

A hand is shown pouring a stream of golden wheat grains into an open palm held below it. In the background, a large, slightly out-of-focus image of the Earth (globe) is visible against a clear blue sky. The foreground is a field of golden wheat.

Nutrition Education

2016 CALENDAR

COMMUNITY ACTION AND HUMAN SERVICES



It Takes a Million Hands to Feed

**From the loving hand that waters
and waits for the sprout to grow,**

**From the nimble hands that cleans
to the tough hands that grinds,**

**From the experienced hand that packs
to the vendor's hand that binds,**

**From the sturdy hand that begins
to cook and nurtures our souls,**

**And finally to that loving wrinkled
hand which gently breaks away,**

**A little piece of bread and blows cold
air to make it cool every day,**

**And begins to tell the folklore of
imaginary sparrows that flew afar,**

**To the immortal heroes, angels, and
fairies that live on a distant star....**

**And a little morsel is eaten, completing
the journey of divine crops...**

**It takes a million hands
to feed a child.....**



By Vikas Khanna, Chef and Author of Indian Harvest



Food, Nutrition, Health and Sustainability

THE CONNECTION BETWEEN THE FOOD WE EAT AND OUR HEALTH IS UNDENIABLE.

Although the relationship is complicated – and often downright confusing, given the constant stream of new scientific studies and media coverage of food and nutrition – you can be sure of one thing: choosing sustainable food is a no brainer when it comes to achieving optimal health. When you make the connection between sustainable agriculture and your health, you are on the right path.

What Does it Mean to Eat Sustainably? Sustainable agriculture is a way of growing or raising food, including animals, in an ecologically and ethically responsible manner using practices that protect the environment, safeguard human health, are humane to farm animals, and provide fair treatment to workers. Eating “sustainably” means eating food that is grown or raised according to these principles.

Eating sustainably provides numerous personal health benefits, including decreased exposure to harmful substances such as pesticides, antibiotic-resistant bacteria, and unhealthy food additives, and the potential to increase consumption of certain nutrients and antioxidants. Finally, eating sustainably means that you are supporting a more environmentally and socially responsible food system. A win-win situation!



How to Eat Sustainably

THE FOOD WE EAT DETERMINES HOW HEALTHY WE ARE; yet the food available to us may do more harm than good — both to our health, and to the health of the land and oceans that provide it. At the same time, climate change contributes to extreme weather events that threaten a secure food supply. As individual consumers, and as employees in organizations, we make decisions every day about the food we buy, which gives us great power to reshape the way we produce, process, transport, and use food.

Fostering a system that nurtures sustainability

By doing our best to diversify what

we eat, we not only better serve our bodies, but also the environment and oceans. Today, supermarkets carry what consumers request and, by extension, food producers supply that food. For example, when consumers demand a wide selection of produce year-round—even when local growing seasons don't support its availability—food must be imported from faraway places, which increases the carbon footprint of our meals.

Similarly, in American fisheries alone, there are hundreds of available commercial species, yet Americans regularly eat only a select few. If consumers branched

outside the preferred species and requested, instead, what the fish market could supply that day, we would be participating in a more sustainable relationship with the oceans—which would encourage local fisheries, food distributors, and supermarkets alike to use what the oceans can sustainably supply.

Working together toward common goals

Many corporations are already taking steps to improve the environmental impacts of our food system, and environmental organizations are encouraging sustainable farming practices and

working towards lowering the system's carbon footprint. At the same time, physicians and dietitians are helping patients understand the connection between our diets and health; and other groups are raising awareness of the social responsibility we bear for our food choices.

As participants of a world community we must aim to advance improvements in our food system by adopting new food policies that make sustainable sense and will create a positive impact on human communities and the environment.

The Health Benefits of Eating Sustainably

EATING SUSTAINABLY-GROWN UNPROCESSED (OR MINIMALLY PROCESSED) FOOD, such as whole grains, legumes, and fresh fruits and vegetables, has a number of health benefits, including decreased total cholesterol levels, decreased risk of certain cancers, increased colon function, and increased intake of important nutrients and minerals. Eating meat, eggs, and dairy products from pastured animals also has health benefits when these products are consumed in moderation.

Sustainable Fruit, Vegetables, and Grains

Although increasing intake of fruit, vegetables, and grain in general is important, there is some evidence that sustainably grown fruit, vegetables, and grains are higher in nutrients. This is related to several factors, including the ways in which the food was grown, harvested, and transported.



Growing Methods

Organic production improves soil health, which in turn improves plants' root systems and the ability to absorb vital nutrients. In addition, organic fertilizers provide a wider range of micronutrients that the plant can take up through its root system. For example, a recent study demonstrated that organically grown tomatoes have higher levels of flavonoids, potent antioxidants found in plants. Other studies have found higher levels of several antioxidants in many varieties of organically grown fruits and vegetables and lower levels of important nutrients, such as vitamin C, in fruits and vegetables grown using commercial nitrogen-based fertilizers.

Plant Harvest and Transportation

Fruit and vegetables that are in-season, harvested closer to their peak ripeness, and transported shorter distances (as is common with sustainably grown, locally sourced food) also retain more nutrients. Industrially produced fruits and vegetables are frequently picked unripe, then artificially ripened, which decreases vitamin C content and other nutrients. Long storage and long-distance transportation also decreases vital nutrients through bruising and temperature fluctuation.



Animal Products

Pastured animal products tend to be more healthful than products from animals raised in factory farms. Meat and dairy from pastured animals has higher levels of omega 3s, vitamins A and E, and other antioxidants.

Grass-fed beef is also lower in fat. Eggs from chickens allowed access to forage have higher levels of omega 3s and Vitamin E. Vitamin E is an important antioxidant and is critical to immune function and other metabolic processes. Vitamin A is important to vision, reproduction, immune function and other bodily processes. Omega 3s and omega 6s are essential fatty acids that are important in brain function and cardiovascular health.

In general, eating pastured animal products in moderation does not appear to have the same negative health consequences as eating highly processed animal products or corn-fed industrial meats and may even provide some health benefits. However, it should be noted that high consumption of red meat in general, especially processed meat (such as hot dogs and bacon), has been linked to increased overall mortality reported by the World Health Organization.





Apple peels Most recipes that involve cooking apples, whether desserts, pancakes or pork dishes, call for peeling the fruit first. But keeping the skin on not only spares you a prep step, it gives a welcomed rustic texture to the dish and provides a lot more nutrition. Two-thirds of the apple's fiber is in the peel, as is most of the fruit's health-protective antioxidant quercetin. The same goes for potatoes, 20 percent of a potato's nutrients are in its skin.

Citrus rind Next time you use fresh lemon, lime or orange juice in a recipe, zest the fruit first, either with a fine grater or, to get wide strips of zest, a vegetable peeler. The zest imparts an extra layer of citrus flavor to all kinds of dishes, plus it is rich in vitamin C. Add finely grated zest to salad dressings, marinades and sauces for chicken or fish. Put a couple of strips of zest in a pot of stew, soup or a pudding to simmer when you want a gentle hint of citrus without acidity from the juice. When zesting citrus, be sure to wash the fruit well first and only grate the outermost layer, because the white pithy part tastes bitter. Make good use of any extra peel by running it through the garbage disposal as a natural deodorizer.



Beet greens Next time you buy a bunch of beets, look for one with plenty of greens on it, because not only are they edible, they are incredible! Like the rest of the leafy-green family, beet greens are packed with nutrients — vitamin A, potassium, minerals and more — and are delicious sautéed in olive oil with some minced garlic, a splash of citrus juice (plus zest!) or vinegar, and salt and pepper. Cooked beet greens are especially delicious tossed with roasted sliced beet root because the sweetness of the root balances the pleasant bitterness of the leaves. It's a pairing that is truly meant to be! If they are very tender young leaves, beet greens are also delicious eaten raw in salads.

Nutritious foods you should stop throwing away

IMAGINE YOU HAVE JUST DONE YOUR WEEKLY GROCERY RUN AND YOU HAVE FIVE BAGS BRIMMING WITH DELICIOUS, HIGH-QUALITY FOOD ON YOUR KITCHEN COUNTER. Now take one of those bags and throw it directly into the garbage. Of course, that's a senseless thing to do — but it's essentially what Americans are doing every day: tossing out somewhere between 19 and 25 percent of the food they purchase.

It's a hot topic that was brought to light in a presentation in 2015 at the Academy of Nutrition and Dietetics' annual conference. It was pointed out that an estimated 40 percent of all food produced in the United States is wasted, and about half of that loss happens in the home. There are many ways to prevent this food waste, including being smarter about food storage, not over-buying perishables and not cooking food for the whole neighborhood when you are feeding a family of four, for example.

Think about all the produce home cooks typically discard out of habit — the parts of the fruits and vegetables that are often thought of as scraps or trimmings but are actually culinary stars in their own right. Here are some ways on how to use them. In doing so, you can take a step toward enjoying more, and trashing less, of the food you buy.

Broccoli stalks If you typically just use the broccoli florets and throw away the stalks, you are missing out. The stalks may have a tough exterior, but inside they are tender and delectable. Use a vegetable peeler to remove the outermost layer, then slice and steam, sauté or stir-fry them right along with the florets. You can also shred them for use raw in slaws and salads, or chop them and add to a vegetable soup.



