You don't always have to buy organic

Lately we have been discussing a lot about organic foods and pesticides and why eating organic foods might prove to be worthwhile even when paying more money for the same product.

However, what we haven't talked about is that not all of the foods we buy need to be organic. You can still eat pesticide free foods and save your wallet too by following this easy list designed by the Environmental Working Group called the "dirty dozen." This helpful list provides a list of 12 foods with the highest amounts of pesticide residue.

According to the "Daily Green," the group estimated that individuals can reduce their exposure by 80 percent if they switch to organic when buying the 12 foods on the list. Of course, this list is meant only as a tool to provide several options and recommendations to aid us as we strive to achieve healthier eating habits and become more aware of the products we consume on a daily basis.

Near the top of the list are apples and peaches. As a result, apple sauce and apple juice may be contaminated as well. If organic apples are not available, safer alternatives are watermelons, bananas and tangerines. Also fairly high on the list is celery. USDA tests have found more than 60 different pesticides on celery. Safe alternatives to celery are broccoli, radishes, onions and bok choy. Strawberries are always on the list of dirty dozen foods, in part because fungus prompts farmers to spray and pesticide residue remains on berries sold at market; try kiwi and pineapple for a healthy alternative.

Furthermore, the potato, known as "America's favorite vegetable" is, unfortunately, full of more than 35 pesticides, according to USDA tests. Sweet potatoes offer a delicious alternative to traditional potatoes with less chance of pesticide residue. Another fruit that consistently makes the list is the sweet bell pepper, with nearly 50 different pesticides.

Spinach is at the top of the list for the leafy green category with nearly 50 different pesticides. While it may appear that pesticides are only found in produce this is simply not true. According to the "Daily Green," "while there are generally no pesticides found in beef muscle, fat is another story.

Fewer than a dozen pesticides have been detected in beef fat, but among them are long-lived chemicals that accumulate in human fats just as they do in beef cattle. The same pattern holds for other meats, with pork fat and chicken thighs tallying the most pesticide residue, while lean meat comes up clean."

Milk is also on the list with twelve different pesticides. For more information on "the dirty dozen" or to see the rest of the list visit the site: http://www.thedailygreen.com/healthy-eating/eat-safe/dirty-dozen-foods

As previously mentioned, not all of the food products we consume need to be organic. "The Daily Green" also provides a list of foods that do not need to be organic called "The Clean 15." Foods found on this list include, onions, avocado, sweet corn, pineapple, mango, asparagus, sweet peas, kiwi, cabbage, eggplant, papaya, watermelon, broccoli, sweet potato, and tomatoes. However, I do want to point out that cherry tomatoes were on "the dirty dozen" list.

For more information on "The Clean 15" list and even some recipes visit the site: http://www.thedailygreen.com/healthy-eating/eat-safe/Save-on-Sustainable-Gallery-44032808#slide-1

Make healthy Halloween treats

MSU Extension – Chippewa County

"Staying within your child's school snack policies."
Does your child's school have limitations on classroom snacks this year? Are you looking for something healthy to serve at a Halloween party in school or at home? There are many things you can substitute for candy and other sweets that you may not want your child to over eat.

If you do plan on bringing something to a classroom, Michigan State University Extension recommends first checking with the teacher to see if there are any food allergies in your child's classroom. If peanuts, or another substance, are not allowed and you prepare something with even the slightest amount of that product, a classmate could become deathly ill. It is prudent to check first and prepare with safe ingredients.

Where to start? Try looking at the parts of MyPlate :

* Fruits and vegetables are great foods to begin with – do you remember having grapes as a child, blindfolded, and being told they were eyes? What about apple mouths, filled with peanut butter and marshmallows for teeth? I remember these things from when I was a child, and have made them for my own children. Fruit juices could be served as odd shaped ice. The ice could be made of green kiwi or grapes! Children love fruit – it is a natural, healthy treat for them no matter how it's prepared.

