
- Hazelnut butter with melted dark chocolate for a fruit dip or yogurt topping



Experiment by adding honey, vanilla extract, cinnamon, dried fruit, cayenne pepper, dark chocolate chips, or maple syrup - the combinations are endless!





GOOD to KNOW!

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*The soft spread tubs pictured contain 45 to 80 calories, 5g to 8g fat, 1.5g to 2g saturated fat, and 0g trans fat per serving. Butter contains 100 calories, 11g fat, 7g saturated fat, and 0g trans fat per serving.

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portabellas

prepping

Never wash or soak; instead, use a damp towel to remove dirt or grit from the mushroom cap.

Although the stems are edible, they can be tough. Discard or use them to add flavor to homemade vegetable stock.

Use a spoon to scrape out the dark black gills. Removing the gills makes cutting easier and allows more room if you plan on stuffing the whole cap.

Lightly brush mushroom cap with olive oil or a marinade (try ours below!) to add moisture. If preparing whole, lightly score the top. This allows flavors to seep in while marinating and steam to escape while cooking.

cooking

grilling/broiling

Cook over medium heat for about 10 minutes, flipping once. Mushrooms are done when they are charred and slightly shrunken.

sauté or stir-fry

Spray a skillet with non-stick cooking spray and warm over medium-high heat. Slice or chop mushroom cap and add to skillet. Cook until slightly browned and softened.

stuffed

Preheat oven to 375°F. Bake caps for 10 minutes or until tender. Stuff with crab meat, sautéed veggies, or try a pizza portabella! Simply stuff caps with pizza sauce, mozzarella cheese and your favorite pizza toppings.

Basic Vinaigrette

Makes 6 servings (enough to coat 6 mushroom caps)
Prep Time: 10 minutes

- Ingredients:
- 1 teaspoon garlic, minced
 - 2 Tablespoons balsamic vinegar
 - 2 teaspoons Dijon mustard
 - 2 Tablespoons olive oil
 - 1 Tablespoon chopped fresh parsley
 - 1 teaspoon chopped fresh thyme
 - ground black pepper to taste

In a small bowl, combine garlic, vinegar and mustard and mix well. While whisking rapidly, slowly add in olive oil until well blended, then add parsley, thyme and pepper while whisking. Brush vinaigrette onto portabella caps before grilling/roasting.

Per serving: 50 calories, 4.5g fat, 0.5g saturated fat, 0mg cholesterol, 40mg sodium, 1g carbohydrate, 0g fiber, 1g sugars, 0g protein

Baked, grilled or sautéed, portabella mushrooms add heartiness to stir-fries, sandwiches and casseroles, and can also be a satisfying substitute for meat in vegetarian recipes. Whether you plan on using them whole, sliced or chopped, preparing your portabella is the first step in mastering this meaty mushroom.



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kitchen

shellfish safety

Love shellfish but shy away from cooking it at home? Based on looks alone, you may think that preparing clams, shrimp, lobster and other shellfish is a task best left to restaurants, but it's easier than you think! Learn how to safely select, store and cook shellfish with these tips.



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selecting

Live shellfish: Buy live shellfish whenever possible. Live clams, oysters and mussels should have tightly closed shells. If shells fail to close when tapped, discard them. When buying live lobsters and crabs, look for moving antennae, claws, legs and tails. Plan to cook shellfish as soon as possible after bringing them home so they make it to the pot alive.

Pre-cooked shellfish: Certain shellfish, including stone crabs and king crabs, are pre-cooked. Whether you buy thawed or frozen, they should be served cold. This also applies to live-cooked lobster. Reheating pre-cooked shellfish will result in tough, flavorless meat. In terms of color, cooked crabs, lobsters and crayfish should have shells that are bright orange to red.

storing

Live shellfish are very perishable and should be used as soon as possible after purchase. Keep shellfish in the coldest part of your refrigerator and store clams, mussels and oysters on ice loosely covered with paper towels. Shellfish are alive and need to breathe, so don't store them in an airtight container.

Shellfish can also be frozen in the shell or shucked and frozen for longer storage.

cooking

Steaming, sautéing and grilling are all popular methods of cooking shellfish. Once cooked, shrimp will become opaque and oysters, clams and mussels will open their shells. Crab and lobster are cooked when their shells turn deep red. The best way to test for doneness is with an instant read thermometer – most types of shellfish should be cooked to an internal temperature of 145°F.

In general, shellfish shouldn't have a strong odor of any kind. At the very most, they should have a mild, saltwater smell.

To ensure healthy habits at home and school: remember to cover every cough and sneeze, wash hands often before and after school, and clean and disinfect all surfaces.





understanding prebiotics & probiotics



Barley Blueberry Salad

Makes 4 servings, 1-cup each
Prep Time: 15 minutes • 60 minutes

Ingredients:

- 2 cups water
- 1/2 cup pearled barley
- 1 cup blueberries
- 1 cup chopped tomatoes
- 2 Tablespoons chopped  fresh mint
- 2 Tablespoons chopped  fresh parsley
- 1/4 cup sliced scallions or chives
- 1/3 cup lemon juice
- 2 Tablespoons  olive oil
- 1/4 cup blue cheese crumbles
- 1/2 teaspoon  ground black pepper

In a medium saucepan, bring water and barley to a boil. Reduce heat, cover and simmer for 45–50 minutes until most of the water is absorbed and barley is tender. Drain any remaining water, transfer cooked barley to a large bowl and cool. Add remaining ingredients and stir to combine. Refrigerate for at least 2 hours to allow flavors to blend. Serve cold or at room temperature.