Celery leaves Until fairly recently, the first step when prepping celery was to hack off the top inch or so of the bunch and discard the leafy ends. Discover how incredibly flavorful and tender the leaves are. Consider using celery in a salad or soup without discarding them. The leaves have even more celery flavor than the stalks, and they are rich in fiber and calcium. Just toss them into a salad like you would any other leaves, or use them more like you would an herb in soups and stews, stirred in and cooked, or as a garnish.



Squash seeds It is a tradition in the fall each year to roast the pumpkin seeds you get from the jack-o'-lantern pumpkin, so why not roast other squash seeds as well? They are absolutely delicious and, like all seeds, packed with nutrients including magnesium, potassium, iron and fiber.

To roast them, rinse the seeds, remove any pulp stuck to them and pat them dry. Toss with a little oil and sprinkle with salt, then bake in a single layer on a parchment-lined baking sheet in a 275-degree oven for about 15 minutes, until they are lightly browned, fragrant and begin to pop. Squash seeds can be eaten (shell and all) as a snack on their own, added to salads, or used as a garnish for a stew or chili. In fact, they are a natural fit to sprinkle onto any dish in which you are using the squash flesh.



Fridge vs. Pantry: Are you storing your foods properly?

PEANUT BUTTER, TOMATOES, HONEY, AND COFFEE — THESE ARE JUST A FEW ITEMS THAT YOU MIGHT BE STORING

THE WRONG WAY. That means you're wasting your money when they go bad and are thrown out.

- Store nuts in the refrigerator to make them last longer and avoid a rancid taste.
- Never put onions, tomatoes, potatoes, or honey in the refrigerator. Honey will crystallize; onion will mold more quickly; and the taste of tomatoes and potatoes

will be altered. Also, do not store in airtight containers.

- Never store coffee or flour in the refrigerator. It will absorb odors in your refrigerator. You can store it in the freezer in a closed container.

Storing items properly will save you money.

- Never store eggs in the door of the fridge. Always keep them in the coldest place in your refrigerator.
- Meat should be stored on the lowest shelf of your refrigerator,

so juices do not drip on any other items, causing cross-contamination.

- Spices can be stored 2-3 years past their expiration date in your pantry. A quick rule of thumb: Whole spices can be kept for 1 to 2 years, but pre-ground spices start to lose their flavor after about 6 months. Do a quick sniff test to see if your spices still have their aroma. If they don't smell like anything, they're not going to taste like anything. Once those aromas are gone, it's time to toss the spice.

Also make sure you are storing your spices in a cool, dry, dark place.

- Peanut butter can be stored in your pantry, even after it is opened,

for 3-4 months. Then put it in the refrigerator and it will be good for another 3-4 months.

Here are a few more tips:

- Items don't necessarily need to be consumed by the 'sell by date.' Most are good for up to one week past the sell-by date.
- Eggs are good at least four to five weeks past the 'packaged' date in the refrigerator
- Butter should be stored in the refrigerator and can last for 6 months.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

January

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

Seed Estimating

Guess how many seeds are in an apple. Cut it open and count the actual number of seeds.

17

18

19

20

21

22

23

Favorite Fruit Graphing

Allow children to try a variety of different fruits. Graph their favorites. Discuss with children the class's most and the least favorite fruit.

24/31

25

26

27

28

29

30

Pineapple Cup Recipe –**Le Jardin**

Mix together 1 can (16 oz) of drained pineapple chunks, 1 can (11 oz) of drained mandarin oranges, 1 small packet of coconut flakes, 1 small tub of whipped cream. Serve in a bowl.

CHEESY ZUCCHINI BITES

INGREDIENTS

5 *medium* zucchini (about 6 inches long)
4 *ounces* blue cheese or feta cheese, crumbled
3 *tablespoons* grated Parmesan cheese
1 *teaspoon* dried basil
1/8 *teaspoon* pepper
1 *pint* cherry tomatoes, thinly sliced

DIRECTIONS

1. Cut zucchini into ¾-in. slices. Using a melon baller or small spoon, scoop out the insides and discard, leaving the bottom intact. Place zucchini on an ungreased baking sheet; spoon ½ teaspoon crumbled blue cheese into each.
2. Combine Parmesan cheese, basil and pepper; sprinkle half over blue cheese. Top each with a tomato slice; sprinkle with remaining Parmesan mixture.
3. Bake at 400° for 5-7 minutes or until cheese is melted. Serve warm.

Nutrition Facts

Number of Servings: 7

Amount Per Serving

Calories	95
Fat	5g
Protein	5g
Carbohydrate	5g
Fiber	2.75g
Cholesterol	15mg
Sodium	290mg



What Does ‘Sell By’ and ‘Use By’ Dates on Food Really Mean

Are you one of the millions of Americans tossing hundreds of dollars in the trash each year?

Probably so if you don’t understand those “sell by,” “use by” and “best before” labels stamped on groceries you buy.

A report by the Harvard Food Law and Policy Clinic and the Natural Resources Defense Council found that the vast majority of Americans misinterpret food labels and throw out perfectly good food. By understanding some simple terms, you can keep that money in your pocket, rather than toss it in the trash can.

‘Sell by’

If you throw out food based on the “sell by” date, you are not alone. The study found that more than 90 percent of consumers make that mistake. Yet keeping food past that date does not mean it’s unsafe.

In reality, the “sell by” date is used by manufacturers to let grocery stores know they should not sell food past that date simply to ensure it still has some shelf life remaining after a consumer purchases it, according to the report.

‘Best before’ date and ‘use by’ date

“Best before” and “use by” dates don’t mean you should toss that food away. Those labels typically

indicate the manufacturer’s estimate of when the food will be past its peak for quality. But that doesn’t mean the food is unsafe, the report says.

There is no standard that establishes those dates. Laws vary by state, and manufacturers have their own rules for setting

A report found that the vast majority of Americans misinterpret food labels and throw out perfectly good food.



dates. Neither the U.S. Food and Drug Administration nor the U.S. Department of Agriculture has stepped in to address the confusion. Infant formula is the only product for which the date on the label is federally regulated.

Staying safe

Given the confusion over dates, you are probably wondering how long you can safely keep food without jeopardizing your family’s health — or your own pocketbook.

Most meats can be safely stored in the refrigerator for a few days and in the freezer for a few months. But note that the freezer storage guidelines are only

for quality, and that foods can stay safely frozen indefinitely.

Those eggs you bought last week can be safely refrigerated for three to five weeks. And who knew that shelf-stable canned meat and poultry is still good after two to five years?

Storage times vary greatly, so you might want to take that into consideration when deciding what to buy. Opened butter, for example, will last one to two weeks, while opened margarine will last four to six months.

And you’ll find safety and storage recommendations for nearly every product under the sun at StillTasty.com. Wonder how long you can keep that raw shrimp in the fridge or freezer, or whether that unopened package of spaghetti that got buried in the back of the pantry is still good? The answer is just a click away.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5 Great Teeth Discuss dental hygiene practices with children. Bacteria in the mouth sticks to teeth as a sticky substance called plaque. The bacteria lives off of foods eaten daily such as fruits, sweets, breads, cakes, etc. Food should be brushed off daily or use water to rinse loose particles of food left in the mouth when brushing is not possible.	6
7	8	9	10 Telescopes Take 1 oz. sliced lunch meat, 1 tablespoon cheese spread, 1 teaspoon sunflower nuts, pretzel sticks; Use the cheese and nuts as a spread. Roll up lunch meat and secure with a pretzel stick.	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25 Spinach Pesto Use a blender to blend 1 cup spinach, ½ cup basil leaves, 1 tablespoon walnuts, 1 clove garlic, ½ tsp olive oil, 1 teaspoon lemon juice, salt and pepper to taste. Spread it on whole wheat crackers and have children taste it.	26	27
28	29					

February

When Is the Actual Expiration Date On Your Milk?

Confusion stemming from the date printed on the packages of food and when to actually dispose of it is a serious problem in the United States: Reportedly, around 90 percent of Americans throw out food prematurely. Despite this, and the efforts of consumer groups and processors the federal government doesn't regulate dates on any food, or drink, outside of infant formula. Twenty states do have some rules with dating for milk products, but they're all slightly different.

So what chance do you have when you're staring at your week-old milk in the fridge? A really good one, in terms of survival: If you drink clearly sour and expired milk, you might get sick. That date on the carton of milk, however, could mean very different things. Some states require a sell by date, which indicates the last day a store can legally sell the milk; it's calculated to give the home consumer a reasonable amount of time to enjoy. Other states have a use by date that's for consumers—it indicates the date that the milk is believed to be at peak flavor.

While the pasteurization of milk kills most of the harmful bacteria, precautions always need to be made by the consumer to keep the milk from



That date on the carton of milk, however, could mean very different things.

going bad. It's mostly obvious stuff: Don't leave the milk out on the counter for a long time; don't expose it to light that can make it lose its vitamins; and close the carton when you're done to prevent the absorption of flavors from other foods in your refrigerator. Another way to keep milk as fresh as possible is to always keep it on a shelf—never in the inside of the door of your fridge, where the temperature fluctuates the most. The fridge temperature should be 34-38 °F or 38-40 °F. Warmer temperatures give bacteria more of a chance to develop. You could freeze your milk for up to three months, but it'll turn lumpy

(though it's still safe to drink).

