2017

NUTRITION EDUCATION CALENDAR

Community Action and Human Services

MIAMI-DADE COUNTY

Living healthy is about a healthier and happier you!

It is about positive thinking, feeling good, regular exercise and eating better.

Living healthy is about optimal health. It is not a goal but it is a way of living....It is focused on empowering you to create a balance between mind, body and spirit. It is about your physical and mental well-being, and helping you to make the right choices. It is about positive thinking, feeling good, regular exercise and eating better.

To stay mentally sharp the brain needs to be exercised. It is important to keep learning and developing new skills. The right stimulation can form new neural pathways and alter existing connections, thereby improving memory and mental performance. A good night's sleep is critical as this is when your mind and body regenerates.

As we get older, our hormone levels changes, commonly referred to as "menopause" in women and "andropause" in men. The excess stresses of life impact our hormonal balance which slows down our mental functions and slows metabolism which causes us to gain weight. A healthy lifestyle of proper nutrition and adequate exercise can help restore harmony and balance. Forego the junk food and go for fruits and vegetables, as well as whole grains and lean proteins. Proper nutrition is a must for a long healthy life. What we eat and drink has an impact on our physical health, mental wellbeing and performance at work. Eat slowly and enjoy the taste and texture of your food. This will allow you to become fuller faster, therefore eating less, and avoiding excess weight gain and digestive issues. Think healthy, eat healthy and live healthy.

Moving Our Way Into Good Health

ALONGSIDE WITH HEALTHY DIETARY CHOICES, IT IS CRITICAL TO ADOPT A REGULAR PHYSICAL ACTIVITY ROUTINE.

It will not only help you feel better overall, there are endless health benefits, for all ages! Unfortunately, we have become less and less active over the years, as the age of the drive-through, and convenience for everything is on the rise. The level of physical inactivity parallels the prevalence of obesity and chronic health conditions. Adding physical activity into our lifestyle assists in weight control, reduces the risk for many chronic diseases (high blood pressure, type 2 diabetes, cancer, heart disease, arthritis, depression), leading to delay or prevention of early death, need for medications, assisted-living care, hospitalization or other health care burdens. Regular physical activity can also improve your mood, increase your energy, help you to sleep better, and provide an enjoyable social activity! Research has proven that even adding minimal exercise, in short intervals, results in significant positive health outcomes. With the case so strong for exercise, why does there continue to be such a decrease? The number one reason most commonly cited is a "lack of time". There is a way to work around this! Research on overweight patients with diabetes has shown that "exercise snacking" (brief and intense bouts of exercise before meals) resulted in improved blood sugar levels. This can be beneficial for any of us. For substantial health benefits, The Office of Disease Prevention and Health Promotion recommend the following guidelines for the amount of physical activity to incorporate into our daily routines:

Children and Adolescents (Age 6-17)- 60 minutes (1 hour) daily, including muscle-strengthening and bone-strengthening physical activity at least 3 days per week.

Adults- 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic physical activity; In addition, include muscle-strengthening activities 2 or more days per week. These should be moderate or high-intensity and use all major muscle groups.

Older Adults (Age 65 and older)- 150 minutes (2 hours and 30 minutes) per week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) of vigorous-intensity aerobic physical activity; In addition, include muscle-strengthening activities 2 or more days per week. These should be moderate or high-intensity and use all major muscle groups.

If the above amount of physical activity is not able to be completed, due to adverse health conditions, it is recommended that physical activity be completed as individual abilities or conditions allow.

Moderate-intensity activities include: brisk walking, bicycle riding, canoeing, hiking, skateboarding, rollerblading, housework and yardwork (sweeping, pushing a lawn mower), baseball, softball

Vigorous-intensity activities include: running and chasing, running, bicycle riding, jumping rope, martial arts such as karate, cross-country skiing, soccer, basketball, tennis, ice or field hockey, swimming, vigorous dancing

Muscle-strengthening activities include: liftiang weights, using resistance bands, hand-held weights or weight machines, using playground equipment, climbing trees, push-ups, pull-ups, sit-ups, crunches

Bone-strengthening activities include: jumping rope, gymnastics, running, basketball, hopscotch, tennis, volleyball

Remember, the amounts of physical activity can be broken up any way that best fits your schedule- five, ten, or thirty minutes at one time. Always remember to consult with your Physician before starting on an exercise regime to ensure it is safe and acceptable for your health status. One thing is for sure- some physical activity is better than none. No more excuses- let's start moving our way into good health!

Healthy Diet Boosts Children's Reading Skills

A recent study from Finland shows that a heathy diet is linked to better reading skills in the first three school years. The study involved children aged 6-8 years old, from the first grade to the third grade in school. The quality of their diet was analyzed using food diaries, and their academic skills with the help of standardized tests. The closer the diet followed the Baltic Sea Diet and Finnish nutrition recommendations - i.e. high in vegetables, fruit and berries, fish, whole grain, and unsaturated fats and low in red meat, sugary products, and saturated fat - the healthier it was considered.

The study showed that children, whose diet was rich in vegetables, fruit, berries, whole grain, fish and unsaturated fats, and low in sugary products, did better in tests measuring reading skills than their peers with a poorer diet quality.

Another significant observation is that the associations of diet quality with reading skills were also independent of other factors, such as socio-economic status, physical activity, body adiposity or body fat, and physical fitness.

A healthy diet seems to be an important factor in supporting learning and academic performance in children. By making healthy choices at every meal, it is possible to promote a healthy diet and enhance diet quality. Parents and schools have an important role in making healthy foods available to children. Furthermore, governments and companies play a key role in promoting the availability and production of healthy foods. In Miami Dade County Head Start and Early Head Start program children are served nutritious meals that are designed to meet the child's individual nutritional needs and 2/3rds of the daily recommended dietary allowance.

Good Food = Good Night's Sleep

SLEEP MAKES YOU FEEL BETTER, BUT ITS IMPORTANCE GOES WAY BEYOND JUST BOOSTING YOUR MOOD OR BANISHING UNDER-EYE CIRCLES. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more. A recent study by the Institute of Human Nutrition at Columbia University Medical Center found that eating less fiber, more saturated fat and more sugar is associated with lighter, less restorative, and more disrupted sleep.

Results from the study show that greater fiber intake predicted more time spent in the stage of deep, slow wave sleep. In contrast, a higher percentage of energy from saturated fat predicted less slow wave sleep. Greater sugar intake also was associated with more arousals from sleep.

The main finding was that diet quality influenced sleep quality. This study emphasizes the fact that diet and sleep are interwoven in the fabric of a healthy lifestyle. For optimal health it is important to make lifestyle choices that promote healthy sleep, such as eating a nutritious diet and exercising regularly.

The study also found that participants fell asleep faster after eating meals, which were lower in saturated fat and higher in protein. The finding that diet can influence sleep has tremendous health implications, given the increasing recognition of the role of sleep in the development of chronic disorders such as hypertension, diabetes and cardiovascular disease. And for young children a good night's sleep is very important for their overall success in performance at school.

The study suggests that diet-based recommendations might be used in the future to improve sleep in those individuals with poor sleep quality.

Vitamin B12 As Protection For The Aging Brain

Depression, dementia and mental impairment are often associated with a deficiency of Vitamin B12 and its companion B vitamin folate, especially in the elderly.

