



# Kinship Link

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## March is National Nutrition Month Go Further with Food

### Pro Kinship for Kids

#### Inside this issue:

Go Further with Food 2  
Continued

Eat Right and 2  
Reduce Food Waste

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“Go Further with Food” is the National Nutrition month theme for 2018, so whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing foods to go further at home and within the community can have a positive impact on everyone by incorporating healthy foods, nutrition, and physical activity tips. Here are 18 health tips for 2018:

- 1. Eat Breakfast** - Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits, and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa, and a whole wheat tortilla, or a parfait with low-fat plain yogurt, fruit, and whole grain cereal.
- 2. Make Half Your Plate Fruits and Vegetables** - Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Experiment with different types, including fresh, frozen,

- and canned.
- 3. Watch Portion Sizes** - Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. To complete the meal, add a serving of fat-free or low-fat milk or yogurt.
- 4. Be Active** - Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don’t have to hit the gym, take a walk after dinner or play a game of catch or basketball.
- 5. Fix Healthy Snacks** - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the food groups: grains, fruits, vegetables, dairy, and protein. Try

- raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.
- 6. Get to Know Food Labels** - Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
- 7. Consult a Professional** - Nutritionists can help you by providing sound, easy-to-follow personalized nutrition advice.
- 8. Follow Food Safety Guidelines** - Reduce your chances of getting sick by practicing proper food safety. This includes: regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature, and refrigerating food promptly.
- 9. Drink More Water** - Quench your thirst with water instead of drinks with added sugars. Stay well hydrated by drinking plenty of water if you are active, or work in hot conditions.



## Go Further with Food Continued

10. **Get Cooking** - Preparing foods at home can be healthy, rewarding, and cost-effective. Resolve to learn some cooking and kitchen basics, like how to dice an onion or cook dried beans.
11. **Dine Out without Ditching Your Goals** - You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions, and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled, or steamed.
12. **Enact Family Meal Time** - Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones, and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
13. **Banish Brown Bag Boredom** - Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus, or a low sodium vegetable soup with whole grain crackers, or a salad of mixed greens with low-fat dressing and a hard boiled egg.
14. **Explore New Foods and Flavors** - Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family.
15. **Eat Seafood Twice a Week** - Seafood, fish or shellfish, contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters, and sardines are higher in omega-3s and lower in mercury.
16. **Cut Back on Added Sugars** - Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Reviewing ingredients on the food label can help you identify sources of added sugar.
17. **Experiment with More Plant-Based Meals** - Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.
18. **Make an Effort to Reduce Food Waste** - Check out what foods you have on hand before stocking up at the grocery store. Plan meals based on leftovers and only buy what you will use or freeze within a couple of days. Managing these food resources at home can help save nutrients and money.



## Eat Right and Reduce Food Waste

People rarely talk about the foods they toss out. It's been estimated that Americans throw away 90 billion pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields. Here are a few tips that will help:

**Plan Meals Based on the Foods You Already have on Hand.** Look in the refrigerator, freezer, and pantry for foods that need to be used up. Write a list of the ingredients you still need. Buy only the amount that can be eaten or frozen within a few days. This is especially important for perishable foods, like fresh fruits, vegetables, meats, dairy products, and seafood.

**Get Creative with Leftovers.** Transform meals into soup, salads, or sandwiches by cutting up leftover meats and veggies. Use as a topping

for salads or cooked grains like rice or pasta. Wrap in a tortilla or stuff into a pita for a satisfying sandwich. Combine to make soup, then enjoy or freeze for future use. Eat as a leftover meal later in the week. Simply brown bag the leftovers for lunch.

**Master the Shelf Life of Foods.** Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out. "Use by", "Best by", and "Best Before" dates are found on foods, such as mustard, salad dressing, and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly. "Sell by" dates are displayed on perishable foods, such as meats and dairy

products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.

**Practice Good Food Safety.** Don't risk eating or drinking anything that you suspect has spoiled. Eat leftovers within 3 to 4 days or freeze for up to 3 to 4 months. Test your food safety knowledge. Create ideal storage conditions. Store foods in the pantry so that products with closer dates are up front. Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they are not perishable). Wait to wash produce until right before serving. Learn which fruits and vegetables to store in the refrigerator. Some produce will cause other fruits and vegetables to ripen quickly, so they need to be separated. And others should be stored in a cool, dark, dry places.