The accepted rule of thumb is that if you're properly refrigerating it, your carton of whole milk's expiration date is five days after the "sell-by" date. If it's "non-fat," "skim," or "reduced fat," you'll have a little less time, and no one is quite sure why (although it seems that whole milk tends to go sour while skim milk tends to go bitter). "Ultra pasteurized" milk has a longer shelf life than other types of milk. If you happen to be particularly young, old, or immunocompromised, you should maybe cut a day or two from those estimations and proceed with more caution.

GARDEN VEGETABLE QUICHE RECIPE

INGREDIENTS

- 1 frozen pie shell (9 inches)
- 1 small red onion, sliced
- ½ cup sliced fresh mushrooms
- ¼ cup diced yellow summer squash
- 1 tablespoon butter
- ½ cup fresh baby spinach
- 3 garlic cloves, minced
- 1 cup (4 ounces) shredded Swiss cheese
- 4 eggs, lightly beaten
- 1⅓ cups heavy whipping cream
- ½ teaspoon salt
- ½ teaspoon minced fresh rosemary
- ¼ teaspoon pepper

DIRECTIONS

1. Let pastry shell stand at room temperature for 10 minutes. Line pastry shell with a double thickness of heavy-duty foil. Bake at 400° for 4 minutes. Remove foil; bake 4 minutes longer. Cool on a wire rack. Reduce heat to 350°.
2. In a large skillet, sauté the onion, mushrooms and squash in butter until tender. Add spinach and garlic; cook 1 minute longer. Spoon into crust; top with cheese.
3. In a large bowl, whisk the eggs, cream, salt, rosemary and pepper until blended; pour over cheese.
4. Cover edges of crust loosely with foil. Bake for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting.

Nutrition Facts

Number of Servings: 8

Amount Per Serving	
Calories	369
Fat	31g (16g saturated fat)
Protein	9g
Carbohydrate	15g
Fiber	Trace Fiber
Cholesterol	190mg
Sodium	330mg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Jus Papaye Papaya Juice milkshake (Jus Papaye in creole) is used to start the typical working day. It's filled with everything you need to keep you moving. Blend 1 cup of ripe frozen papaya, ½ cup evaporated milk, pinch of salt, 1 tablespoon of sugar, and a pinch of vanilla extract. Discuss the Haitian culture.	3	4	5
6	7 Butterfly Salad Slice a pineapple ring in ½ to use an outline of the butterfly's wings. Use a piece of celery stick as the body. Place 1 teaspoon of cottage cheese inside of pineapple ring. Use sliced green olives for eyes. You can also add carrot sticks for antennae.	8	9	10	11	12
13	14	15	16 Broccoli Slaw Recipe – Le Jardin Mix 1/2 package broccoli slaw, 1/2 cup assorted (grapes, chopped apples or mandarin oranges) fruit to taste - dry ramen noodles or rice noodles prepared oriental or sesame salad dressing. Toss with the dressing just before serving.	17	18	19
20	21	22	23	24	25	26
27	28	29 Moon Balls Mix 1 cup peanut butter, ¼ cup honey, ½ cup raisins, 1 cup dry milk powder together and roll into small balls. Roll balls in graham cracker crumbs. Place on a cookie sheet. Chill and serve.	30	31	March	

TWO-BEAN SOUP WITH KALE

INGREDIENTS

3 *tablespoons* olive oil
 1 *cup* chopped onion
 ½ *cup* chopped carrot
 ½ *cup* chopped celery
 ½ teaspoon salt, divided
 2 garlic cloves, minced
 4 *cups* low sodium vegetable broth divided
 7 *cups* stemmed, chopped kale (about 1 bunch)
 2 (15-ounce) *cans* no-salt-added cannellini beans, rinsed, drained, and divided
 1 (15-ounce) *can* no-salt-added black beans, rinsed and drained
 ½ teaspoon freshly ground black pepper
 1 *tablespoon* red wine vinegar
 1 *teaspoon* chopped fresh rosemary

PREPARATION

1. Heat a large Dutch oven over medium-high heat. Add olive oil to pan; swirl to coat. Add onion, carrot, and celery, and sauté 6 minutes or until tender. Stir in ¼ teaspoon salt and garlic; cook 1 minute. Stir in 3 cups vegetable broth and kale. Bring to a boil; cover, reduce heat, and simmer 3 minutes or until kale is crisp-tender.
2. Place half of cannellini beans and remaining 1 cup vegetable broth in a blender or food processor; process until smooth. Add pureed bean mixture, remaining cannellini beans, black beans, and pepper to soup. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in remaining ¼ teaspoon salt, vinegar, and rosemary.



Nutrition Facts

Number of Servings: 8

Amount Per Serving

Calories	250
Fat	10.4 g
Protein	11.8 g
Carbohydrate	30.5 g
Fiber	9.2 g
Cholesterol	0.0 mg
Iron	3.8 mg
Sodium	593 mg



Mindful Eating – Balanced Bites

Mindful eating seems trendy now, but it's a centuries-old practice. But what is mindful eating? It is balancing what you eat with how you eat. In today's fast paced world, this slow and steady approach to eating offers a solution for weight management, disease prevention and being conscious about food sustainability. Think about it: Do you mindlessly eat or savor each bite? Shifting into the eating moment helps you to be more in control of how much you eat. Unlike fad diets, mindful eating allows you to enjoy food more while eating less.

Mindful eating has proven to be a powerful practice for reducing binge eating and emotional eating. Research shows that mindful eater ate less – about 300 calories a day compared to others – and that can add up to gradual weight loss over time.

Unlike fad diets, mindful eating allows you to enjoy food more while eating less.

Not only does weight loss occur with mindfulness, but it can help alleviate chronic diseases such as Type 2 diabetes, as well as emotional eating. This in turn can help improve quality of life. Here are simple steps to enjoy favorite foods, feel more in control and put a stop to letting food be in control –

1. Eat with your non dominant hand. If you are left handed try eating with your right hand, which will make you

pay more attention to details.

2. Save your favorite food for last. We tend to have very poor memories when it comes to eating food. If you eat your favorite food last and savor it, you are more likely to eat less later, because you

remember what you ate.

3. When you eat, just eat. Do not multi task. Put away the book, iPhone, iPad, etc. Focus on the food and you'll enjoy it more.

4. Notice your chewing rate and slow down, as there's a tendency to unconsciously chew at the same rate as others. Intentionally eat slower than others, or stagger your bites.

5. Mindfully take each bite by noticing, the taste, texture, smell, sound and feel of the food on your tongue. Embrace the very first few bites, as those are usually the best. Think about how the food was grown, prepared

and presented to you. It will teach you to appreciate the food in front of you more.

Notice how different this is from mindlessly popping food into your mouth.

So slow down, and savor each bite of food mindfully!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

April

3

4

5

6

7

8

9

Fresh Fruit Dip

Blend ½ cup of vanilla frozen yogurt with 3 tablespoons of fresh squeezed orange juice well. Serve with fresh cut fruit as a dip.

10

11

12

13

14

15

16

Hummus Dip

Blend a can of chickpeas, a garlic clove, ½ tsp of olive oil, lemon juice and salt. Use freshly cut vegetables like celery or broccoli and serve with hummus as a dip. You can also use baked pita chips with hummus dip.

17

18

19

20

21

22

23

Ambrosia Salad

Mix together ½ cup low fat sour cream, ½ cup low fat frozen yogurt, 1 cup drained mandarin oranges, 1 cup drained pineapple chunks, 2 tablespoons coconut flakes. Chill well and serve.

24

25

26

27

28

29

30

Foods from the Rainbow

Have children organize cards by color to make a rainbow. Once the rainbow is made, explain how we should eat foods that are colorful and that we should eat a range of colors every day. Then have children to select some foods from the rainbow to represent the foods they might eat in one day.

Simple Ways to Smarter, Healthier Eating

To eat well, you need to combine nutritional science, a jolt of common sense, awareness of our food sources and pure enjoyment. Most of us know that fresh salad, berries, and slowing down when eating are better for us than wolfing down energy bars and sweets. But how do we make that leap from our current habits to healthier ones?

Here are six ways you can eat healthy, delicious meals, and really enjoy what you're eating.

1. Switch from whole milk.

Not only does this reduce saturated fat in your diet, it also shaves off calories.

How: Switch to 1% or nonfat milk, and nonfat versions of other dairy products like yogurt and ice cream. Can't bear to go cold turkey? Step down more slowly to 2% milk, then 1% en route to nonfat, if possible.

2. Harness the power of nuts (and seeds)

Almonds, cashews, hazelnuts, peanuts, pecans, and pistachios pack plenty of beneficial nutrients, including vitamin E, folic acid, potassium,



Eating high-quality, nutrient-dense foods help to fight stress and depression.

and fiber. Although many nuts are high in fat, the fat is mainly unsaturated — a healthy choice.

How: First, put nuts on the grocery list. Nuts are high in calories, so it's best to enjoy them in place of other snacks, not in addition to them, and to keep serving sizes small.

3. Taste food before you salt it

Break the autopilot habit of reaching for the salt shaker.

How: For two days, don't put any salt on your food at all. A short break can help reset your taste buds. Then, leave the salt shaker in the cabinet, so it becomes a bit of an effort to reach for it. Make a ritual out of

truly tasting your food before you decide if it needs tweaking.

4. Pack lunch once a week

This makes healthy food choices readily available to you at work or on an outing. Since you are controlling portion sizes, you can make sure that you're not supersizing your meal. Plus, it saves you money.