A century ago, researchers discovered that some people — most likely including Mary Todd Lincoln — had a condition called pernicious anemia, a deficiency of red blood cells ultimately identified as an autoimmune disease that causes a loss of stomach cells needed for B12 absorption. Mrs. Lincoln was known to behave erratically and was ultimately committed to a mental hospital. A case study described a 66-year-old woman hospitalized with severe depression, psychosis and a loss of energy and interest in life who had extremely low blood levels of vitamin B12 and whose symptoms were almost entirely reversed by injections of the vitamin. A B12 vitamin deficiency as a cause of cognitive issues is more common than understood, especially among the elderly who live alone and don't eat properly.

Center for Science in the Public Interest, noted that symptoms of B12 deficiency include fatigue, tingling and numbness in the hands and feet, muscle weakness and loss of reflexes, which may progress to confusion, depression, memory loss and dementia as the deficiency grows more severe.

It is estimated that between 10 percent and 30 percent of people older than 50 produce too little stomach acid to release B12 from its carrier protein in foods, and as the years advance, the percentage of low-acid producers rises. The ability to absorb B12 naturally present in foods depends on the presence of adequate stomach acid, the enzyme pepsin and a gastric protein called intrinsic factor to release the vitamin from the food protein it is attached to. Only then can the vitamin be absorbed by the small intestine. As people age, acid-producing cells in the stomach may gradually cease to function, a condition called atrophic gastritis.

But many people do not know they produce inadequate amounts of stomach acid. Studies suggest that insufficient absorption of vitamin B12 from foods may even be common among adults aged 26 to 49, so the following advice may pertain to them as well.

Early symptoms can be reversed by treatment with high doses of vitamin B12, usually given by injection. But symptoms related to nerve damage and dementia are more likely to be permanent. Thus, it is especially important for people at risk of a vitamin B12 deficiency (such as older people who are at risk, vegans, people with celiac disease or Crohn's disease, acid reflux, ulcerative colitis, and persons whose digestive systems were surgically reduced for weight-loss) to have their blood tested for it periodically.

The National Academy of Medicine recommends taking a vitamin B12 supplement to protect the aging brain. Like most vitamins, B12 can't be made by the body. Instead, it must be gotten from food or supplements. Animal protein foods — meat, fish, milk, cheese and eggs — are the only reliable natural dietary sources of Vitamin B12. The academy recommends that adults older than 50 get most of their daily requirement of Vitamin B12 — 2.4 micrograms for people 14 and older, slightly more for women who are pregnant or nursing — from a synthetic form of the vitamin found in foods fortified with Vitamin B12 or in a multivitamin supplement. Synthetic Vitamin B12 is not attached to protein and thus bypasses the need for stomach acid. Various commercially prepared plant-based foods, like some breakfast cereals, nondairy milks and soy products and one type of nutritional yeast are fortified with synthetic Vitamin B12. The Academy recommends eating two to three servings a day of fortified foods to get at least three micrograms of Vitamin B12.

January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **New Years Day**	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 **Martin Luther King's Birthday**	17	18 **Seed Estimating** Guess how many seeds are in an apple. Cut it open and count the actual number of seeds.	19	20	21
22	23	24	25	26 **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.	27	28
29	30	31 **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.				

EGGS & TOAST ($4)

This classic American breakfast can also work as a light dinner. Use a $1 loaf of bread such as soft Italian or half a baguette paired with a dozen eggs (as low as $2.50). Factor in 50 cents for buttering the toast and seasoning the eggs and enjoy a home-style meal.

Nutrition Facts	
Serving size	1 slice
Amount Per Serving	
Calories	**200**
Protein	6 g
Carbohydrate	19.5 g
Fat	9.1 g
Saturated fat	2.6 g
Cholesterol	10mg
Sodium	499 mg
Dietary fiber	1.9 g

MEALS UNDER $5

Creating an entire meal for $5 can be a challenge, but with some smart planning it's possible to eat well on a budget. Stock up on staples such as pasta and frozen vegetables when they go on sale, make the most of inexpensive seasonal produce, and indulge in nutritionally balanced, one-pot meals. From simple breakfasts to dinner-party-worthy menus, the meals in the calendar can be made for $5 or less (based on food prices from the Bureau of Labor Statistics and an informal survey of prices at Walmart and other stores).

Bringing Out The Chef In Children

Cooking with the children at home can include lessons in mathematics, science and culture.

The food industry keeps telling parents to go out to eat and order from the children's menu for the kids. As an alternative to the usual burgers and fries, mac 'n' cheese and sodas, parents are encouraged to use some time each day to connect in a happy way with their children. This can be done by enlisting the children's help in the kitchen and introducing them to cooking healthful, easy-to-prepare and delicious foods, and eating them together in a civilized fashion.

You might call it gracious dining: cloth napkins in rings, tea lights, flowers occasionally and, most important of all, no TV, no cell phones, mail or toys at the table. In preparing meals together, the children learn teamwork.

This practice can help families delight in preparing affordable, fresh and tasty foods that benefit their health and well-being. Children will really enjoy the dishes they prepare.

But good health is hardly the only goal of cooking together as a family. Cooking with the children at home can include lessons in mathematics, science and culture. For example, young children learn both math and portion control when divvying up a recipe for six among themselves. They learn where food comes from and the importance of sustainability, as well as food science and safety. This can also teach children about organic gardening, environmental issues, and healthy cooking. But most importantly, the family can experience some quality time together enjoying a healthy meal.

February 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 **Great Teeth** Discuss good dental hygiene practices with children. Bacteria in the mouth sticks to teeth as a sticky substance called plaque. The bacteria lives off of foods that we eat every day such as fruits, sweets, breads, cakes, etc. This needs to be brushed off daily. This activity is suitable for toddlers.	8	9	10	11
12	13	14	15	16 **Telescopes** Take 1 oz. sliced lunch meat, 1 T. cheese spread, 1 t. sunflower nuts, pretzel sticks; Use the cheese and nuts as a spread. Roll up lunch meat and secure with a pretzel stick.	17	18
19	20 **President's Day**	21	22 **Spinach Pesto** Use a blender to blend 1 cup spinach, ½ cup basil leaves, 1 tablespoon walnuts or pine nuts, 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 to taste. Discuss the nutritional importance of eating spinach.	23	24	25
26	27	28				

Understanding Diabetes

It is important to bring awareness to this chronic disease and dispel stereotypes, myths, and misinformation around diabetes.

Today, 1 in 11 Americans has diabetes. Men and women of all races, ages, shapes, and sizes are battling this mostly invisible disease. Every 23 seconds someone in the United States is diagnosed with diabetes. It is important to bring awareness to this chronic disease and dispel stereotypes, myths, and misinformation around diabetes. There are two types of Diabetes: Type 1 and Type 2.

Type 1 diabetes is usually diagnosed in children or during early adulthood, although it can be diagnosed later as well. Type 1 diabetes is an autoimmune disease that accounts for about 5 percent of all diabetes. Insulin is a hormone that is necessary to carry the sugar (glucose) from the bloodstream to the cell to be used for energy. People with type 1 diabetes do not produce any insulin and must take insulin injections every day.