Per serving: 220 calories, 10g fat, 3g saturated fat, 10mg cholesterol, 150mg sodium, 29g carbohydrate, 6g fiber, 6g sugars, 6g protein

Bacteria have a bad rap. The stuff of science class and doctor's offices, we typically think of bacteria as having a single purpose – making us sick. You may be surprised to learn that our bodies – more specifically, our digestive tracts – contain millions of “friendly” bacteria. Known as probiotics, these strains of beneficial bacteria are fed by prebiotics, both of which are essential to health.

Benefits of prebiotics & probiotics

Although more research is needed, there's encouraging evidence that probiotics and prebiotics:

- May help to treat diarrhea, irritable bowel syndrome and certain intestinal infections in conjunction with medications.
- Enhance absorption of vitamins and minerals.
- Strengthen the immune system to help fight off illnesses.
- May promote urinary tract health.
- May protect against certain cancers.

What are prebiotics used for?

Prebiotics are non-digestible carbohydrates that feed probiotics, helping them grow and flourish. Since prebiotics nourish probiotics, eating foods that contain prebiotics can often aid digestion.

Sources of prebiotics

Prebiotics are found in a variety of foods, including:

- Bananas
- Honey
- Onions
- Garlic
- Asparagus
- Jerusalem artichokes
- Whole grains, like barley, wheat, oats and rye
- Legumes

What are probiotics used for?

Chronic stress, antibiotic therapy, poor dietary choices or medication use may cause a loss of beneficial bacteria. This bacterial imbalance can lead to digestive problems, such as gas, bloating and difficulty with digestion, as well as poor immunity. Probiotics can help to get our bodies back in balance by tipping the scales in favor of beneficial bacteria.

Sources of probiotics

Probiotics are present in various fermented foods, including:

- Yogurt with live active cultures
- Kefir, a fermented yogurt style drink
- Sauerkraut
- Acidophilus milk
- Kimchi, a spicy Korean dish
- Miso, a fermented soybean paste
- Sourdough bread



What's kimchi?

Kimchi (*kim-chee*) is a spicy condiment made with fermented vegetables (usually cabbage) and various Asian seasonings. Kimchi is delicious on its own, but it can be more than just an easy side dish.

Pick up a jar of kimchi in our produce department, then try these new ways to use it!

- Mix into rice
- Stir into soup, stew or stir-fry for a burst of flavor
- Mix kimchi with pasta or rice noodles and top with sautéed shrimp
- Put an Asian inspired twist on your burger, pulled pork or deli sandwich
- Try as a novel topping for pizza
- Add to omelets



happy campers

If you've ever been to summer camp, you know those memories can last a lifetime. Afternoons at the lake, nights by the campfire and time spent with new friends – all this classic, carefree fun reminds us what summer felt like as a kid.

This year, instead of carting your kids off to camp, why not bring the camp to you? Join in the excitement and create new lasting memories with a camp-themed afternoon or weekend right in your own backyard.



step 1

Decide on a theme and date. Do your kids love staring at the stars? Make yours a space camp. Are they outdoorsy? Plan a nature hike and scavenger hunt. Depending on the age of your campers and how long you have to invest, set a realistic length of time for your camp, whether it's as short as a few hours or as long as a whole weekend.

step 2

Kid-proof your house. Lots of active campers means more potential for messes, bumps and bruises. Let kids know if certain areas of your house are off-limits and set aside an area for more low-key or rainy weather play.

step 3

Invite all the neighborhood kids (and their parents, too – you'll need a few extra sets of hands!). After all, camp is all about making new friends, isn't it?



step 4

Plan your activities. As basic as you want or as elaborate as you can dream of, choose a variety of activities to keep kids entertained. Here are a few backyard versions of our favorite classic camp activities:

3-Legged Race – Divide campers into pairs of similar height. Tie partners' inside legs together. Have all of the pairs race side by side to the finish line.

Egg & Spoon Race – Divide campers into two teams and give each team a tablespoon and a raw egg. Have a member of each team race to a flag at the other side of the yard, balancing their egg on the spoon, then race back to the start and tag their next team member. If an egg breaks, the team member who broke it has to go back to the starting line to get another (make sure to have extra eggs on hand!). The first team that crosses the finish line wins!



Tug Of War – A camp classic, tug of war gets even more interesting with a few variations. Ask each player to keep a water balloon under his or her arm – if it breaks, they're out! Or, combine tug of war with a game of catch. While they're tugging, players also need to toss a ball from one team to the other.