How: Once a week, before you shop for groceries, write out a meal plan that leaves enough leftovers for one or two lunches.

5. Eat five (or more) vegetables and fruits a day

It's a nutrient-packed way to fill your plate, and is generally low in calories.

How: First, for one week, keep track of how often you eat fruits and vegetables. One serving equals one-half cup of chopped fruit or most vegetables; for raw leafy vegetables like lettuce and spinach, a serving is one cup. Once you have your baseline, try adding one fruit or vegetable serving a day.

6. Plan meals that are delightful, delicious, and healthy

In an ideal world, food delights all our senses: it looks beautiful, smells heavenly, and tastes delicious, and its textures feel and even sound are satisfying. Start thinking about food as something to really savor and enjoy.

How: Pencil in time to prepare and savor one or two special meals a week. Once you've assembled great ingredients, set a gorgeous table. Take a moment to truly take in scents, companions, and surroundings, and if you like, give thanks to all the hands that made the meal possible.

PARMESAN BUTTERNUT SQUASH

INGREDIENTS

1 medium butternut squash (about 3 pounds), peeled and cut into 1-inch cubes or frozen previously cut and cubed

2 tablespoons water

½ cup panko (Japanese) bread crumbs

½ cup grated Parmesan cheese

¼ teaspoon salt

½ teaspoon pepper

Nutrition Facts

Number of Servings: 8

Amount Per Serving	
Calories	112
Fat	2g (1g saturated fat)
Protein	4g
Carbohydrate	23g
Fiber	6g
Cholesterol	4mg
Sodium	168mg

DIRECTIONS

1. Place squash and water in a large microwave-safe bowl. Microwave, covered, on high 15-17 minutes or until tender; drain.
2. Preheat broiler. Transfer squash to a greased 15x10x1-in. baking pan. Toss bread crumbs with cheese, salt and pepper; sprinkle over squash. Broil 3-4 in. from heat 1-2 minutes or until topping is golden brown.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 Flower, Flower, Cauliflower! Introduce a new vegetable – Cauliflower. Let the children touch and then taste the vegetable. They can also sing: I carry white flowers; To break off and eat; I'm sometimes served raw; A nutritious snack treat!	6	7
8	9	10 Balanced Meal Plate The children would choose one picture from each food group to paste on a paper plate. The pictures from supermarket advertisements could be used. Explain to children that their plate must include more vegetables, fruits, whole grains, low fat dairy and less meats, fats, and sugars.	11	12	13	14
15	16	17	18	19 Red Raspberry Rouser Put into a mixer 1 cup frozen raspberries, 1 cup frozen strawberry yogurt, and ½ cup chilled pineapple juice and blend well. Serve in little cups and enjoy.	20	21
22	23	24	25	26	27	28
29	30	31				

May

PARMESAN PASTA SALAD

INGREDIENTS

- 1 pound** small pasta shells
2 pints cherry tomatoes, halved
4 ounces Parmesan, broken into small pieces with a fork
¼ cup extra-virgin olive oil
¼ cup chopped fresh chives
 kosher salt and black pepper

DIRECTIONS

1. Cook the pasta according to the package directions. Drain and return to pot.
2. Add the tomatoes, Parmesan, oil, chives, 1 teaspoon salt, and ¼ teaspoon pepper and toss to combine.



Nutrition Facts

Number of Servings: 6

Amount Per Serving	
Calorie	685
Fat	23g
Cholesterol	20mg
Sodium	881mg
Protein	26g
Carbohydrate	92g
Fiber	7g
Iron	4mg



It's sweltering outside and you've worked up a big thirst, so you go into a grocery store to pick up a bottle of water. But these days there are so many brands and types on the shelves that you could drop from dehydration before figuring out which one to buy.

Bottled water, as defined by the Food and Drug Administration, which regulates the industry, is simply water fit for human consumption that is bottled safely. It could be packaged tap water. But beyond that baseline there are official definitions for terms such as "purified," "spring," "artesian" and "mineral" that specify how the water is processed and sourced.

"Purified" means the water — from any viable source, even, say, a municipal water supply that has been filtered or distilled to remove impurities such as chlorine and other elements that affect taste. Spring and artesian waters come from specific sources: spring water from an underground formation that flows naturally to the surface, and artesian water, which is tapped from an underground aquifer that's under pressure. Although spring and artesian are often more expensive and have chic packaging, they do not offer any benefits beyond, perhaps, a special taste and status appeal.

Water, Plain and Simple - Clarifying myths and fact on waters

Mineral water is defined as having 250 parts per million dissolved solids naturally present (no minerals may be added) and must originate from a protected underground source. Most of these waters are so mineral-rich that drinking them can significantly boost your intake of the nutrients, especially calcium and magnesium. Plus, mineral water tends to be alkaline, which may help bone health. Depending on the brand, one liter a day can cover you for 20 to 58 percent of calcium and 16 to 41 percent of magnesium needs. On the flip side, it can also contribute a significant amount of sodium, so read the label carefully to decide what is right for you.

Flavored waters

For those who don't care for the taste of plain water, there is a vast array of flavored options. Some are simply treated with a hint of natural fruit and/or herbal essences. Others have sweeteners, food colorings and artificial flavors, making them, more like soft drinks than water. Many sweetened waters contain considerable calories from refined sugar, upwards of 50 calories per cup. So when picking up flavored water, go for one that is as much like actual water as possible, unsweetened and with minimal additives.

Plant-derived waters

When coconut water first burst onto the scene, it promised better hydration than water. What it can claim to be is a lightly sweet liquid with a somewhat nutty taste that hydrates as well as water and provides a significant dose of potassium. Coconut

water comes from the inside of the young green fruit and, unlike coconut milk, has no fat. If you want a change of pace flavor-wise and you take into account the 45 calories it has per cup (if you get the unsweetened variety), it can be a good way to change things up. You could also hydrate and replenish your potassium by drinking a cup of water and eating a small banana.

Although spring and artesian are often more expensive and have chic packaging, they do not offer any benefits beyond, perhaps, a special taste and status appeal.

pH alkaline waters

An overwhelming trend in the beverage aisle is the emergence of "pH-balanced" alkaline waters — boasting a pH greater than 7. The trend stems from a popular but unfounded theory that if we consume too much water that is on the acidic side (which tap water often is), we wind up acidifying our body and compromising our health in many ways. The fact is, our body's pH is maintained in a tight range, thanks to our kidneys and other buffering systems, and there is no substantial research to show that drinking more acidic water does any harm.

With all the options of water out there, you shouldn't settle for less than one that delivers both good health and good taste.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
			Watermelon Waldorf Salad In a mixing bowl, combine 1 cup seeded watermelon chunks, ½ cup diced celery, and ½ cup seedless grapes halves. Just before serving, add ¼ cup low fat plain yogurt; stir to coat. Sprinkle with toasted sliced almonds.			
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		Banana Berry Ice Cream Blend 1 cup frozen mixed berries, 1 cup frozen banana and ½ cup of coconut milk. Freeze them into cubes and serve. This activity is suitable for toddlers.				
26	27	28	29	30		

June

Dieting Terms and What They Really Mean

Reading food labels to make healthy, informed selections can often feel like navigating a landmine. For those looking to eat healthy foods and watching their weight, terms like, “Reduced Fat” or “Light” can be a gold mine. The top five “dieting” terms are explained here:

Reduced fat

Fat content has been reduced by 25 percent compared to the same regular product. This does not indicate that a product is low in fat, or in calories for that matter, but simply that there has been a reduction in fat compared to the full-fat product. For example, reduced fat milk still contains 5g of fat per cup and 130 calories compared to whole milk with 8g of fat and 150 calories. It is recommended to use skim milk or 1 percent fat dairy products.

Light

Used when a product has 50 percent less fat than the same regular product and/or the calories have been reduced by at least 1/3. For example, light feta cheese contains 40-45 calories and just 2-3g fat per serving compared to traditional feta, which has 70 calories and 6g fat. And be sure to read the food label on products labeled “light” to ensure the claim correlates to the ingredients and nutrition facts rather than color or flavor. Light olive oil and light brown sugar, for example, indicate less intense in flavor and a lighter color respectively, not lower in calories or fat.

Be sure to read the food label on products labeled “light” to ensure the claim correlates to the ingredients and nutrition facts rather than color or flavor



Low-fat

This indicates that a product has less than 3 grams of fat per serving. Again, even if a food is low in fat, the food may not necessarily be low in calories or nutritious. A low-fat food can be, and often is, high in sugar to replace the removed fat and improve the taste. A low-fat blueberry muffin, for example, does have less fat than a standard blueberry muffin but similar calorie content and more carbohydrates. Don't set yourself up for a sugar crash! Opt for fresh blueberries in a creamy non-fat Greek Yogurt or on top of high-fiber crackers instead.

Trans fat free

If a product contains less than 0.5g of artery-clogging trans-fat per serving it can claim to be “trans-fat free,” but trace amounts may be present. If more than one serving is consumed, those seemingly small amounts add up. Scan ingredient lists and avoid products that contain shortening or hydrogenated or partially hydrogenated oils, which include store-bought piecrusts and the deep-fried appetizer at your local restaurant.

