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FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

March/April 2014

Get the Most Nutrition from Your Calories and 'Enjoy the Taste of Eating Right' during National Nutrition Month® and Beyond

Written by Ryan O'Malley and Allison MacMunn

While taste drives most food choices, eating nutrient-rich foods that provide the most nutrition per calorie is one of the best ways to "Enjoy the Taste of Eating Right," according to the Academy of Nutrition and Dietetics. As part of the 2014 National Nutrition Month® theme, the Academy encourages everyone to choose the most nutritionally-packed foods you can from each of the five MyPlate food groups every day.

Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories. "When your daily eating plans include foods like vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, fat-free or low-fat dairy, beans, nuts and seeds in the appropriate amounts, you are able to get many of the nutrients your body needs, all with relatively low amounts of calories," says registered dietitian nutritionist and Academy spokesperson Debbi Beauvais. Beauvais offers practical ways to add nutrient-rich foods and beverages to your daily diet:

- Make oatmeal creamier by using fat-free milk instead of water. Mix in some raisins, dried cranberries, cherries or blueberries, too.
- Make sandwiches on whole-grain bread, such as whole wheat or whole rye. Add slices of avocado, tomato or cucumber to lean roast beef, ham, turkey or chicken.
- When eating out, look for nutrient-rich choices, such as entrée salads with grilled seafood and low-calorie dressing, baked potatoes topped with salsa, grilled vegetables and reduced-fat cheese and yogurt parfaits made with strawberries and blueberries.
- Drink nutrient-rich, low-sugar beverages such as low-fat or fat-free milk or 100-percent fruit juice.
- Top foods with chopped nuts or reduced-fat sharp cheddar to get crunch, flavor and nutrients from the first bite.
- Spend a few minutes to cut and bag vegetables so they are in easy reach of every family member: some ready-to-eat favorites include red, green or yellow peppers, broccoli or cauliflower flowerets, carrots, celery sticks, cucumbers, snap peas or radishes.
- Serve meals that pack multiple nutrient-rich foods into one dish, such as hearty, broth-based soups that are full of colorful vegetables, beans and lean meat. Make chili with a dollop of low-fat yogurt. Serve these with whole-grain breads or rolls.

For dessert, enjoy a tropical treat by blending mango, plain low-fat milk, ice and a splash of pineapple juice, or stir chocolate syrup into a cup of coffee-flavored yogurt, freeze and enjoy. You should enjoy the foods you eat. In choosing nutrient-rich foods, you'll find they are familiar, easy to find and represent the five MyPlate food groups," Beauvais says. "Achieving balance and building a healthier diet can be simple and stress-free. Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan." Beauvais also recommends limiting added sugars and reducing the major sources of solid fats. "Drink few regular sodas, fruit drinks and sports drinks, and cut back on cakes, cookies, ice cream, cheese and fatty meats like sausages, hot dogs and bacon," she says.

"You don't have to give up these foods entirely, but find ways to enjoy small amounts occasionally," Beauvais says.



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Working for Wisconsin Families

Greeting everyone! It is hard for me to believe that in April I will have been with Extension for one year already. It has really gone by fast, and I want to thank each one of you for helping me as I transitioned into my new role as Family Living Educator. It has been a fun and exciting year for me, and I look forward to connecting with each one of you as I start my second year in Extension.

As many of you know March is National Nutrition Month, and this year's theme is Enjoy the taste of eating right. What you eat can make a huge difference in your diet. Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories. Does that mean you have to give up those snacks and treats you love? You do not have to give up those favorite sweets or snack foods you enjoy, but find ways to enjoy small amounts occasionally. As we gear up for the spring months ahead of us, there is going to be a lot of things happening within HCE. Here are just a few of the things you should mark on your calendar and save the date:

- ◆ Leader's Training on "Getting your heart right" will be on March 11, 1:30 at the Bonduel Methodist Church and 6:30 pm at the Shawano County Courthouse. The program is about creating better relationships, by being more open, sensitive and appreciative of the efforts of others in our lives.
- ◆ The HCE will be having a Brat Stand at Charlie's County Market April 24 through April 26. Please come and support our HCE organization as they raise money for Bookworms, which allows them to buy books for kids at Shawano Headstart and Bonduel Daycare.
- ◆ International night presentation will be April 29 at 5 pm at Zion Lutheran Church. Our speaker is from Jericho, Palestine. He will be talking to us about what it is like to grow up in Jericho, and what are some of their customs. He will also play his Quanon for us. Please plan to attend and learn more about one of our oldest cities in the world. Refreshments and cookies will be served after the presentation.
- ◆ The HCE Spring Event which will be on May 5 at the Shawano County Park Pavilion. The theme for this year's event is "Wrapped up with HCE". The guest speaker will be talking about scarfs and different ways you can dress up your attire. For more information check it out inside the HCE newsletter.

Hope to see you at these events. Don't forget to invite your friends to join us. Spring should be here soon.

Sincerely,

Nancy Schultz

Nancy Schultz, MS, CD — Family Living Educator — Nancy.Schultz@ces.uwex.edu

For more information on the WWF: Contact the Shawano County UW-Extension Office, 311 North Main Street, Shawano

• 715-526-6136 • <http://shawano.uwex.edu/> •



EDUCATIONAL OPPORTUNITIES



For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

Lunch and Learn at the UW Extension Office

March 4 – Spring Time is Food Safety Time – Spring holidays are a time for family and friends, but don't forget food safety. Join us for a look at all that is new in food safety.