Type 2 diabetes accounts for 90 to 95 percent of diabetes and occurs when the body doesn't produce or use insulin effectively. Type 2 diabetes is more common in adults, but is also being diagnosed more frequently in younger individuals because of extra weight and an inactive lifestyle. Being overweight, having a family history of diabetes, leading a sedentary lifestyle, or having gestational diabetes can increase diabetes risk. Some people with type 2 diabetes may be able to manage their diabetes with meal planning and regular physical activity, while others may require oral medication and/or insulin. Diabetes is a progressive disease, which means treatment plans will likely change as the disease progresses.

Managing diabetes takes motivation, persistence, knowledge, and skill. Managing diabetes means keeping blood glucose levels within a range that lessens the chances of complications associated with diabetes. Normal blood sugar levels are 70-99 mg dl. The effort it takes to manage diabetes will look different for different people.

The following is an example of the daily routines of people with diabetes. "This is diabetes.....parents waking up in the wee hours of the morning to assure their child's glucose levels are staying within a safe range overnight; someone with type 1 diabetes who checks their blood glucose levels five to six times each day; the athlete that has to make sure he matches his food intake and medication to make it through the event with stable blood glucose; a colleague who is prepared with carbohydrate-friendly meals and snacks, despite what others are eating; the child that has to interrupt the school day to monitor glucose levels and eat scheduled snacks. This is just a small sampling of the challenges of managing diabetes.

The challenges are real, but so are the triumphs! The satisfaction of finding out the 3-month average glucose level (A1C) is within the target range, which is below 5.7%; recognizing how much carbohydrate can be tolerated at meal and snack times; balancing food intake and physical activity to stay healthy; and maintaining a strong support system to help stay on track. Diabetes is so much more than the medication used to treat it and foods eaten to control it. Diabetes takes a lot of organization and planning, which when done together can make the disease more manageable.

CHICKEN NOODLE SOUP ($4.75)

Make a simple broth by simmering a carrot, a quarter of an onion, and a celery stalk (50 cents) in 10 cups of water. To the broth, add half a bag of frozen peas and carrots (75 cents), 1 pound of cooked noodles ($1), and one-third pound of cooked pieces of chicken breast ($1.50). Season with salt and pepper and garnish with chopped parsley ($1).

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	**87**
Protein	6 g
Carbohydrate	8 g
Fat	2.9 g
Saturated fat	0.8 g
Cholesterol	7mg
Sodium	343 mg
Dietary fiber	0 g

March 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 **Jus Papaye** Papaya Juice milkshake or (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. This activity is suitable for toddlers.	3	4
5	6	7 **Butterfly Salad** Slice a pineapple ring in 1/2 to use an outline of the butterfly's wings. Use a piece of celery stick as the body. Place 1 tsp. 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	17 **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.	18
19	20	21	22 **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.	23	24	25
26	27	28	29	30 **Fresh Fruit Dip** Blend 1/2 cup of plain frozen yogurt with 3 tablespoons of fresh squeezed orange juice well. Serve with fresh cut fruit as a dip.	31	

COUSCOUS WITH SPICED CHICKPEAS ($3.60)

Nutrition Facts	
Serving size	1 cup
Amount Per Serving	
Calories	**484**
Protein	16.3 g
Carbohydrate	75.6 g
Fat	13.9 g
Saturated fat	1.8 g
Cholesterol	0mg
Sodium	851 mg
Dietary fiber	12.3 g

A pound of dry couscous bought in bulk can sometimes cost $1 or less and yield about 8 cups of cooked couscous, making this an inexpensive base for a larger feast. After cooking the couscous in equal parts of boiling water, add in 2 tablespoons olive oil and salt, pepper, chili powder, and garlic powder to taste (50 cents). Drain a can of chickpeas ($1) and toss lightly with ground cumin (10 cents), then fold into the dish. Garnish with fresh mint (50 cents) and a handful of golden raisins (50 cents).

Tips For Avoiding Added Sugar

By making your own granola, pasta sauce and condiments and serving homemade baked treats, you are in control of the ingredients used.

High sugar intake has been linked to everything from dental cavities to obesity to Type 2 diabetes to heart disease to other health conditions — many of which last into adulthood. Minimizing added sugar is a priority for many parents, but it's not as simple as trading cookies and soda for fruit and water. Avoiding obvious sources is one thing, but added sugar can be found in many foods where you may not expect it.

According to the 2015 Dietary Guidelines, added sugars include sugars, syrups and other caloric sweeteners. Simply put, added sugars sweeten a food — and although they add calories, they offer virtually no nutrition.

On a nutrition label, sugar may appear under many names. Some of the most common ones include cane sugar, evaporated cane juice, corn syrup, high-fructose corn syrup, raw sugar, crystal solids, brown sugar, honey, maple syrup and brown rice syrup.

The 2015 Dietary Guidelines recommends Americans limit added sugars to no more than 10 percent of their daily calorie needs. That's about 12 teaspoons (48 grams of sugar) on a 2,000-calorie diet. But for kids — especially little kids, who may only need 1,200 to 1,400 calories per day — it's even less.

But, rather than obsessing over grams and teaspoons, focus on reducing added sugar intake by limiting products that contain it. Some sources of added sugar are easy to spot, such as: Sugary beverages (soda, fruit punch, sweet coffee and energy drinks), sugary cereal, candy and chocolates, flavored yogurt, baked goods such as cakes, pastries and cookies.

However, added sugar can hide in some surprising places, including: whole-grain cereals and granola, instant oatmeal, frozen foods, granola bars, protein bars and cereal bars, pasta sauce, dried fruit, canned fruit, applesauce and fruit juices, baby food, barbecue sauce, ketchup, salad dressing and other condiments.

The first step in reducing your family's added sugar intake takes place in the grocery store. Scan labels for added sweeteners and, instead, fill your shopping cart with healthier options, such as naturally sweet foods, such as fruit, lots of vegetables are naturally sweet too, especially bell peppers, carrots and sugar snap peas.

When it comes to beverages, try water and milk. Many other beverages have ingredients kids don't need, like caffeine, added sugar and artificial dyes or sweeteners.

You can also reduce added sugar intake at home by cooking from scratch. By making your own granola, pasta sauce and condiments and serving homemade baked treats, you are in control of the ingredients used.

Make a healthy relationship with food as the overall focus, instead of a completely sugar-free diet. Encourage positive associations with foods such as fruits and vegetables by playing up their good qualities and fresh taste — and save the sweet stuff for special occasions.

April 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6 **Hummus Dip** Blend a can of chickpeas, 1 tsp crushed garlic, ½ tsp of olive oil, 1 tsp lemon juice and salt to taste. Use freshly cut vegetables like celery or broccoli and serve hummus as a dip. You can also use baked pita chips with hummus dip.	7	8
9	10	11	12	13	14	15
16	17	18	19 **Ambrosia Salad** Mix together ½ cup low fat sour cream, ½ cup low fat frozen yogurt, 1 cup drained mandarin oranges, 1 cup drained peach chunks, 1 cup drained pineapple chunks, 2 tablespoons coconut flakes. Chill well and serve.	20	21	22
23/30	24	25 **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 every day. Then have children to select some foods from the rainbow to represent the foods they might eat in one day. The goal is for every child to have a range of colors.	26	27	28	29

Going Coconut Over Saturated Fat

Has something been discovered in the research that now shows that we should consume a diet high in saturated fat?