Cholesterol free

Cholesterol is naturally created by the liver, so plants do not produce cholesterol. Products labeled cholesterol-free imply no ingredient contains cholesterol, not that it is healthy or low in fat or calories, or sugar. So that package of gummies brightly labeled as cholesterol free? Still not a healthy option. It is recommended that you stick with cholesterol free foods like fresh vegetables and fruit that contain fiber, proven to lower unhealthy cholesterol levels.

TOMATO, CORN, AND RED CABBAGE SALAD

INGREDIENTS

3 tablespoons fresh lime juice

2 tablespoons

olive oil

kosher salt and

black pepper

1/2 pound cherry

tomatoes, halved

2 cups corn kernels

(from 2 ears)

1 avocado, cut up

1/4 head red cabbage

(about 1/2 pound),

thinly sliced

4 scallions, sliced

Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	228
Fat	15 g
Cholesterol	0 mg
Sodium	274 mg
Protein	5 g
Carbohydrate	26 g
Fiber	7 g
Iron	1 mg
Calcium	49 mg

DIRECTIONS

1. In a large bowl, whisk together the lime juice, oil, ½ teaspoon salt, and ¼ teaspoon pepper. Add the tomatoes, corn, avocado, cabbage, and scallions and toss to combine.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Groovy Green Smoothie
Blend 1 banana, 1 cup grapes (for a thicker smoothie, freeze in advance) with 6 ounces vanilla yogurt, ½ apple chopped, and 1½ cups fresh spinach leaves. Let children enjoy. This is suitable for toddlers.

Mango Delight
Let children touch a whole mango. Slice it and let them smell and taste it. Discuss the seed and how it is grown in a tree. Explain how mango can be eaten differently such as mango jelly, juice, or preserves, etc. This activity is suitable for toddlers.

Groovy Green Smoothie
Blend 1 banana, 1 cup grapes (for a thicker smoothie, freeze in advance) with 6 ounces vanilla yogurt, ½ apple chopped, and 1½ cups fresh spinach leaves. Let children enjoy. This is suitable for toddlers.

Mango Delight
Let children touch a whole mango. Slice it and let them smell and taste it. Discuss the seed and how it is grown in a tree. Explain how mango can be eaten differently such as mango jelly, juice, or preserves, etc. This activity is suitable for toddlers.

BROCCOLI WITH RED PEPPER FLAKES AND TOASTED GARLIC

INGREDIENTS

2 *teaspoons* olive oil
6 *cups* broccoli florets (about 1 head)
 $\frac{1}{4}$ *teaspoon* kosher salt
 $\frac{1}{4}$ *teaspoon* crushed red pepper
3 garlic cloves, thinly sliced
 $\frac{1}{4}$ cup water

PREPARATION

Heat olive oil in a large nonstick skillet over medium-high heat. Add broccoli, kosher salt, crushed red pepper, and sliced garlic. Sauté 2 minutes. Add $\frac{1}{4}$ cup water. Cover, reduce heat to low, and cook for 2 minutes or until broccoli is crisp-tender.

Nutrition Facts

Number of Servings: 6

Amount Per Serving

Calories	53
Fat	2.7 g
Protein	3.3 g
Carbohydrate	6.4 g
Fiber	3.2 g
Cholesterol	0.0 mg
Iron	1 mg
Sodium	147 mg



Understanding Cholesterol and Foods to Eat to Reduce Total Cholesterol

It's easy to eat your way to an alarmingly high cholesterol level. The reverse is true too — changing what you eat can lower your cholesterol and improve the fleet of fats floating through your bloodstream. First we need to understand what cholesterol is. There are two types of lipoproteins that carry cholesterol to and from cells called low-density lipoprotein, or LDL, and high-density lipoprotein, or HDL. The type that puts your heart at risk is LDL -- the "bad" cholesterol. It collects in the walls of your blood vessels, where it can cause blockages. HDL cholesterol absorbs cholesterol and carries it back to the liver, which flushes it from the body. HDL is known as "good" cholesterol because having high levels can reduce the risk for heart disease and stroke. Triglycerides are a type of fat found in your blood that your body uses for energy. Total cholesterol is the measure of a combination of LDL cholesterol and HDL cholesterol, along with one fifth of your triglyceride level, which can be determined through a blood test.

Fresh fruits and vegetables, whole grains, and "good fats" are all part of a heart-healthy diet. But some foods are particularly good at helping bring down cholesterol.

Some cholesterol-lowering foods deliver a good dose of soluble fiber, which binds cholesterol in the digestive system and drags them out of the body before they get into circulation. Others



Fresh fruits and vegetables, whole grains, and "good fats" are all part of a heart-healthy diet.

provide polyunsaturated fats, which directly lower LDL, or "bad" cholesterol. And those with plant sterols and stanols keep the body from absorbing cholesterol. Here are 5 of those foods:

1. Oats

An easy way to start lowering cholesterol is to choose oatmeal or an oat-based cold cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.

2. Beans

Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices — from navy and kidney beans to lentils, garbanzos,

black-eyed peas, and beyond — and so many ways to prepare them, beans are a very versatile food.

3. Nuts

A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%.

4. Sterols and Stanols

Foods fortified with sterols and stanols are a great choice. Sterols and stanols are extracted from plants which help the body's ability to absorb cholesterol from food. Food companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Research suggests getting 2 grams of plant sterols or stanols a day lowers LDL cholesterol by about 10%.

5. Fatty fish

Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms.

August



Understanding Fats and Reducing Intake of Certain Fats

As you consider eating more of the foods that can help dial down cholesterol, keep in mind that avoiding certain foods can also improve your results. To keep cholesterol levels where you want them to be, limit intake of:

Saturated fats

The saturated fats found in red meat, milk and other dairy foods, and coconut and palm oils directly boost LDL. So one way to lower your LDL is to cut back on saturated fat. Try substituting extra-lean ground beef for regular; low-fat or skim milk for whole milk; olive oil or a vegetable-oil margarine for butter; baked fish or chicken for fried.

Trans fats

Trans fats are a byproduct of the chemical reaction that turns liquid vegetable oil into solid margarine or shortening and that prevents liquid vegetable oils from turning rancid. Trans fats boost LDL as much as saturated fats do. They also lower protective HDL, cause inflammation, and increase the tendency for blood clots to form inside blood vessels. Although trans fats were once common in prepared foods, many companies now use trans-free alternatives. Some restaurants and fast-food chains have yet to make the switch.

One way to lower your LDL is to cut back on saturated fat

SCALLOPED POTATOES

INGREDIENTS

1½ cups low fat milk
3 bay leaves
2 sprigs fresh thyme, plus more to finish
2 garlic cloves, chopped
½ teaspoon freshly grated nutmeg
Salt and freshly ground black pepper
1 tsp Unsalted butter
2 pounds russet potatoes, peeled and cut into 1/8-inch-thick slices
Salt and freshly ground black pepper
½ cup grated Parmesan

Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	196
Fat	6g
Cholesterol	8 mg
Sodium	530mg
Protein	7 g
Carbohydrate	29 g
Fiber	3 g

DIRECTIONS

1. Preheat the oven to 400 degrees F.
2. In a saucepan, heat up the low fat milk with the bay leaves, thyme, garlic, nutmeg and some salt and pepper.
3. While the milk is heating up, butter a casserole dish. Use a slotted spoon to remove the bay leaves and thyme. Pour the heated milk into a large bowl with the potato slices. Mix gently to coat the potatoes. Dust the Parmesan over the potatoes. Season the mix with a little bit of salt and pepper. Mix to gently incorporate. Spoon a little bit of the milk into the bottom of the casserole dish. Then spoon the potatoes in. Level out the potatoes for uniform cooking time. Pour the remaining milk at the bottom of the bowl over the top. Top with some Parmesan and fresh thyme leaves. Cover the dish with aluminum foil, but pull back one corner for the steam to escape. Bake for 40 minutes or until done.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>September</h1>				1	2	3
				8	9	10
				Discuss table manners with children. Let them observe staff during mealtime to identify good manners. Encourage children who are using good manners.		
				15	16	17
4	5	6	7			
11	12	Guacamole Dip Blend 1 big ripe avocado without skin with 1 tablespoon lemon juice and 1 tablespoon mayonnaise well. Add chopped onion and garlic and salt to taste. Serve with baked pita chips. Discuss taste and texture.	14			
18	19	20	21	22	23	24
				Tropical Fizz Mix ½ cup pineapple chunks, ½ cup Papaya chunks, ½ cup Mango chunks in a bowl. Pour chilled 12 ounces of lemon-lime seltzer over fruits. Serve immediately.		
25	26	27	28	29	30	
	Planting Seeds Song Let children plant some seeds. Teach them this song. "I dig, dig, dig and plant some seeds. I rake, rake, rake and pull some weeds. I wait and watch and soon I know, my gardens sprouts have begun to grow."					

CHILI-GARLIC GLAZED SALMON

INGREDIENTS

3 tablespoons chili sauce with garlic (such as Hokan)

3 tablespoons minced green onions (about 3 green onions)

1 1/2 tablespoons low-sugar orange marmalade

3/4 teaspoon low-sodium soy sauce

4 (6-ounce) salmon fillets

Cooking spray

PREPARATION

1. Preheat broiler.
2. Combine first 4 ingredients in a small bowl; brush half of chili sauce mixture over fillets. Place fillets, skin sides down, on a baking sheet coated with cooking spray. Broil fish 5 minutes; brush with remaining chili sauce mixture. Broil 2 more minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts

Number of Servings: 4

Amount Per Serving	
Calories	298
Fat	13 g
Protein	36.3 g
Carbohydrate	5.6 g
Fiber	0.5 g
Cholesterol	87 mg
Iron	0.6 mg
Sodium	171 mg



Could a vitamin or mineral deficiency be behind your fatigue?