* Vegetables are easy to do with healthy dips – just cut carrots, celery, green or wax beans and dip into hummus (mashed brain) or yogurt dip (equal parts of vanilla yogurt and smooth peanut butter, mixed well). Celery, stuffed with cream cheese with pimento or catsup can look very "icky" at Halloween. The sky is the limit when thinking of scary, funny and imaginative ways to get the children to eat healthy snacks. Many children prefer raw vegetables to cooked, so try some. With the dip, it's a win-win!

* Whole grains are also a possibility. Kids love to make their own trail-mix. Muffin tins filled with whole grain cereals, seeds, nuts, pretzels, raisins and other dried fruits, and possibly some bite sized candy bits for color can be a great activity or snack. Use snack-size plastic bags or plastic food service gloves for them to spoon in their desired ingredients. The best part of this activity is that you have control over the ingredients. Popcorn in the same food service gloves with candy corn fingernails are also fun treats. Ten pieces of candy corn with all the popcorn is much healthier than plain candy or frosted treats.

* Dairy can also be used. Pretzels with tinted cream cheese as a dip are fun. You could blend up some kale and add the cream cheese for a green treat. Individual yogurt or frozen yogurt dishes are well received as well.

Whatever you send to your child's classroom, I hope you decide to make it healthy, with or without your school's policy on snacks. Our children's health depends on us – we can make a difference!

This article was published by Jane Hart, Michigan State University Extension. For more information, visit http://www.msue.msu.edu. To contact an expert in your area, visit http://expert.msue.msu.edu, or call 888-MSUE4MI (888-678-3464).

Site-specific state campground reservations will soon be available in 'shoulder season'

Summer campers at Michigan's state parks have long enjoyed the advantages of site-specific campground reservations, meaning they can reserve a specific campsite at a park and be guaranteed that campsite during their visit. Soon, campers during the "shoulder season" — mid-September to late May — will also enjoy the benefit.

The Department of Natural Resources is currently transitioning to a new, improved central reservation system, or CRS, with many customer-driven improvements and features, including the addition of site-specific campground reservation capabilities for shoulder season guests. The new system provides parks with the equipment necessary to make site-specific reservations a reality.

The registration station, made available near the campground office, makes the shoulder season site-specific reservations possible by providing assistance to campers during a time of year when park staff may be limited due to reduced staffing levels, seasonal maintenance and other operational needs. The registration station includes a yellow phone that automatically contacts the CRS call center, located in Ann Arbor, when the receiver is lifted.

Campers can then work with the call center to conveniently register for any available campsite, and then continue on to their site. This is also an important feature because — after the transition to the new CRS — site-standard reservations (reserving a spot at a park but not a specific site) will no longer be available.

During the transition phase to the new CRS, customers can continue to make reservations through Oct. 30 using the call center. The phone number, 1-800-44-PARKS, will remain unchanged. Reservations through the website, www.midnrreservations.com, will be possible until Oct. 22 at 8 p.m., when the website will be taken down to begin the transition process to the new website. The website address will not change.

Additional important transition dates include:

Oct. 22-31: Website reservations cannot be made. The call center will remain active through Oct. 30, taking reservations for dates through Oct. 31, 2013.

Oct. 25: The new reservation website goes live. Although reservations cannot yet be made on the website, customer profiles can be created and viewers can navigate the site to create familiarity.

Oct. 31: Reservations cannot be made. State parks can register walk-ins on a first-come, first-served basis.

Nov. 1: The new CRS (both the website and the call center) opens to state park lodging, which typically has a one-year reservation window (camper cabins, mini-cabins, rustic cabins, yurts and modern lodges). Reservations for these facilities can now be made for dates after Oct. 31, 2013. From Nov. 1-2, campsites and slips are not reservable. During this time, campsites and slips are available at the facility on a first-come, first-served basis.

