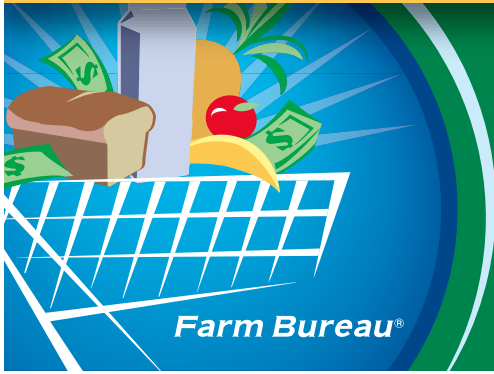


FOOD CHECK-OUT WEEK®



STRETCHING YOUR GROCERY DOLLAR WITH HEALTHY, NUTRITIOUS FOOD

Farm Bureau®

2011 Food Ch

Washington Farm Bureau Serves up Nutrition

Members of the Washington Farm Bureau Women's Leadership Committee, along with Lewis County Farm Bureau members converged at the Grocery Outlet in Chehalis Sat. Feb. 26 to celebrate Food Check-Out Week.

Held the third week of February each year, Food Check-Out Week focuses on helping Americans learn how to stretch their grocery dollars with healthy, nutritious food.

The event highlights the commitment of America's farmers and ranchers to producing safe, healthy and abundant food. And, it demonstrates the concern they share with consumers when it comes to putting nutritious meals

on the table while sticking to a tight budget.

"Visiting with folks and providing our neighbors with information to help them use their grocery dollars wisely was really rewarding," said Washington Farm Bureau Women's Leadership Committee Chair, Vicki Malloy, a cherry grower from Chelan-Douglas County. "By my estimate, we visited with at least 400 people, if not more."

The owners of Grocery Outlet donated bags of oranges and encouraged shoppers to donate food as they passed through checkout lines. In addition to securing the event location and assisting with all the arrangements,

Lewis County Farm Bureau members Andrea Pinkerton and Karen Breed procured donations from local businesses such as Washington Tractor.

"Given how the volunteers stepped up and the community was so engaged, we are really excited to do this event again," said Malloy. "Because getting this information to consumers is so important, we are also looking at doing similar events throughout the state in the near future."

Educational materials dedicated to helping consumers make healthier food purchases were distributed to consumers at the event, including: *Tips for Better*

Nutrition on a Tight Budget; How Much Should I Eat?; Understanding Food Labels; and, Understanding What My Pyramid Means. Simple recipes following this same philosophy were also handed out, in addition to literature and recipe books provided by the ladies of Clark-Cowlitz County Farm Bureau.

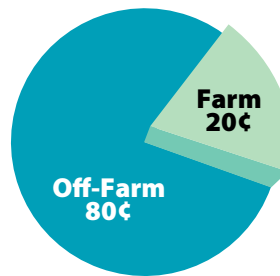
At approximately 3 p.m. all the donated food, totaling more than 2,400 pounds, was loaded onto a trailer and transported to the Food Bank Coalition donation station. It was then sorted and dispersed to homeless shelters and local food banks to serve local families in need.



Washington Farm Bureau Women's Leadership Committee Chair, Vicki Malloy, a cherry grower from Chelan-Douglas County, was keen on greeting each customer at the store entrance. Behind her, Marge Herz of Clark-Cowlitz County stands ready to greet the next customer.

Farm Expenses and the Retail Food Dollar

RETAIL FOOD DOLLAR



FARM EXPENSES

USDA's Economic Research Service forecasts that 2011 farm level production expenses are **8.6 percent higher** than preliminary figures for 2010 and **26 percent higher** than final figures from 2006.

This is how those expenses break down:

Purchased Feed	15.8 percent
Seed, Fertilizer, & Crop-Protecting Chemicals	15.1 percent
Capital Upkeep and Replacement	10.3 percent
Farm Labor	10.0 percent
Interest and Property Taxes	9.4 percent
Fuel and Electricity	7.1 percent
Purchased Livestock	6.9 percent
Farm Services	5.0 percent
Repairs and Maintenance	5.2 percent
Rent	3.6 percent
Miscellaneous	11.6 percent

American Farm Bureau Federation® Graphic Sources: Economic Research Service - Farm Production Expenses, 2011 forecast

How Can Consumers Stretch Their Grocery Dollars?



Shopping for food is typically a major determinant of both your family's nutritional health. Consider these tips to stretch your grocery dollars and eat more healthfully:

- Make your food budget work along with a diet.
- Plan nutritious meals and snacks to prepare at home.
- Use whatever products are on sale, avoid food choices.
- Use MyPyramid.gov as a guide for what to eat and how much.