The world moves at a hectic pace these days. If you feel like you're constantly running on empty, you're not alone. Many people say that they just don't have the energy they need to accomplish all they need to. Sometimes the cause of fatigue is obvious — for example, getting over the flu or falling short on sleep. Sometimes a vitamin deficiency is part of the problem.

Iron

Anemia occurs when there aren't enough red blood cells to meet the body's need for oxygen, or when these cells don't carry enough of an important protein called hemoglobin. Fatigue is usually the first sign of anemia. A blood test to measure the number of red blood cells and amount of hemoglobin can tell if you have anemia. The first step in shoring up your body's iron supply is with iron-rich foods (such as red meat, eggs, and beans) or, with your

doctor's prescription, over-the-counter iron supplements.

Vitamin B12

Your body needs sufficient vitamin B12 in order to produce healthy red blood cells.

So a deficiency in this vitamin can also cause anemia. The main sources of B12 are meat

and dairy products, so many people get enough through diet alone. However, it becomes harder for the body to absorb B12 as you get older, and some illnesses (for example, inflammatory bowel disease) can also impair absorption. Many vegetarians and vegans become deficient in B12 because they don't eat meat or dairy products. When B12 deficiency is diet-related, oral supplements and dietary changes to increase B12 intake usually do

the trick. Other causes of B12 deficiency are usually treated with regular injections of vitamin B12.

Vitamin D

A deficit of this vitamin can sap bone

and muscle strength. This vitamin is unique in that your body can

Food has a direct role in strengthening or weakening the bacteria in the digestive system

produce it when your skin is exposed to sunlight, but there aren't many natural food sources of it. You can find it in some types of fish (such as tuna and salmon) and in fortified products such as milk, orange juice, and breakfast cereals. Supplements are another way to ensure you're getting enough vitamin D (note that the D3 form is easier to absorb than other forms of vitamin D).

How to eat healthy away from home if you have diabetes

For people with diabetes, eating out — whether at a restaurant, a social function, or a friend's home — can be a challenge. Portions can be hefty and packed with calories and saturated fat. When you eat out, it may help to follow these simple guidelines:

- Ask how entrees are prepared, and avoid fried foods or dishes served in heavy sauces or gravies.
- Choose skinless chicken, fish, or lean meat that's broiled, poached, baked, or grilled.
- Get the server's advice to help you select healthy, low-fat dishes. Restaurants are used to dealing with special diets.
- Don't feel obliged to clean your plate. Eat a reasonable portion, and take the remainder home.
- Choose steamed vegetables and salads to accompany your meals.
- Request low-calorie dressings and toppings, and if they're not available, ask for all dressings, butter, and sauces to be served on the side so you can use them sparingly.
- If you take insulin and you know your meal will be delayed, time your injection appropriately. You may need to eat a roll or piece of fruit to tide you over.
- If you're craving dessert, have some — but split it with someone else.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

October

1

2

3

4

5

6

7

8

Fire Truck Cookies

Mix 1 tbsp. cream cheese with red food coloring. Spread the mixture on graham crackers. Use round butter cookies for wheels. Put a slice of cheese to make a ladder. Let children make their own trucks and taste. Discuss fire safety.

9

10

11

12

13

14

15

Introduce Tomato

"I'm round and red; and juicy too; Chop me for a salad; Or dump me in your stew!" Let children feel and taste a tomato.

16

17

18

19

20

21

22

Salsa

Mix ¾ cup chopped sweet onion, ¾ cup chopped tomato, ¾ cup each canned black beans & corn rinsed and drained, ¼ cup chopped cilantro, a pinch of salt, 1 tablespoon lemon juice in a mixing bowl. Serve with baked corn tortilla chips.

23/30

24/31

25

26

27

28

29

Phantom Floats

Fill glass half-full with grape juice. Add scoop of lime sherbet. Add ginger ale until glass is almost full. Stir. Spoon on a glob of whipped topping. Children will see the topping floating on top of the drink.

Ways to control your blood pressure without medication

High blood pressure, or hypertension, is not just a health condition, it's a disease.

Blood pressure is the body's reflection of the tension in the blood vessels — the more tense they are, the higher your blood pressure is and harder the heart has to work, states the American Heart Association.

High blood pressure increases your risk for heart attack and stroke, and if it's not well-controlled, kidney failure can result as well.

The Centers for Disease Control and Prevention (CDC) estimate about one in three Americans have hypertension. Blood pressure increases with age, as well. By age 60, about 50 percent of people have it. And for most, it's genetic.

Although there are several medications available to treat high blood pressure, experts say, with simple lifestyle changes, you can control it without medication — even if you have a genetic predisposition. Plus, small improvements in your numbers can make a huge difference in your risk for heart disease and stroke.

Here are some ways to prevent and control high blood pressure.

Know your numbers

Blood pressure of 120 over 80 is the ideal for healthy people. Yet for those who have high blood pressure, new guidelines published in 2014 in the Journal of the American Medical Association say blood pressure targets of 140 over 90 or below are ok.

If you have high blood pressure, your physician may recommend you check your levels every day. For most healthy people however, at the yearly physical and a few times throughout the year is enough.

Get your own blood pressure cuff

In addition to getting your blood pressure checked at your doctor's office, it's a good idea to also check it at home, too. Experts agree the "white coat phenomenon," or anxiety in the doctor's office, can cause your numbers to rise. The ideal way to do it is at home in bed when you wake up. Purchase a cuff at any drugstore or get one that synchronizes with an application on your smart phone.

High blood pressure, or hypertension, is not just a health condition, it's a disease.

Nix the processed foods

Surprisingly, consuming too much sodium may not raise your blood pressure.

Sodium is overrated. Most people are not salt sensitive. Nevertheless, experts agree it's a good idea to reduce your intake to 2,000 milligrams or less a day. Processed foods are the most significant and sneaky sources of sodium, which is why it's a good idea to cut them out of your diet altogether.

Eat more vegetables

Studies show that the more potassium in the diet, the lower blood pressure is. The best sources of potassium are in vegetables, so aim to get upwards of nine servings a day.

Lose weight

Your risk for hypertension is higher if you're overweight or obese. Get on a weight loss plan in consultation with your physician and registered dietitian. Plus, aim to get 2 and 1/2 hours of exercise a week, including at least two days of strength training.

Get enough sleep

Insomnia may be linked to high blood pressure, a recent study in the 2013 Journal of Hypertension found. Try to identify your triggers— an evening coffee, stress, or late night iPad use— and make modifications to get more shut-eye.

De-stress

Whether it's short-term or chronic, stress can throw your numbers off. Any

disruption in your life will lead to elevations in your blood pressure. Carve

out time in your schedule for a daily practice of deep breathing, meditation, exercise and fun.

Cut caffeine

Caffeine is a driver for blood pressure. You don't have to stop your habit cold- turkey but try to limit your intake from coffee, tea, soda, sports drinks and chocolate.

Get enough magnesium

Magnesium relaxes the blood vessel walls and the mind. Dark leafy greens, nuts, seeds and avocado are all great sources. Add at least two servings of fatty fish a week which have omega-3 fatty acids that can help to lower blood pressure as well.

Quit smoking

Smoking is bad for your health in so many ways, but it also makes your blood pressure rise right after you finish a cigarette. If you smoke sign up for a smoking cessation plan today and kick the habit for good.

GRILLED LEMON-HERB CHICKEN

INGREDIENTS

- 1 (5-pound) roasting chicken
- 2 tablespoons chopped fresh parsley
- 1 tablespoon chopped fresh thyme
- 3 tablespoons fresh lemon juice
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- Cooking spray

PREPARATION

1. Remove and discard giblets and neck from chicken. Rinse chicken with cold water, and pat dry. Trim excess fat. Place chicken, breast side down, on a cutting surface. Cut chicken in half lengthwise along backbone (do not cut through breastbone). Turn chicken over. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
2. Combine parsley, thyme, juice, salt, and pepper; rub mixture under loosened skin and over breast and drumsticks. Gently press skin to secure. Place chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
3. Preheat grill to medium heat.
4. Place chicken, skin side up, on grill rack coated with cooking spray. Grill 55 minutes or until a thermometer inserted into meaty part of thigh registers 180°. Remove chicken from grill; cover and let stand 10 minutes. Remove and discard the skin.