There are many claims in the media about the positive benefits of consuming coconut oil as part of a regular diet. One would believe that with so much information, coconut oil must be healthy for us! Well, let's really see if this is the best choice available.

The claims for the health benefits of coconut oil are based on the reported value of medium-chain fatty acids (MCT's) role in weight control, decreased appetite, prevention of heart disease, lower cholesterol, lower blood sugars, and control of medical conditions where fat is not digested correctly (i.e. Chron's disease, celiac disease, pancreatitis and cystic fibrosis). However, this is not accurate, as coconut oil is not identified with MCT's, and actually contains mostly long-chain fatty acids. Coconuts and coconut oil are high in saturated fat.

Has something been discovered in the research that now shows that we should consume a diet high in saturated fat? Let us take a look at the recent research. Studies have shown that replacing saturated fats in the diet with polyunsaturated fats lowers cardiovascular disease (CVD) risk, by lowering blood cholesterol levels. Similar studies were done with butter and dairy fat, and the same results were identified. Foods high in polyunsaturated fats are soybean, corn and sunflower oils, fatty fish such as salmon, mackerel, herring and trout.

Therefore the recommendation remains the same, as far as limiting total saturated fat intake in the diet. The current recommendation from the American Heart Association is to consume 5-6% of your daily calories from saturated fat. For a 2,000 calorie diet, this is only about 13 grams. Other organizations have slightly differing recommendations, ranging from 5% to no higher than 10%. One tablespoon of coconut oil contains 11.7 g of saturated fat, which is about 5%! Knowing this, it is evident that we would want to limit coconut oil, as well as other foods that are higher in saturated fats, such as whole-fat dairy products, butter, fatty beef, lamb or pork, poultry with skin, fried foods, and many baked goods. The evidence-based recommendations for a healthy dietary pattern remains: Follow a diet rich in fruits, vegetables, whole grains, legumes, nuts, seeds, plant-based oils, fish, seafood, lean meats, and low-fat dairy products; Limit- refined grains and starches, foods with added sugars, processed meats, unprocessed red meats, full-fat dairy products, sugar-sweetened beverages, candies, desserts, and foods with trans-fats i.e. margarine and shortenings. With careful planning, coconut oil, in limited portions, can be incorporated into an overall healthy diet.

MEALS *under* $5

FETTUCINE WITH STEAMED BROCCOLI ($4.50)

A $1 box of pasta such as fettuccine, spaghetti, or penne is an inexpensive base for this meal. Make a quick sauce by cooking half a stick of butter (50 cents) and one chopped onion (50 cents) until browned and toss with cooked pasta. Add a half-cup of bread crumbs and season with salt and pepper (50 cents). Serve with a head of steamed broccoli ($2) for a nutrition boost.

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	**560**
Protein	5g
Carbohydrates	85g
Fat	15g
Saturated Fat	4g
Cholesterol	15mg
Sodium	190mg
Dietary Fiber	6g

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 **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!	5	6
7	8	9 **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 and fruits, whole grains, low fat dairy and less meats, fats, and sugars.	10	11	12	13
14	15	16	17	18 **Red Raspberry Rouser** Blend 1 cup frozen raspberries, 1 cup frozen strawberry yogurt, and ½ cup chilled pineapple juice ingredients well. Serve in little cups and enjoy. This activity is suitable for toddlers.	19	20
21	22	23	24	25	26	27
28	29	30	31			

May 2017

MEALS *under* $5

PEA SOUP ($4.45)

This quick and easy meal is the perfect soup for cold winter nights. To make a large pot, sauté an onion (40 cents), two carrots (25 cents), two celery stalks (25 cents), and two cubed potatoes ($1) in the bottom of a pressure cooker with olive oil (35 cents). Add 1 pound of dried green split peas ($1) and 6 to 8 cups of water with a few tablespoons of salt (20 cents) along with pepper, chili powder, smoked paprika, and garlic powder (50 cents). Cover and pressure-cook 13 minutes, or until peas are cooked and creamy. Garnish with salt, pepper, and sherry vinegar (50 cents).

Nutrition Facts	
Serving size	1 cup
Amount Per Serving	
Calories	**158**
Protein	8g
Carbohydrates	26g
Fat	2.8g
Saturated Fat	1.4g
Cholesterol	0mg
Sodium	870mg
Dietary Fiber	4.9g

Can I Eat That?

Food allergies are becoming more prevalent, in both children and adults.

Due to the rise in incidence of food allergies, it is of utmost importance to have measures in place to prevent any adverse or life-threatening reactions when the allergenic food is ingested. This can be accomplished through making ourselves more aware of what we are eating, and having policies and procedures in place in institutional settings, such as schools, community-based programs and senior centers. These policies should include management, prevention and medical emergency plans. All staff, parents or volunteers involved in any manner must be aware of and appropriately trained in these plans as well.

The most common food allergens include: milk, soy, egg, peanuts, tree nuts, shellfish, fish and wheat. Fortunately, due to the Food Allergen and Labeling and Consumer Protection Act of 2004, all of the above listed allergens must be declared on food product packages. There are two distinct medical reasons why a certain food or food product may have an adverse reaction in the body- food intolerances and food allergies. There is a lot of information on television, newspapers and media about this subject, so it is essential that we accurately define each and are aware of the differences.

Food intolerances are more common than food allergies. When food intolerance is present, a small amount of the offending food may be ingested without an adverse reaction, and it is never life-threatening. Food intolerances typically have a delayed physical response, and are often caused by the lack of an enzyme. Many times it is triggered by a naturally-occurring substance in a food or a substance added in the processing method. Symptoms vary, and may include bloating, diarrhea, nausea, vomiting, irritable bowel, skin rashes, fatigue, joint pains, dark circles under the eyes, night sweats or other possible chronic conditions. Remember, the symptoms for food intolerances are not always immediate, and there may be multiple symptoms present, making it difficult to diagnose. One of the most common food intolerances is lactose intolerance, when the body is lacking lactase, the enzyme that breaks down lactose (milk sugar). Treatment for food intolerances includes avoidance/reduction of the food or adding the missing digestive enzyme to the diet.

A food allergy causes an immune system reaction, because the body mistakes the food for a harmful substance, and immediately produces antibodies as a response. Symptoms include rashes, itching, hives, chest pain, stomach pain, shortness of breath, or swelling of the airways. These symptoms may be minor, or could possibly cause a person to have trouble breathing or lose consciousness, with the possibility of a fatal outcome. This is an anaphylactic reaction, and epinephrine injection pen may very well need to be kept on hand for anyone diagnosed with a life-threatening food allergy. This would need to be administered immediately upon possible ingestion of the food. Food allergy treatment is to avoid the offending food completely.

If you believe you may have a food allergy or intolerance, please follow up with your healthcare provider, so proper diagnosis and treatment can take place. This may entail keeping a food diary, to narrow down the foods that may be causing negative symptoms, and slowly reducing these foods in the diet. Learn to read food labels carefully, and when dining out, ask the server for ingredients or preparation methods. Additional consultation with a Registered Dietitian (RD) can assist with management of the condition.

June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 **Last Day for Head Start**	2	3
4	5	6	7	8 **Last Day for Public School**	9	10
11	12 **First Day of Summer Food Service Program**	13 **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.	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29 **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.	30	

Shining the Light on Vitamin D

Vitamin D is vital for numerous functions in the body.

