



# Kinship Link

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## Numbers to Live By 54321 + 8

### Pro Kinship for Kids

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You need to live by the numbers 54321 + 8 to be healthy. What does this mean?

**You need to get 5 servings of fruits and vegetables each day.** Fruits and veggies are colorful, taste great, and do great things for your body. Each color has a different benefit, so eat a rainbow every day! Here are some easy ways to get 5 a day:

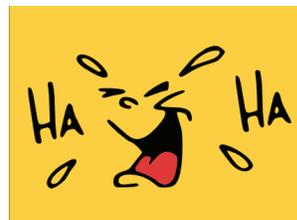
- Blend your favorite fruit (and veggie too!) into a smoothie with some yogurt and 100% fruit juice.
- Dip baby carrots, broccoli florets, celery sticks, and grape tomatoes in low-fat dip or hummus for a snack.
- Add chopped veggies to spaghetti sauce or soup.
- Top cereal or yogurt with berries or sliced banana.
- Feature veggies in main dishes like omelets, sandwiches, stir-fry, or lasagna.

**4 glasses of water a day.** Drink plenty of water each day to keep you healthy and hydrated. Water regulates your body temperature, carries nutrients, removes waste, and cushions and protects joints, organs, and tissue.

Make the healthiest choices for hydration: Water, low-fat or fat-free milk, 100% juice. Cut back on: Soda, energy drinks, sports drinks, fruit-flavored drinks, sweetened tea, and coffee drinks.

**3 good laughs a day.** There's no scientific number when it comes to laughter, but 3 laughs each day is a good start. Humor gives you a positive way to reduce or relieve stress. Laughter releases endorphins in your brain that help you feel better and maintain a positive attitude. Ways to add more laughter:

- ◆ Share a funny story with a friend
- ◆ Remember an embarrassing moment
- ◆ Read a joke book or rent a comedy
- ◆ Look for humor in everyday situations (but don't laugh at other's expense)



**2 hours or less of screen time.** Sometimes screen time is necessary for work and school, but often we

spend our free time in front of the TV, computer, or phone screen. Cut back on the recreational time you spend in front of a screen ... here's how:

- ◇ Try watching just one TV show at a time - choose your favorite.
- ◇ Record TV shows and fast forward through commercials.
- ◇ Activate your screen time by playing active video games or lifting hand weights while watching a show.
- ◇ Keep track of time spent online - you might be surprised at the amount.

**1 hour of physical activity a day.** To maintain a healthy weight, physical activity is key. Move your body each day with activities that you like and that fit into your life.

**Plus you need to get 8 hours or more of sleep.** Sleep is a necessity, not a luxury! The amount of sleep you get each night influences your performance, mood, and health. Sleep helps us think clearly, react quickly, and create memories. Lack of sleep can make you irritable. Poor sleep on a regular basis increases your risk of having high blood pressure, heart disease, and

## Numbers to Live By 54321 + 8 continued

other medical conditions. How many hour of sleep do you need? School-aged children (5 - 12 years) need 10 - 11 hours, teens (13 - 18 years) need 8 - 10 hours, and adults (18+) need 7 1/2 to 9 hours. Tips for a good night's sleep:

- \* Create a sleep schedule by going to

bed and waking up every day at the same time.

- \* Relax before bed with a book or calming music.
- \* Limit distractions like bright lights, computer, TV, or cell phone.

So as you can see you need to live everyday by the 54321 + 8 to have a healthy life!



## Eat Right and Reduce Food Waste

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. 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. Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen. 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 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).
- \* 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're 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 place.

### Other Ways to go Further with Food

- Be mindful of portion sizes. Choose smaller portions to stay within your calorie needs.
- Order smaller sizes of foods and drinks when eating away from home. Or ask for a to-go container at the start of a meal.
- Learn how to properly can or dehydrate foods at home.
- Donate extra foods that are still safe to eat to a local food pantry or shelter.
- Consider composting.