Nutrition Facts

Number of Servings: 4

Amount Per Serving

Calories	203
Fat	6.2 g
Protein	33.5 g
Carbohydrate	1.1 g
Fiber	0.2 g
Cholesterol	100 mg
Iron	1.5 mg
Sodium	565 mg



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Egg Boats Cut 10 hardboiled eggs lengthwise and remove yolks. Make egg salad by mixing yolks with ¼ cup low fat mayonnaise, ½ teaspoon dry mustard and a pinch of salt. Place the yolk mixture into white halves. For sail, attach pretzel stick to triangular slice of cheese.	4	5
6	7	8 Turkey Fruit Cup Hollow half an orange. Fill with orange pieces. Insert lettuce leaf at back for feathers, a carrot slice for head, broken toothpick for nose and raisins for eyes. Attach with toothpicks.	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	November		

BEEF TENDERLOIN WITH MUSTARD AND HERBS

INGREDIENTS

1 (2 ½-pound) beef tenderloin, trimmed

Cooking spray

1 *teaspoon* salt

1 *teaspoon* freshly ground black pepper

½ *cup* finely chopped fresh parsley

2 *tablespoons* chopped fresh thyme

1 ½ *tablespoons* finely chopped fresh rosemary

3 *tablespoons* Dijon mustard

Nutrition Facts

Number of Servings: 6

Amount Per Serving

Calories 191

Fat 9.4 g

Protein 23.4 g

Carbohydrate 1.4 g

Fiber 0.2 g

Cholesterol 71 mg

Iron 1.7 mg

Sodium 393 mg

PREPARATION

1. Prepare grill.
2. Lightly coat beef with cooking spray; sprinkle evenly with salt and pepper. Place beef on grill rack coated with cooking spray. Reduce heat to medium. Grill 30 minutes or until a thermometer registers 145° or until desired degree of doneness, turning to brown on all sides. Let beef stand 10 minutes.
3. Sprinkle parsley, thyme, and rosemary in an even layer on an 18 x 15-inch sheet of plastic wrap. Brush mustard evenly over beef. Place beef in herb mixture on plastic wrap; roll beef over herbs, pressing gently. Slice beef.



Simple ways to control sodium

The Department of Nutrition at the Harvard School of Public Health teamed up with the Culinary Institute of America to create two dozen science-based strategies for cutting back on salt — without compromising the flavor of the foods you enjoy. Here are some of those tips.

Fill half your plate with fruits and vegetables.

Our bodies need more potassium than sodium. But most Americans' diets are just the opposite, which can contribute to high blood pressure. Fruits and vegetables are naturally low in sodium, and many fruits and vegetables are good sources of potassium. Filling your plate with them will boost your potassium and shift the sodium-potassium balance in your favor.

Embrace healthy fats and oils.

Unfortunately, the big low-fat and no-fat product push in the 1990s wasn't rooted in sound science. Many well-meaning product developers cut both the good and bad fats out of formulations, and in order to maintain consumer acceptance of their products, they were forced to increase levels of sugar and sodium. So skip most fat-free salad dressings and other similar products, and you'll be doing your blood pressure a favor.



The average person can't detect moderate changes in sodium levels, including reductions of up to as much as 25%

Stealth health.

The average person can't detect moderate changes in sodium levels, including reductions of up to as much as 25%. Many food manufacturers and restaurant companies have already made or are in the process of making substantial cuts in sodium — some all at once and some over time — that their customers will not be able to detect.

Retrain your taste buds.

We can shift our sense of taste to enjoy foods with lower levels of sodium. One key to success: make the changes gradually and consistently over a period of time, rather than trying to cut back by a large amount all at once. Try this trick: combine a reduced-sodium version of a favorite product (like vegetable soup, for example) with a regular version in proportions that gradually favor the reduced-sodium version.

Watch out for hidden sodium.

"Fresh" and "natural" meats and poultry may be injected with salt solutions as part of their processing, and manufacturers are not required to list the sodium content on the label. Some foods that are high in sodium may not taste especially salty, such as breakfast cereals, bakery muffins, energy drinks, and sports drinks.

Folic acid, a B vitamin, lowers stroke risk in people with high blood pressure.

If you have high blood pressure, be sure you're getting plenty of the B vitamin known as folate. Green leafy vegetables, beans and animal liver represent the three groups of natural foods that contain the highest level of folate. Fortified cereal and grain products also contain folic acid. A new study indicates that intake of folate may lower your odds of having a stroke, an often disabling or deadly event linked to high blood pressure.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

December

1

2

3

4

5

6

7

8

9

10

Pudding Jewel

Prepare 1 box of instant vanilla pudding according to box directions. Add ¼ cup drained pineapple chunks and ¼ cup drained mandarin orange segments. Mix well and serve chilled.

11

12

13

14

15

16

17

Vegetable and Fruit Themed Ornaments

Have children paste pictures of their favorite fruits and vegetables on a print out of an ornament. Have them decorate their ornaments to take home.

18

19

20

21

22

23

24

25

26

27

28

29

30

31

What You Should Know About Magnesium

FRESH ORANGE SORBET

INGREDIENTS

10 medium oranges
2 ½ cups water
1 cup sugar
½ cup fresh lemon juice (about 2 medium)
Grated orange rind (optional)
Mint sprigs (optional)

Nutrition Facts

Number of Servings: 8

Amount Per Serving	
Calories	91
Fat	0.0 g
Protein	0.4 g
Carbohydrate	23.1 g
Fiber	0.2 g
Cholesterol	0.0 mg
Iron	0.1 mg
Sodium	1 mg

PREPARATION

1. Carefully remove rind from 2 oranges using a vegetable peeler; discard white pith. Cut rind into 1 x ¼-inch-thick strips. Cut peeled oranges in half; use a citrus reamer to squeeze juice from orange halves. Repeat with remaining oranges until juice measures 2 2/3 cups.
2. Combine 2 1/2 cups water and sugar in a small saucepan; bring to a boil. Add rind strips to pan. Reduce heat; simmer for 5 minutes. Strain sugar mixture through a sieve over a bowl, reserving liquid; discard solids. Cool completely.
3. Add orange juice and lemon juice to sugar mixture; stir well. Pour mixture into the freezer can of a tabletop ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze for 1 hour or until firm. Garnish with grated rind and mint sprigs, if desired.



Magnesium is a mineral and the body needs it for many tasks. It's involved in more than 300 chemical reactions in the body. Muscles need this mineral to contract; nerves need it to send and receive messages. It keeps the heart beating steadily and immune system strong.

Most people can get enough magnesium by eating foods such

Eating foods such as green leafy vegetables, whole grains, beans, nuts, and fish are great sources of magnesium.

as green leafy vegetables, whole grains, beans, nuts, and fish.

Magnesium supplements are sometimes marketed as "super-pills" that can fix a long list of ailments such as muscle tension, low energy, and trouble sleeping. But think twice before you reach for a magnesium supplement. But what about the claims that magnesium supplements can improve energy, sleep cycles, and body aches?

Researchers are skeptical because there's no scientific evidence that it would be effective for those symptoms. Researchers at Beth Israel Deaconess Medical Center at Harvard Medical School, say magnesium deficiency is very rare. They state that the kidney has an extraordinary ability to reduce magnesium loss in urine, and thus achieve magnesium balance on a wide variety of intakes.

For people who have trouble absorbing magnesium from

food — such as those with celiac disease, kidney problems, alcoholism, or chronic digestive problems — supplements can be useful. Medicines (including some "water pills" and antibiotics) can also interfere with magnesium absorption, making a supplement necessary.

If you're concerned about

low magnesium, ask your doctor for a blood test. To maintain a

healthy magnesium level, it's best to get this mineral from food, especially high-fiber foods such as dark green leafy vegetables, unrefined grains, and beans. The recommended dietary allowance (RDA) of magnesium from food is 420 milligrams (mg) per day for men ages 50 and older. The RDA of magnesium from supplements is lower: 350 mg per day for men and women.

Magnesium-rich foods are:

1 ounce of dry roasted almonds	80 milligrams
½ cup frozen spinach (cooked)	78 milligrams
¾ cup bran flakes	64 milligrams
1 medium baked potato, with skin	48 milligrams
½ cup canned kidney beans	35 milligrams

Eating for Two...or More!

It is essential to maintain a healthy lifestyle throughout the 40 weeks of the pregnancy, as well as throughout the childbearing years. This is key for both mother and baby. Pregnant women must eat a balanced diet, gain the appropriate amount of weight, enjoy regular physical activity, take a vitamin/mineral supplement if the physician recommends it, and avoid alcohol, tobacco and other harmful substances.

A pregnant woman should eat a variety of foods, to ensure she is taking in adequate nutrients for her and the baby. This diet should include: Whole grains (breads, cereal, pastas and brown rice); Fruit (All types- fresh, frozen or canned with no added sugar); Vegetables (Variety- all colors, fresh, frozen, or canned with no added sodium; Avoid raw sprouts); Lean protein (Choose from lean meat, poultry, fish, beans and peas, eggs, peanut or nut butters, soy products and nuts; Avoid large fish such as tilefish, swordfish, shark, and king mackerel and limit white albacore tuna to 6 ounces per week; Deli or luncheon meats and hot dogs should be reheated if consumed.) Recent research indicates numerous health benefits for mother and baby linked to consumption of fish containing omega-3 DHA's (pink salmon, mackerel, albacore

It is such an exciting and magical time when a woman finds out she is pregnant! There is another life growing inside of her, and her life is about to change drastically.

tuna, sardines and other cold water fish); Low-fat or fat-free dairy products (Include milk, cheese and yogurt; Avoid unpasteurized milk and soft cheeses); Healthy fats (Choose canola, corn, peanut and olive oils).