Vitamin D is a fat-soluble vitamin, and is found in foods such as fish, eggs, fortified milk and cod liver oil. Our body also produces Vitamin D when our skin is exposed to sunlight. Vitamin D is vital for numerous functions in the body. It maintains normal blood levels of calcium and phosphorus; enhances the absorption of calcium in the body, thus assisting in the formation and maintenance of strong bones; assists in nerve, muscle control and immunity functions within the body; protects against osteoporosis, high blood pressure, cancer and other diseases.

Studies have shown low Vitamin D levels to be linked to a higher risk of multiple sclerosis, rheumatoid arthritis, osteoarthritis, hypertension (high blood pressure), cardiovascular disease and certain cancers. Essentially, everyone may be at risk for Vitamin D deficiency. However, the populations at most risk for deficiency of Vitamin D include: athletes, children, hospital patients and nursing home patients. As well, individuals may be at increased risk of insufficiency or deficiency that work mostly indoors or outdoors when there is no sunlight; live in cloudy, polluted environments or areas of the country with little or no sunlight; have dark pigmented or very light skin, excess body fat, malabsorption disorder, history of ingesting certain medications or genetics may play a role.

Taking this into consideration, the elderly population is at an increased risk of Vitamin D deficiency, thus subject to increased adverse health problems such as bone fractures. To avoid these, there are preventative measures that can be taken. As mentioned earlier, those individuals at increased risk should have further assessment done and ensure that diet, supplementation and lifestyle changes be made accordingly. It is a good idea to ask our primary care doctor about our Vitamin D status. He or she then can complete an assessment, carefully looking at our body weight and height, body mass index (BMI), lab values from bloodwork, medical history, diet, environmental, and any other clinical factors.

The Food and Nutrition Board of the National Academy of Sciences established adequate daily vitamin D intake levels of 600 IU up to age 70 and 800 IU for men and women over age 70. Good dietary sources include: cod liver oil, salmon, tuna, cod, sardines, mushrooms, fortified orange juice or grain products, fortified milk and dairy products, and egg yolks. Supplementation may be needed as well, through a multivitamin or individual Vitamin D supplement. Individuals with limited sun exposure require at least 1500-2000 IU/day, and those with deficiencies or other underlying conditions may need further treatment. Before making any drastic dietary or lifestyle adjustments, ensure that you check with you healthcare provider.

MEALS *under* $5

FRIED RICE AND BEAN SPROUT SALAD ($4)

This Asian-inspired meal is perfect for making use of leftover rice. Start by cooking half a bag of frozen peas and carrots in a hot pan with some oil and soy sauce ($1). Add three eggs (40 cents) and scramble. Add 4 cups of cooked white rice ($1) and season with soy sauce and chili sauce (50 cents). To make a simple salad to serve with the fried rice, season 4 cups of bean sprouts (60 cents) with rice vinegar and a dash of regular or hot sesame oil (50 cents).

Nutrition Facts

Serving size	1 cup
Amount Per Serving	
Calories	**400**
Protein	8g
Carbohydrates	26g
Fat	14g
Saturated Fat	2g
Cholesterol	248mg
Sodium	597mg
Dietary Fiber	5g

July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4 **Independence Day**	5	6	7	8
9	10	11	12	13 **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 1 ½ cups fresh spinach leaves. Let children enjoy. This activity is suitable for toddlers.	14	15
16	17	18 **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.	19	20	21	22
23/30	24/31	25	26	27	28 **Last Day for Early Head Start**	29

MEALS *under* $5

SPAGHETTI MARINARA WITH GARLIC BREAD ($4.50)

Take advantage of frequent sales on pasta and stock up when boxes of spaghetti cost $1 each. Combine with a jar of marinara sauce (as low as $2) to create a simple meal. For a little more, make a side of garlic bread from a $1 loaf paired with butter and garlic (50 cents).

Nutrition Facts

Serving size	½ cup & 1 slice bread
Amount Per Serving	
Calories	**670**
Protein	22g
Carbohydrates	115g
Fat	12g
Saturated Fat	3.5g
Cholesterol	10mg
Sodium	950mg
Dietary Fiber	10g

Pulses in The Diet

Studies have shown that adding t to the diet can produce significant improvements for our health

What are pulses? This may be a new and different term for many of you. Let us first define what a pulse is, and then we can explore the benefits of adding them to your diet! Pulse is defined as "the edible seeds of various crops (such as peas, beans, lentils) of the legume family". Pulses are a type of legume that grows in a pod! Since the General Assembly of the United Nations has voted to declare 2016 The International Year of Pulses there has been a lot of recent research on the topic of the overall health benefits of adding more protein and fiber from plant sources into the diet. We don't always have to eat meat with a meal to ensure adequate nutritional intake. Pulses are a jackpot of protein, dietary fiber, numerous vitamins such as B vitamins-folate, thiamin and niacin, and minerals such as iron, zinc, magnesium, phosphorus, and phytochemicals (compounds found naturally in plants). They are also naturally low in fat and cholesterol-free. When you eat pulses, you are also playing a part in reducing the environmental footprint! Pulse crops are grown using only half the amount of energy, in the form of nitrogen fertilizer, compared to other food crops i.e. wheat, flax. Thus, this reduces the negative effect on our environment, produced from the nitrogen gas in the fertilizer. In addition they require less water to cultivate which means it is sustainable in a world of scarce resources. Adding pulses into your overall diet is also very cost-effective. Compare the following costs per serving: Beef- $1.49; Pork- $0.73; Chicken- $0.63: Lentils- $0.10. Wow- what a cost savings!

With obesity on the rise in America, many related diseases and illnesses are more prevalent, i.e. type 2 diabetes, coronary heart disease (CHD), high cholesterol, hypertension (high blood pressure), and cancer. Studies have shown that adding pulses to the diet can produce significant improvements for our health, as follows: body weight, control of blood sugar levels, blood pressure, blood cholesterol, fats in the blood and decreased incidence of cardiovascular (heart) disease. Armed with this vital information, we can look at practical ways of implementing them into the diet.

Pulses are a tasty addition to any diet. They are available in an array of colors, tastes and textures, and forms. Pulses can be eaten whole, split, or ground as in a flour. There are four different categories of pulses:

- Peas-split green, split yellow, whole green, whole yellow
- Lentils-red, green, French green, black, small brown
- Beans-black turtle, cranberry, dark red kidney, light red kidney, adzuki, great northern, pink, pinto, small red, lima, fava, mung, blackeye peas, navy
- Chickpeas or "garbanzo beans"

With so many types, the possibilities are endless! Pulses are readily available and can be easily purchased in the local grocery store- frozen, bagged, canned, pureed, pre-cooked & vacuum sealed, roasted, flours, protein powder, pasta, crackers, etc. Pulses can be a healthy, nutrient-dense addition in recipes, as egg and dairy replacers, and can also be incorporated into desserts! Check out the following websites for great recipes and information: http://www.pulsecanada.com/food-health/recipes/ http://www.cookingwithpulses.org/

2017 August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9 **Early Head Start First Day of School**	10	11	12
13	14	15	16	17	18 **Last Day for Summer Food Service Program**	19
20	21 **Head Start First Day of School**	22	23	24	25	26
27	28	29	30 **Table Setting** Teach children how to set the table with plates, napkins, cups, forks, and spoons. Teach them to clear the table when meal service is completed.	31		

Prescription for Vegetables

Patients are more likely to fill a prescription than to follow spoken advice.