Crab Race – Like regular soccer, but with a twist! Teams have to walk like crabs (feet and hands on the ground with bellies facing up) and try to score goals by kicking a soccer ball over the other team's goal line. Keep the soccer field small – walking like a crab is harder than it looks!

step 5

Start camping! For day-of festivities, station adults or older kids around the backyard to help with games and corral kids when it's time to move on to the next activity.

A few tips for keeping things fun:

- Keep competition to a minimum
- Make sure everyone is involved
- Participate along with the kids – they'll love it!

mess hall

After a day filled with lots of exercise, kids and adults alike will need to refuel! Make sure to provide plenty of beverages throughout the day, and keep the theme going strong with camp-style meals and snacks!

For lunch:

- Sloppy joes
- Turkey burgers
- Baked beans
- Anything in a foil packet (Great on the grill or over the fire pit! See our recipes on page 23.)

For dessert:

- Fruit kabobs
- Grilled or frozen bananas
- Classic s'mores



cold summer soups for warm days

All things considered, soup isn't traditionally a warm weather go-to. Hearty and piping hot, we usually turn to soups that offer comfort from the bitter cold – not refreshment for summer afternoons.

But chilled soups prove we don't have to retire our ladles once the temperature rises. Not just cold versions of stew or chili, these soups are designed for the sweltering days ahead.

Sweet or savory, chunky or creamy, chilled soups help us stay satisfied and keep our kitchens cool on the warmest summer days. While some cold soups call for a short simmering time, most – like our Sweet Corn Gazpacho – require minimal prep time since there's no cooking required.

tips for making cold soups

- ❖ **Use the freshest ingredients you can find.**
Fruits and vegetables are truly the star of chilled soups. An easy way to use up extra corn, tomatoes, zucchini or watermelon, cold soups also help you introduce more produce into your day. Use more herbs and seasonings than you would in a warm soup, as the cold temperature tends to dull their flavor.
- ❖ **Serve extra cold.**
Cold soups benefit from refrigeration time, which allows flavors to develop in the same way that simmering helps warm soups. Prepare your recipe a day ahead and refrigerate for best results.
- ❖ **Let your creativity shine.**
Puree strawberries with a swirl of yogurt for a refreshing dessert or blend buttermilk and fresh peas for a light appetizer. Consider creative presentation, too: at a cookout, serve sippable cold soups in small juice glasses while guests are waiting for the entrée to grill.
- ❖ **Go with a garnish.**
Often little more than pureed or diced produce, chilled soups benefit from a complementary garnish. Add a sprinkle of fresh herbs, a dollop of Greek yogurt or a handful of toasted nuts to round out the flavor and texture of your chilled creation.

Our two recipes showcase the variety and versatility of cold soups. A traditional European recipe, cold cherry soup makes a delicious appetizer or dessert. Gazpacho, one of the more well known chilled soups, is a zesty tomato-based soup with origins in Spanish cuisine.

Cold Cherry Soup

Makes 4 servings, 3/4-cup each
Prep Time: 20 minutes + chilling time
Cook Time: 20 minutes

- Ingredients:
- 1 lb fresh sweet cherries, pitted (3 cups)
 - 2 cups water
 - 1 Tablespoon sugar
 - 1 small cinnamon stick or 1/4 teaspoon ground cinnamon
 - strip of lemon peel (approximately 1x3 inches)
 - 1 Tablespoon cornstarch
 - 4 teaspoons light sour cream, non-fat yogurt or buttermilk
 - Lemon zest for garnish

In a medium saucepan, combine cherries, water, sugar, cinnamon stick and lemon peel. Bring to a boil, then reduce heat and simmer gently until cherries are just tender, about 20 minutes. Dissolve the cornstarch in a small amount of cold water, add to the soup, cook and stir until thickened. Allow soup to cool slightly. Cover and chill for several hours or overnight. Before serving, remove cinnamon stick and lemon peel. Garnish each serving with sour cream, yogurt or buttermilk. Sprinkle with lemon zest.

Per serving: 100 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 24g carbohydrate, 2g fiber, 18g sugars, 1g protein

Sweet Corn Gazpacho

Makes 6 servings, 1-cup each
Prep Time: 20 minutes

- Ingredients:
- 1 cup sweet corn kernels (fresh, frozen or canned)
 - 2 cups finely diced fresh tomatoes
 - 1 cup finely diced cucumber
 - 1 cup finely diced green bell pepper
 - 1/2 cup finely diced onion
 - 1 teaspoon crushed garlic
 - 3 cups low sodium tomato juice or vegetable juice
 - 3 Tablespoons lemon juice
 - 1/2 teaspoon ground black pepper
 - 1 teaspoon dried basil (or 1 Tablespoon fresh basil)
 - Tabasco sauce to taste
 - Fresh basil for garnish

If using fresh corn on the cob, cook and cool before removing kernels; cook frozen corn until just tender; no need to cook canned corn. In a large bowl, combine all ingredients except garnish. Refrigerate for 4–6 hours to allow flavors to develop. Serve chilled with fresh basil for garnish.


Per serving: 70 calories, 1g fat, 0g saturated fat, 0mg cholesterol, 75mg sodium, 14g carbohydrate, 3g fiber, 8g sugars, 3g protein



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