There are also key nutrients that are essential during pregnancy: Folic acid: This nutrient reduces the risk of birth defects, and all pregnant women and those of childbearing age should consume 400 mcg per day. Good sources include fortified cereals, pastas and breads, legumes, green leafy vegetables and citrus fruits.; Calcium: This nutrient is essential for the proper development of the baby's teeth, bones, heart, nerves and muscles. If the mother is not consuming enough, the baby will use the mother's reserves for its growing needs. For pregnant women aged 19 to 50 the recommended amount of daily intake is 1,300 mg. This is equivalent to three servings a day of low fat or fat free milk, yogurt, cheese, or calcium-fortified grains or juices. Iron: During pregnancy, women need at least 27 mg per day.

Iron deficiency is the most common nutritional deficiency for pregnant women, so we want to prevent this as much as possible. Ensure plenty of iron-rich foods are consumed, such as

red meat, chicken, fish, spinach and other leafy greens, beans and fortified cereals and grains. Iron absorption is enhanced when plant-based sources of iron are combined with foods rich in Vitamin C at meal times. Examples include a spinach salad or cereal with mandarin oranges or strawberries. With careful planning and food preparation, mother and baby will be strong and healthy!



Starting Out Right with Good Nutrition

THIS IS IMPERATIVE FOR PROPER GROWTH AND DEVELOPMENT, AND WILL ALSO HELP PROMOTE A LIFETIME OF HEALTHFUL EATING HABITS AND PATTERNS. For the baby's first months, infant formula or breast milk is the sole source of



nutrition. Medical professionals recommend starting infants on solid foods between four to six months of age. Look for cues of readiness such as sitting up with limited support, good head and neck control, and keeping most of the food in his or her mouth and swallowing it. First introduce rice cereal, mixed with infant formula or breast milk. Introduce additional single grain cereals and pureed single fruits and vegetables, ensuring to offer each new food for three to four days, and watch out for any possible allergic reactions. Gradually increase the thickness of the food

as the baby learns to swallow more efficiently. Never feed an infant solid food in a bottle! This can pose a possible choking hazard, lead

During the first months and years of life, it is very important that infants take in proper nutrition.

to ear infections, tooth decay or overfeeding. Introduce foods with more texture as the baby is closer to twelve months and developmentally ready.

Once your infant is moving onto the toddler stage, they can transition from the bottle to a cup.

At this stage they can begin to feed themselves, start drinking whole cow's milk and now eat table foods that are cut in bite sized pieces or

mashed. Avoid raw fruits, vegetables and any hard, small round foods, as these are not developmentally appropriate and may be potential choking hazards. Infants and toddlers should be fed on demand, and served small portions at mealtimes. They have small tummies

and need to eat often! Wait for them to ask for more food. Children love feeding themselves, and finger foods are great at this age: graham crackers, strips of bread or grilled chicken, animal crackers or ripe fruit (pears, peaches or bananas). Ensure toddlers have plenty of time to eat. Let them eat slowly, enjoy their food, and learn when they are full. Always offer a variety of fruits, vegetables, whole grains, lean meats and proteins, beans, fish, and low fat dairy products. Teaching children to eat right at this young age will help establish positive and healthy habits that will last a lifetime!

Nutrition for women of all ages

While both men and women need to eat healthy, exercise and avoid bad habits, some health issues are more likely to affect women and can be influenced by what they eat.

Reducing the risk of bone loss, coping with hormonal changes and preventing heart problems are all tied to what and how much we eat.

And women do have different needs at different ages. The teens and 20s is the last chance to build up bone density. For teens and young girls, it's important to have three servings of dairy or dairy alternatives every day. Milk is a good source of calcium but the older we get the more we build intolerance to it. So other alternatives are dark green vegetables which are an excellent source of calcium. One cup of collard greens has 350 mg of calcium, the same or more than a glass of milk. A cup of broccoli has 95 mg and a cup of kale 180 mg.

In the 20s and the 30s, it's important to get enough folic acid, especially for women planning on having children. Folic acid is found in fortified cereals, citrus, whole grains and beans, although pregnant women usually take a supplement.

As for bloating issues, several foods are natural diuretics, including pineapples and a splash of lemon with hot or cold water. If you were wondering about cranberry juice, there is evidence it can help a urinary tract infection.

When women reach their 40s and 50s, their metabolism is changing, and weight might be a struggle. It's important to keep up physical activity, particularly weight-bearing exercises, and to get enough vitamin D, which may require a supplement.

For the 60s and beyond, there's muscle loss through aging. Women should eat lean proteins, and they may have trouble absorbing vitamin B12.

Past the menopausal age, the biggest challenges are osteoporosis and heart disease. No one food can do it all, but here are 10 foods that will help promote good health and fight disease:

1. Almonds/walnuts/seeds: They both provide a good type of fat and B vitamins that help lower bad cholesterol and cancer risk. Almonds are a good source of vitamin E, which is good for the skin. Walnuts have antioxidant and anti-inflammatory benefits and are a source of Omega 3. Add flaxseeds and chia seeds for a healthy snack.

2. Avocados: They're high in heart-healthy fat, raising good cholesterol, and lowering bad cholesterol. They're also an excellent source of potassium and vitamins C, K and E.

3. Beans: All beans are beneficial, and they have a high antioxidant level, they're good for the heart, provide protein and help fight cancer.

4. Beets: They're rich in antioxidants, a source of fiber and iron with anti-cancer properties. Beets are also high in B vitamins, but they do have a high sugar content, so eat them in moderation.

5. Berries: Strawberries, blueberries, blackberries and raspberries have different nutrients so eat a variety. Raspberries are high in vitamin K, which is necessary for bone health. All are high in antioxidants, which fight cancer and are a good source of potassium, which helps fight high blood pressure.

6. Cruciferous vegetables: Cruciferous vegetables, which include Brussels sprouts, cabbage, broccoli and cauliflower, offer antioxidants, fiber, vitamin C and beta-carotene. Dark green vegetables, including kale, spinach and collard greens, are also a defense against disease. They're not only high in antioxidants, they're high in folic acid.

7. Orange fruits/vegetable: Carrots are one of the best sources of beta-carotene, which the body turns into vitamin A. Bright orange fruits and vegetables, including carrots, pumpkins, sweet potatoes, butternut squash and mangoes, have an

abundance of vitamins, fiber and phytonutrients that are good for your skin, eyes and heart.

8. Greek or low-fat yogurt: It's a good source of calcium and probiotics. The key is checking the label to ensure you're not getting yogurt with a lot of sugar. Add your own berries and fruit to plain Greek yogurt for a power snack.

9. Papaya: The fruit is high in vitamin C, good for digestive health and

three ounces of papaya has only 39 calories. Other good sources of vitamin C include citrus, kiwi, guava, bell peppers and broccoli.

10. Fatty fish: Along with sardines, anchovies and barramundi, salmon is an excellent source of Omega 3 fatty acids, which help lower triglycerides and reduce blood clots. The fatty fish also provide calcium and help reduce inflammation.



Community Action and Human Services

Dr. William Zubkoff Chairperson

Dr. Joyce Price First Vice Chair

Lucia Davis-Raiford Director

Natacha Janac Policy Council Chairperson

Cathleen Armstead, Ph.D. Acting Chief - School Readiness
and Early Childhood Programs

Edeline B. Mondestin, RN, BSN Chief - Elderly and Disability Services

NUTRITION SERVICES STAFF

Rani Panchanathan, RDN, LDN Acting Nutrition Services Coordinator

Dawn Ramey, MBA, RDN, LDN Dietitian

Susanne DeMatas, DTR

Cherilyn Ballard Administrative Officer

References:

1. Frith, K. (2007). Is Local More Nutritious? Retrieved August 27, 2012
2. Halweil, B. (2007). Still No Free Lunch: Nutrient levels in U.S. food supply eroded by pursuit of high yields(Critical Issue Report). Retrieved from the Organic Center website. Retrieved August 27, 2012.
3. Lee, S. K. & Kader, A. A. (2000). Preharvest and postharvest factors influencing vitamin C content of horticultural crops. Postharvest Biology and Technology, 20, 207–220. Retrieved August 27, 2012
4. Daley, C., Abbott, A., Doyle, P., Nader, G., & Larson, S. (2010). A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef. Nutrition Journal, 9, 1-12.
5. Centers for Disease Control and Prevention. (2012). Adult obesity facts. Retrieved September 18, 2012
6. Davis, D., Epp, M., & Riordan, H. (2004). Changes in USDA Food Composition Data for 43 Garden Crops, 1950 to 1999. Journal of the American College of Nutrition, 23, 669–682.
7. Cooking Light Recipes
8. Mayo Clinic Medical Manual



Carlos A. Gimenez, Mayor

Board of County Commissioners

Jean Monestime, Chairman; Esteban Bovo, Jr., Vice Chairman

Barbara J. Jordan, District 1; Jean Monestime, District 2; Audrey M. Edmonson, District 3; Sally A. Heyman, District 4; Bruno A. Barreiro, District 5; Rebeca Sosa, District 6; Xavier L. Suarez, District 7; Daniella Levine Cava, District 8; Dennis C. Moss, District 9; Sen. Javier D. Souto, District 10; Juan C. Zapata, District 11; José "Pepe" Díaz, District 12; Esteban Bovo, Jr., District 13

Harvey Ruvin, Clerk of Courts; Pedro J. Garcia, Property Appraiser; Abigail Price-Williams, County Attorney

Miami-Dade County provides equal access and equal opportunity in employment and services and does not discriminate on the basis of disability.
"It is the policy of Miami-Dade County to comply with all of the requirements of the Americans with Disabilities Act."