Eating well can help prevent chronic conditions including heart disease, diabetes and obesity. So why aren't more doctors prescribing broccoli and flaxseed?

Despite the wealth of research linking nutritious diets to disease prevention, the importance of food receives little attention in most physicians' practices. But a shift is slowly happening. More physicians are recognizing the link between food and health and are advancing their nutrition knowledge to provide better patient care.

Robert Graham, co-founder of Fare Wellness in New York, is one of a small but growing number of doctors who have embraced the concept of a "farmacy." He provides patients with nutritional prescriptions — such as "fruits and vegetables 5-9x/day" — that they can take to the farmers market or grocery store.

People are looking for a prescription from their doctor. Some doctor's prescription depends on the patient's condition, but the aim is to get people to be healthy and live longer. Patients are more likely to fill a prescription than to follow spoken advice. It is believed that one-third of patients contemplate the advice; one-third take action and make steady dietary changes; the final third want deeper details and are referred to a Registered Dietitian for nutrition counseling.

With better eating habits, patients see measurable changes in their health, such as lower blood pressure and reduced cholesterol. Graham advises doctors to take off the lab coats and put on chef jackets; put down prescription pads and pick up recipe books; slow down and learn how to cook so that doctors can prescribe cooking and eating real food to their patients. You can always contact a local Registerd Dietician for more information on eating healthy.

MEALS *under* $5

MEATLOAF ($5)

Nutrition Facts	
Serving size	3 oz
Amount Per Serving	
Calories	149
Protein	17g
Carbohydrates	4.5g
Fat	11g
Saturated Fat	3.8g
Cholesterol	46mg
Sodium	732mg
Dietary Fiber	0g

Opt for inexpensive ground meats such as turkey and pork, and buy them in bulk on sale to stock your freezer for less. Sale-priced ground meats can cost as little as $3 a pound. To 1 pound of ground meat, add 1 egg (20 cents), 1 cup breadcrumbs (25 cents), 1 chopped onion (40 cents), salt and pepper (15 cents), and mold into a loaf pan. Dress with ketchup (25 cents) and bake until the meat is cooked through. Serve with toasted bread ($1).

2017 September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 **Labor Day**	5	6	7	8 Discuss table manners with children. Let them observe staff during mealtime to identify good manners. Encourage children who are using good manners.	9
10	11	12	13 **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	15	16
17	18	19	20	21	22	23
24	25	26 **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”. This activity is suitable for toddlers.	27	28	29	30

TANGY CHICKEN THIGHS AND SLAW ($4.75)

Chicken thighs and legs are easy to find for as little as $1.50 per pound, fresh or frozen. There are roughly four pieces per pound, which means 2 pounds is enough to make a meal. Season the chicken ($3) with 2 tablespoons of mustard (50 cents) before baking in the oven. As a side dish, roughly chop one-quarter of a cabbage (50 cents) and two carrots (25 cents) and dress with 2 tablespoons of vinegar and ½ a tablespoon of sugar. Add salt and pepper to taste (50 cents).

Nutrition Facts

Serving size	3 oz chicken and ¼ cup slaw
Amount Per Serving	
Calories	**388**
Protein	22.6g
Carbohydrates	49.9g
Fat	12.1g
Saturated Fat	3.2g
Cholesterol	46mg
Sodium	237mg
Dietary Fiber	6g

Choose Locally

Imported fruits and vegetables are picked before they are ready for picking and travel thousands of miles to get to the grocery store.

MyPlate.gov recommends making half your plate fruits and vegetables. There are a myriad of fruits and vegetables to choose from. All are packed with different vitamins, and minerals that are vital to your body. So how do you choose a variety of fruits and vegetables without breaking the bank? Easy, shop local fruits and vegetables.

Buying locally grown fruits and vegetables have advantages. Here are a few of the benefits.

Eating local fruits and vegetables is eating seasonally. When you shop locally, you will only see fruits and vegetables that are in season. Local fruits and vegetables have more nutrients and are full of flavor. Imported fruits and vegetables are picked before they are ready for picking and travel thousands of miles to get to the grocery store. With local foods, the food goes from the farm to the table. Local fruits and vegetables support the local economy. Shopping locally will put your money back in your community and help the farmers in your area.

A guide to seasonal fruits and vegetables from fruitsandveggiesmorematters.org:

Year Round: Apples, Apricots, Avocados, Bananas, Bell Pepper, Black Eyed Peas, Cabbage, Carrots, Celery, Cherry Tomatoes, Coconut, Lemons, Lettuce, Mushrooms, Olives, Onions, Papaya, Potatoes, Snow Peas, Yucca Root

Spring (March, April, May): Artichokes, Asparagus, Broccoli, Butter Lettuce, Collard Greens, Corn, Fava Beans, Green Beans, Honeydew, Limes, Lychee, Mango, Oranges, Peas, Pineapple, Rhubarb, Snow Peas, Spinach, Swiss Chard

Summer (June, July, August): Beets, Blackberries, Blueberries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Elderberries, French Beans, Figs, Garlic, Grape Tomatoes, Grapefruit, Grapes, Green Beans, Hearts of Palm, Honeydew Melons, Jalapeno Peppers, Key Limes, Lima Beans, Limes, Loganberries, Lychee, Mulberries, Nectarines, Okra, Passion Fruit, Peaches, Peas, Plums, Radishes, Raspberries, Rose Apple, Sapodillas, Shallots, Strawberries, Summer Squash, Tomatoes, Watermelon, Zucchini

Fall (September, October, November): Acorn Squash, Belgian Endives, Broccoli, Brussel Sprouts, Butter Lettuce, Butternut Squash, Cauliflower, Chayote Squash, Cranberries, Garlic, Ginger, Grapes, Guava, Heats of Palm, Key Limes, Kumquats, Mushrooms, Passion Fruit, Pear, Pineapple, Pumpkin, Radicchio, Sweet Potato, Swiss Chard, Turnips

Winter (December, January, February): Brussels Sprouts, Clementines, Collard Greens, Date Plums, Dates, Grapefruit, Kale, Kiwifruit, Leeks, Oranges, Passion Fruit, Pear, Pomegranate, Red Currant, Sweet Potato, Tangerines, Turnips

Visit USDA's website (www.ams.usda.gov) to locate famers markets, CSAs (Community-Supported Agriculture), and food hubs.

Article Provided By: Gabriela Perez RDN, MDCPS

October 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 **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.	7
8	9 **Columbus Day**	10	11 **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. This activity is suitable for toddlers.	12	13	14
15	16	17	18	19	20 **Salsa** Combine 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. Discuss Hispanic culture and traditional foods.	21
22	23	24	25	26	27	28
29	30 **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. This activity is suitable for toddlers.	31				

Steps to Reduce Food Waste

Based on food and beverages thrown out, up to $2,275 is wasted each year by a typical family of four in this country.

Fresh foods make up most of the discarded food. The average American wastes about 20 percent of the vegetables and 15 percent of the fruits inside and outside of the home, numbers that are higher than the previous generation. Based on food and beverages thrown out, up to $2,275 is wasted each year by a typical family of four in this country.

