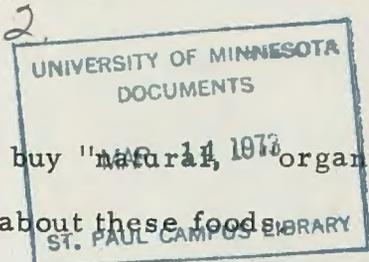


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AGRICULTURAL EXTENSION SERVICE - UNIVERSITY OF MINNESOTA

March 9, 1973

"Natural" Foods



(0:30)

Many consumers who buy "natural, organic" and "health" foods have misconceptions about these foods.

University of Minnesota extension nutritionist Mary Darling says sales of so-called "natural" foods have more than doubled since 1970 despite apparent consumer confusion.

The difference between these foods is explained by Miss Darling in a new Agricultural Extension Service publication, "Natural, Organic and Health Foods," Extension Folder 280. A copy of this publication may be obtained by sending a postcard to the Bulletin Room, University of Minnesota, St. Paul, Minnesota 55101.

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Food Costs

(0:20)

Built-in conveniences, such as frozen, pre-cut and ready-to-serve foods, add about 25 percent to your food bill for processing and preparation.

Farmers don't share in the profits from these added conveniences. But a sizeable portion of the marketing receipts remain in Minnesota's economy since the state is a major food processing center.

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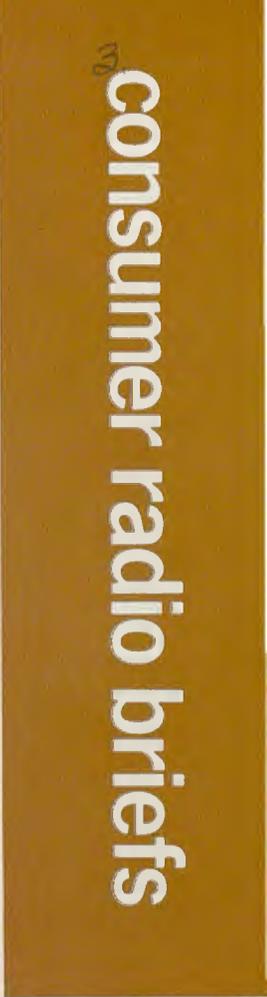
Consumer Meat Sense Clinic

(0:16)

The University of Minnesota's Agricultural Extension Service will hold Consumer Meat Sense Clinics at three locations in early April. The sessions will be April 3rd at Mankato State College, April 4th at Austin State Junior College and April 5th at Winona Vocational-Technical School.

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UM Specialist Advises:

(0:36)

Avoid costly mistakes when making choices about housing. If you are considering any changes in your housing situation, take comfort in the fact that many families are facing similar decisions.

University housing specialist William Angell says you should approach your task as an opportunity to make your life more satisfying rather than as a housing problem. A useful worksheet and checklist to help you make a wise decision is contained in Extension Folder 267, "Balancing Your Housing Needs and Resources." This publication is available from local extension offices or the Bulletin Room at the University's St. Paul Campus.

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Nursing Homes

(0:36)

Developing a workable management system is a major difficulty in attempting to improve food services in nursing homes.

That's the report from University food service management extension specialist Louise Mullan.

Most food service personnel in nursing homes try to do good jobs. But she says they may lack experience in planning appealing nutritionally adequate meals and in purchasing, controlling and handling food.

Programs to help food service personnel in nursing homes and similar institutions with food service management problems are held throughout the state by the Agricultural Extension Service.

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Food Dollars

(0:08)

Here's a tip from University of Minnesota nutritionists: Buy dry beans and cook them yourself. Canned and frozen beans cost more.

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