Nov. 3: The system opens to facilities with a six-month reservation window. These include campsites at state parks and select state forest campgrounds and harbor slips.

Here for mothers, fathers, and babies...
Bay Mills Healthy Start Program
" A Start of a Healthy Life"
We will provide office or home visits by Maternal Child Nurses, Nutritionist, and Social Workers.
We will conduct community health promotion and risk reduction events.
We will provide referral, follow up and after care services.
We will provide health education and counseling for families.
We will provide services to women with high risk pregnancies.
We will provide transportation when needed.
We will provide culturally sensitive care.
For more information or to sign up, please contact:
Joann LeBlanc, Healthy Start Nurse, (906) 248-8360
Erica Carrick, Support Coordinator, (906) 248-8510
Candice Leapley, Healthy Start Outreach Worker, (906) 248-8340

SAVE YOUR BACK AND YOUR WALLET
Ariens
Stop in to see our great selection of snowblowers!
SKINNERS
4142 Pleasant Avenue in Pickford
Call today! 906-647-5655

FERNELIUS HYUNDAI
Oil Change
PLUS TIRE ROTATION AND BRAKE INSPECTION
$29.95 with coupon
MOST CARS & TRUCKS Expires 11/15/13.
906-632-3300
VISIT OUR NEW LOCATION:
2988 Ashmun Street, Sault, MI
Service Open M-F: 7:30 am to 5:30 pm; Sat: 9 am to 4 pm
www.ferneliushyundai.com

REAL WORLD TOUGH.
GRIZZLY® 550 EPS
THE LEADER MOST OFF-ROAD CAPABLE IN PROVEN DURABILITY
YOUR HUNT FOR THE ULTIMATE ATV IS OVER.
Out here, don't take chances. Take a Yamaha Grizzly. Even on the most grueling terrain, the Grizzly 700 FI Auto 4X4 EPS gives you a rock-solid, smooth, comfortable ride. Plus it's fully loaded: On-Command® 4WD, Ultramatic® transmission, EPS and more – making it #1 in durability* and off-road capability. Need less power? Check out the Grizzly 450 EPS or 550 EPS. Yamaha Grizzly ATVs. Real World Tough. To get you there and back, hunt after hunt, year after year.
CHIPPEWA MOTORS, INC.
" WE CAN DO IT ALL"
Open Mon. - Fri. 8 a.m. - 5:30 p.m. • Sat. 9 a.m. - 1 p.m.
M-129 at 3 Mile, Sault Ste. Marie, MI
(906) 632-6651 • www.chippewamotors.com
YAMAHA
Shown with optional accessories. ATV model shown is recommended for use only by riders 16 years and older. Yamaha recommends that all ATV riders take an approved training course. For safety and training information, see your dealer or call the ATV Safety Institute at 1-800-887-2887. ATVs can be hazardous to operate. For your safety: Always avoid paved surfaces. Never ride on public roads. Always wear a helmet, eye protection and protective clothing; never carry passengers; never engage in stunt riding; riding and alcohol/drugs don't mix; avoid excessive speed; and be particularly careful on difficult terrain. Specifications subject to change without notice. *Based on ADP competitive comparison study of CVT belt components reported in warranty and non-warranty repair order records for 2007-2010 model year CVT belt-driven 4x4 ATVs 400cc and above. ©2012 Yamaha Motor Corporation, U.S.A. All rights reserved. • yamaha-motor.com

PICKFORD BUILDING CENTER
COMPLETE BUILDING SUPPLIES & HOME CENTERS
TRI COUNTY Building centers
• Home, Cottage, Garage & Pole Barn Packages
• Treated Decks
• Daily Delivery Throughout the Eastern and Central U.P!
• Carpet, Ceramic Tile and Vinyl Flooring
• Computerized Kitchen Design
221 N. MAIN ST.
CALL: 647-3101
Cedarville • Pickford • DeTour • St. Ignace