We can be conscientious consumers and take proper care of vegetables and fruits from purchase to plate. By doing so, we can save money, have a greater ability to feed the hungry and play a positive role in the reduction of food waste, which means a reduction in landfill use and the corresponding methane emissions.

Four Steps to Prevent Excess Produce Waste

1. Select Fruits and Vegetables Wisely: Buy just what you need. Beware of bulk discounts, since fresh produce has a limited shelf life. Purchase fresh produce toward the end of shopping trips. Shop farmers' markets early because the heat of the day can alter quality or hasten ripening. Don't hunt for perfect. Embrace produce imperfections, but steer clear of vegetables or fruits that are overly bruised or damaged.

2. Store Produce Properly: Store any perishable fresh produce, such as berries and leafy greens, in a clean refrigerator set to 40°F or below. If produce is refrigerated at a grocery store, it generally should be refrigerated at home to maintain quality.

Some produce has a short lifespan once ripened. Plan to use fruits such as apricots, blackberries, raspberries and strawberries and vegetables such as herbs, sprouts, corn, cucumbers, eggplant, green beans, leafy greens, lima beans, mushrooms, peas and summer squash within a couple of days of purchase.

Fresh produce that has a long life, and can therefore wait to be consumed until after most other fruits and vegetables, include fruits such as apples, blueberries, grapes and pears and vegetables including beets without top greens, artichokes, cabbage, carrots without top greens, celery, garlic, leeks, onions, parsnips, potatoes and winter squash.

Consider using bags specifically designed to provide ideal storage conditions for fresh produce. However, don't zip-seal fresh produce in regular, air-tight plastic storage bags or containers — this starts the decaying process and promotes bacterial and mold growth.

3. Prepare Fruits and Vegetables Cleverly: Rinse or scrub and use the entire fruit or vegetable when possible, including all edible skins and seeds. Just cut away any bruises and blemishes. Have a plan, then prepare only what you need. Cut select recipes in half, for instance. Or, consider how you'll store and reuse leftovers. If you're unable to enjoy all of the fresh produce you have on hand, make your own frozen food. Cut fruits or cook vegetables, place in air-tight containers and freeze.

4. Compost the Scraps: This can be as simple as storing food scraps in the freezer and then taking them to a local farmers market that collects scraps for composting. If you choose to compost at home, here's a guide. Download the free Is My Food Safe? Mobile app for a complete shelf-life guide.

By taking care of produce from purchase to plate, you can make a noticeable difference in the amount of food wasted in your home — and in America.

MEALS *under* $5

RICE AND BEANS WITH PLANTAINS ($5)

To make this hearty family meal, cook 2 cups of rice (50 cents) with 2 cans of beans ($2) and add seasonings such as salt, pepper, chili powder, garlic powder, and dried herbs (50 cents). Roast three plantains ($1) in the oven until soft and sweet, then serve with hot sauce ($1).

Nutrition Facts

Serving size	1 cup rice and beans & 3 slices of plantains
Amount Per Serving	
Calories	**695**
Protein	21g
Carbohydrates	136g
Fat	18g
Saturated Fat	3.1g
Cholesterol	0mg
Sodium	936mg
Dietary Fiber	18g

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8 **Egg Boats** Cut 7 hardboiled eggs lengthwise and remove yolks. Make egg salad by mixing yolks with 1/3 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.	9	10 **Veterans Day**	11
12	13	14	15	16	17 **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.	18
19	20	21	22	23 **Thanksgiving Day**	24	25
26	27	28	29	30		

FRITTATA AND GREENS ($4.50)

An egg frittata is a delicious choice for any time of the day. Whisk together six eggs ($1.25) with salt, pepper, and 1 ounce Parmesan cheese (50 cents). Cook over medium heat in a frittata pan, and either flip to finish or bake in the oven. Serve alongside a bag of mixed greens ($2) and a simple dressing of lemon juice (50 cents) and olive oil (25 cents).

Nutrition Facts	
Serving size	½ cup fruit
Amount Per Serving	
Calories	**280**
Protein	14g
Carbohydrates	8g
Fat	22g
Saturated Fat	5.4g
Cholesterol	242mg
Sodium	347mg
Dietary Fiber	4.1g

Is Your Food Safe?

One of the reasons we seem to be seeing more outbreaks is the advanced technology that allows us to be able to detect them better than in the past.

Ice cream giant Blue Bell Creameries issued a nationwide recall last year after its products were linked to a listeria outbreak that hospitalized nearly a dozen people and contributed to three deaths. A salmonella outbreak involving cucumbers imported from Mexico sickened more than 800 people and killed four. In the fall, tainted chicken salad from Costco sickened 19 people across seven states. And Chipotle has taken a beating for a series of E. coli outbreaks from Massachusetts to California that has left scores of people ill.

The stomach-churning headlines around those events and other outbreaks involving everything from cheese to pork, can make us doubt the safety of the nation's food supply. Are we really getting better at preventing foodborne illnesses, which according to the Centers for Disease Control and Prevention sicken about 48 million Americans each year and kill roughly 3,000?

The answers are a definitive ... maybe. One of the reasons we seem to be seeing more outbreaks is the advanced technology that allows us to be able to detect them better than in the past. The best hope for meaningful improvements might lie in a five-year-old food safety law, which the Food and Drug Administration Agency only recently began translating into actual regulations. The agency in 2015 started putting in place major pieces of the law, which is aimed at making the nation's food safety system more proactive, rather than merely reacting to outbreaks after they occur. The measures include ensuring that U.S. food manufacturers have detailed plans to prevent possible contamination risks in their production facilities, establishing new standards for growing and packing produce and requiring U.S. importers to verify the safety of their foreign suppliers.

Perhaps most significant, the massive federal spending bill that Congress passed that included for the Food and Drug Administration (FDA) is to train inspectors, educate small farmers and food manufacturers about the new rules and team with state officials who will help enforce them.

The impact that FDA's effort will make over the coming year is difficult to predict. Many of the new regulations will not start until 2017 or beyond, depending in part on the size of a particular farm or food company. But the earliest compliance dates arrive toward the end of 2016, and experts expect that many companies will start complying well ahead of the government's deadlines. This should make very consumer confident in the long-term prospects of a safer food system in America.

But at home every individual is responsible for keeping the food safe to eat by following simple steps:

1. **Clean.** Always wash your food, hands, counters and cooking tools. Wash hands in warm soapy water for at least 20 seconds.
2. **Separate.** Keep raw and cooked foods separate.
3. **Cook**. Foods need to get hot and stay hot.
4. **Chill.** Put unused food in the fridge right away.

2017 December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 **Pudding Jewel** Prepare 1 box of instant vanilla pudding according to box directions. Add 1/4 cup drained pineapple chunks and 1/4 cup drained mandarin orange segments. Mix well and serve chilled. This activity is suitable for toddlers.	8	9
10	11	12	13 **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. This activity is suitable for toddlers.	14	15	16
17	18	19	20	21	22	23
24/31	25 **Christmas Day**	26	27	28	29	30

15 Ways to Shop Smarter

Before you grab a cart and hit the aisles, read our expert tips on how to make better choices at the grocery store. These strategies will help you save money, eat healthier, and live better.