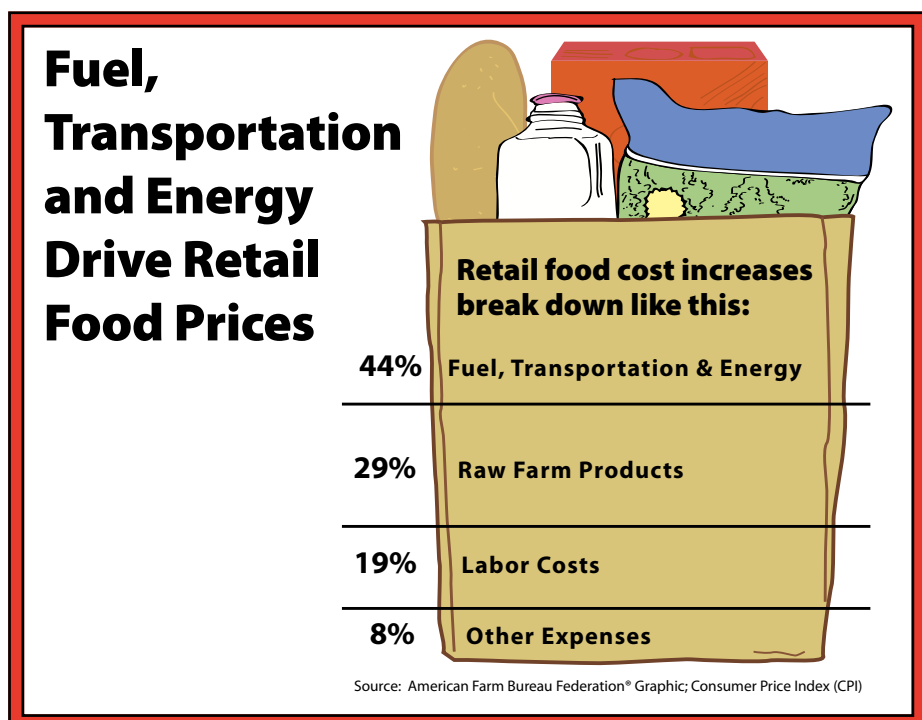


Sixteen volunteers from six different counties participated in the Food Check-Out Day event in Chehalis. The group took a minute to pose with the goods collected at the conclusion of the event.

Check-Out Week



April 2011



Despite record-cold temperatures and bitter winds, shoppers still turned out for the event. Among them, 112 adults and 72 children spun the “Farm Facts” wheel and answered questions drawn from “Farm Facts” and “Misconceptions about Agriculture” to receive prizes.



UNDERSTANDING WHAT MYPYRAMID MEANS

Use MyPyramid to guide grocery shopping and healthier eating for you and your family.

Grains - Make half your grains whole

- ◆ Eat at least 3 oz. of whole grain bread, cereal, crackers, rice or pasta every day
- ◆ 1 oz. is about 1 slice bread, 1 cup breakfast cereal or 1/2 cup cooked rice, cereal or pasta

Vegetables - Vary your vegetables

- ◆ Eat more dark green veggies like broccoli, spinach and other dark leafy greens
- ◆ Eat more orange vegetables like carrots and sweet potatoes
- ◆ Eat more dry beans and peas like pinto beans, kidney beans and lentils

Fruits - Focus on fruits

- ◆ Eat a variety of fruit
- ◆ Choose fresh, frozen, canned or dried fruit
- ◆ Go easy on fruit juices

Dairy - Choose calcium-rich foods

- ◆ Go low-fat or fat-free when you choose milk, yogurt and other milk products
- ◆ If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods

and beverages

Meat & Beans - Go lean with protein

- ◆ Choose low-fat or lean meats and poultry
- ◆ Choose low-fat cooking methods, including baking, broiling or grilling
- ◆ Vary your protein sources by choosing fish, beans, peas, nuts and seeds

Find your balance between food and physical activity

- ◆ Stay within your daily calorie needs
- ◆ Be physically active for at least 30 minutes most days of the week
- ◆ Children and teenagers should be physically active 60 minutes daily

Limit salt (sodium) and discretionary calories from fats and sugar

- ◆ Look for sources of Omega-3 fatty acids, such as fish, nuts and some vegetable oils
- ◆ Limit fats that are solid at room temperature - they are higher in saturated fat than oils, which are liquid at room temperature
- ◆ Choose foods and beverages low in saturated and trans fats, sodium and added sugars

Go to www.mypyramid.gov for information on physical activity, individualized menu planning, specific serving amounts and size information, more tips and other resources.