April 8 - Planning for a Successful Gardening Year
Often a bountiful harvest is linked to planting the right crops, at the right time. Learn what varieties work well in Wisconsin and tips for a successful gardening year. Mike Maddox, Master Gardener Program Coordinator.

May 6 - Tips for a Successful Year of Food Preservation – Be sure you have the right equipment and most up-to-date information prior to the start of the food preservation season. Information on **steam canning** should be ready for this program!

Programs will be archived at:
www.foodsafety.wisc.edu

For more information please call Nancy Schultz, FLE Agent for Shawano County. 715-526-6136

UWEX Family Living Programs

Strong Bones & Healthy Hearts

Strong Bones & Healthy Hearts are evidence-based training programs developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University.

The Strong Bones Program includes progressive weight training, flexibility and balance activities. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health.

People with health concerns such as arthritis, heart disease, osteoporosis, diabetes, obesity and back pain often benefit the most from an exercise program that includes lifting weights a few times each week.

Strong Bones classes will be held on Mondays and Wednesdays from 8:30 to 9:30 am. The fee will be \$25 or \$10 for re-enrollment in the program.

The Healthy Heart Program is a cardiovascular disease prevention program that aims to help reduce the risk of heart disease through fitness and nutrition education. The program is also designed to help with weight control. During half of the class, participants engage in aerobic exercises. Over the course of the program, the aerobic exercises progress in duration and intensity.

The other half of the class includes leader-directed discussion around eating for heart health and hands-on cooking activities. The curriculum emphasizes an eating pattern that is rich in fruits, vegetables, low-fat dairy, fish, whole grains and legumes; it encourages leaner meats and poultry and fewer refined carbohydrates and saturated and trans fats.

Healthy Heart classes will be held on Mondays and Wednesdays from 1:30 to 2:30 pm for 12 weeks. The session fee is \$25.

Both of these sessions will be held at Zion Lutheran Church in the Fellowship Hall (Lower Level) at 1254 S Union Street, Shawano.

When: Tuesday, April 29, 2014
Time: 5:00 – 6:00 pm
Where: Zion Lutheran Church,
1254 S Union Street, Shawano

Please RSVP to the UWEX office at 715-526-6136 by April 21st.

Shawano County HCE Sponsored Events

HCE International Night Presentation

Come and meet **Izzeddin Said**, age 16, he is a foreign exchange student that is attending Wausau West and living with Pastor Phil and Sharon Bogen from Wausau. His religion is Muslim, and he is an Arabic Palestinian. Izzeddin will be sharing what life has been like growing up in Jericho. He will also play his Quran for us. Refreshments and cookies will be served after the program.

“Getting Our Hearts Right”

Learn about what we can do to address conflict when it happens in your life and how to sustain positive relationships. Your instructor will be Nancy Schultz, Shawano County FLE.

March 11th—Bonduel, Zion Methodist Church, 1:30 pm
March 11th - Shawano Courthouse, 6:30 pm Room A/B

Please RSVP to the UWEX office at 715-526-6136 by March 7th.

Local Food Business Seminars

March 6th: Marketing 201-Getting your products off the shelf.

March will focus on branding and marketing your product. Tera Johnson of Tera's Whey will discuss the following:

- 1) Local food business models that work. Many local food businesses prove to be unsustainable because they had an underlying business model that could never work despite having great products that consumers liked. There are, however, business models that do work. Learn how to shape your business into something that can be successful.
- 2) Who should I be selling to and how? Learn how to identify your best target consumers and sales and distribution channels that can get your products to them.
- 3) Market-based pricing. Learn how to marry your cost of production with what consumers are willing to pay to arrive at pricing that will work for your business.
- 4) Your brand is more than your products. Learn what it takes to create and sustain a valuable brand over time, and how integrated marketing communications and promotions affect both your sales and your brand.

April 2014: Know your buyer—A panel discussion from buyers of restaurants, food-service directors and grocery stores. Find out what they are looking for and how to best approach them with your products. Hear from successful case studies of producer/buyer relationships.

May 2014: Selling through a distributor—A panel discussion from a number of distributors, food hubs and aggregators. Find out what model works best for you and your business.

Location and time of the April and May Seminars will be announced at a later date.

Money Smart Week

Break the “Paycheck to Paycheck” Cycle

Wednesday April 9th at the Shawano Middle School from 5:00 to 7:30 pm. The night will start with a Resource Fair in the school commons and move into breakout sessions on Financial Literacy. There will be snacks available. The breakout sessions will include:

- From Employment To Entrepreneurship
- How to Save A Dollar When You Don't Have A Dime To Spare
- Do's and Don'ts that Affect Your Credit Report
- Buying VS Renting Your Own Home
- Basic Couponing & Smart Shopping

Registration is FREE! Although there is no charge to attend this event pre-registration is needed as space is limited and snacks need to be ordered.

Please stop in or call at:
UW Extension Office—715-526-6136
Shawano Community Education Office—715-526-2192 x 3102
(Located at the Shawano Middle School, 1050 S Union)

7th Annual Taste of Shawano Food-Culture Fest

Local restaurants and distributors will provide a variety of food samples to enjoy while browsing Shawano area artists, cultural and Junior Achievement displays.

Monday, March 31st at the Shawano High School from 5:30 to 7:30pm. This event is sponsored by Wolf River Junior Achievement.