1. **Divide up Your Cart:** Your shopping cart contents should match the proportions of the ideal dinner plate. 50% fruits and vegetables, 25% whole grains, and 25% lean animal and plant protein.
2. **Make a Shopping List:** Organize your list by sections of the grocery (produce, meat/fish, frozen items, dairy, and so on).
3. **Read the Labels:** Watch out for unreasonably high serving numbers—they strategically lower the calorie, fat, and sodium counts per serving.
4. **Reach for the Top:** Stores place their most expensive products at eye level. Items on the higher and lower shelves are often cheaper and sometimes more nutritious.
5. **Keep Food Fresher Longer:** Shop for fresh produce and bakery bread more than once a week. Food will be fresher, and you'll reduce waste.
6. **Use Your Freezer:** Always keep frozen produce (without seasoning or sauce) on hand. It's just as healthy as fresh and handy when certain fresh produce is out of season.
7. **Pick A Healthy Grain for Your Morning Routine:** Go for cereals with at least 5g fiber, 5g protein, and less than 10g sugar per serving. A whole grain should be the first ingredient on the box's list.
8. **Go Easy on Fatty Chips:** Look for reduced-fat options; there are many good ones out there.
9. **Shop The Edges:** Find fresh whole foods, dairy, protein, produce, around the market perimeter.
10. **Snack Smarter:** Take advantage of the growing array of lower-sodium popcorn, whole-grain pretzels, and high-fiber bean chips. Hit the frozen aisle for high-protein items like edamame.
11. **Choose Safe, Sustainable Seafood:** Consult your seafood manager at your local grocery store.
12. **Know Your Labels:** Look for meat that hasn't been injected with saline solution or preservatives. Sometimes those are labeled "marinated."
13. **Only Settle for the Real Deal:** Less scrupulous olive oil producers try to pass off lower grades of oil as the good stuff. Big bottles of cooking oil are cheaper on a cost per unit basis, but you may not finish them before they go rancid. Stick with smaller bottles, if your family is small.
14. **Cut the Price of Poultry:** Slash poultry costs with your own knife. Cuts like breast tenders or cutlets cost more per pound than whole breasts. Slice and pound whole breasts at home.
15. **Maximize the Nutritional Value of Your Fruits and Vegetables:** Precut produce is convenient, but it perishes and loses nutrients and flavor faster than whole fruits and veggies.

FRENCH TOAST WITH FRUITS ($4.17)

Cut a loaf of bread ($1) into thick slices. In a shallow dish, whisk three eggs (62 cents) with 1 cup of whole milk (25 cents) and season with cinnamon and vanilla (25 cents). Brown the soaked bread slices on each side in a pan with melted butter (50 cents). Serve sprinkled with cinnamon and sugar (25 cents). Serve with fresh fruit of the season on the side such as pears cut up into chunks (30 cents).

Nutrition Facts

Serving size	1 slice and ¼ cup fruit
Amount Per Serving	
Calories	**204**
Protein	6g
Carbohydrates	46g
Fat	2g
Saturated Fat	5.4g
Cholesterol	32mg
Sodium	230mg
Dietary Fiber	0.1g

The New Nutrition Facts Label

The new format draws attention to calories and serving sizes, two important elements in making healthier food choices.

What's different in the new label?

Servings: larger, bolder type –

New: added sugars –

Required: change in nutrients –

– Servings sizes updated

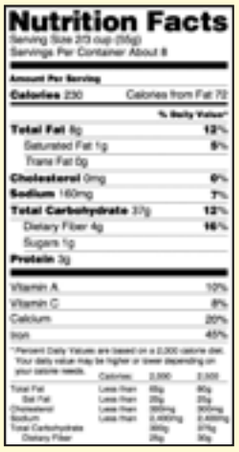
– Calories; larger type

– Updated daily values

– Actual amounts declared

– New footnote

Old label



New label

In the first major overhaul of the Nutrition Facts Panel since 1993, the Food and Drug Administration (FDA) announced in May 2016, that changes will be made to the Panel over the next two to three years.

The updated Nutrition Facts Label reflects updated scientific information, including the link between diet, chronic diseases, and public health. Updated serving sizes are needed to reflect changes in amounts of foods consumed. The new format draws attention to calories and serving sizes, two important elements in making healthier food choices.

Added Sugars: FDA is requiring grams and % Daily Value for added sugars. It is difficult to meet nutrient needs and calorie limits if consuming more than 10 percent of calories from added sugar. Dietary patterns lower in sugar-sweetened foods and beverages are associated with a reduced risk of cardiovascular disease. Design clarifies that added sugars are a subset of total sugars.

For packages between one and two servings, calories and other nutrients must be declared for the entire package rather than per serving because people typically consume the package in one sitting.

Dietary fiber: FDA definition includes naturally occurring fibers and only fibers added to foods that show a physiological health benefit.

Fats Trans-fat remains on label: FDA's final determination on partially hydrogenated oils does not impact naturally occurring trans-fat. "Calories from fat" is no longer permitted; type of fat is more important than the amount.

Records Requirements and Compliance: Manufacturers are required to keep records to verify the mandatory declaration of added sugars as well as for certain fibers, vitamin E, folic acid, and folate. Final rule issued in May 2016 gives small businesses, defined as having less than $10 million in annual sales, three years to comply. All other manufacturers will have two years to comply.

The new labels will help consumers make informed decisions about the food they purchase.

Ways To Have A Healthy Pregnancy

Although it will be challenging to stick with your healthy lifestyle, you deserve to be healthy for yourself and your new baby.

Every pregnant woman wants to have a healthy pregnancy. However being overweight puts mothers and their babies at an increased risk for a host of complications including gestational diabetes, preeclampsia and miscarriage, not to mention that it can make labor and delivery difficult and affect their babies throughout their lives.

Although it's ideal to have a healthy weight before you get pregnant, experts say that even if you're overweight when you conceive, with some simple strategies you can still have a healthy pregnancy and a healthy baby.

1. **Talk to your doctor:** Vitamin D and folate are two nutrients that are important for a healthy pregnancy. But being overweight can increase the risk of having a vitamin D deficiency.
2. **Don't diet:** The American College of Obstetricians and Gynecologists (ACOG) recommends women who are overweight (BMI between 25 and 29.9) should gain between 15 and 25 pounds and those who are obese (BMI of 30 or more) gain between 11 and 20 pounds. Nevertheless, now is not the time to start dieting. So instead of obsessing over the number on the scale, focus on what you can do now to have a healthy pregnancy.
3. **See a Registered Dietitian:** Although your doctor may provide general recommendations for diet and exercise, working with a registered dietitian nutritionist (RDN) who specializes in prenatal nutrition can give you specific recommendations that work for you to help control your weight, support your pregnancy and maintain a healthy weight after giving birth.
4. **Make healthy choices:** Although you'll want to make sure you're getting those extra calories, they should come from healthy foods— plenty of vegetables and fruit, lean protein, healthy fats and whole grains. These foods can also help control your appetite, keep cravings in check and make it less likely you'll reach for junk food and drink plenty of water.
5. **Have a plan after pregnancy:** After your baby is born, you'll not only be exhausted but you'll have less time to plan meals, and cook. So use this time to stock your freezer with healthy meals, or ask family to bring healthy meals. Also plan for how you'll fit in exercise, whether it's taking your baby for walks throughout the day, a gym membership or signing up for a postpartum fitness program. Although it will be challenging to stick with your healthy lifestyle, you deserve to be healthy for yourself and your new baby.

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