

Food and Fitness

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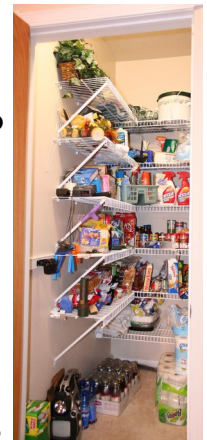
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We are currently living in a strange time where a virus has taken over the world. With all of the changes, one of the hardest parts is the inability to go out and get the items we need. Even if you can get out, the stores are wiped out of many items that are on the grocery list. It can be hard to plan meals in advance when you have no idea what the store will have in stock. When trying to plan meals ahead of time, we are having to think outside the box and sometimes on the fly at the actual grocery stores when items are unavailable.



Not to mention, this does not even account for the ones who cannot afford groceries and are left with little food. Some people are relying on food boxes for free with a mixture of foods. With the help of many, food boxes are being prepared for those who are in need of food. At times, the boxes give people items they have never used before and leaves them wondering how to create a meal with them. It is time to roll up your sleeves and get to work on how to make what you have in your house work for creating meals to eat.

Menus in “normal” times are much easier to accommodate when the shelves are stocked in the grocery store and at home. Now, the stores have a fraction of what they usually carry and we are not going out as much.

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How to Make Dinners for a week with the Foods You Already Have on Hand

(Continued from Page 1)

It is important to not let this get you down. Start getting creative in the kitchen with trying new recipes, substituting or omitting items, or creating your own meals that you have never experimented with before.

Menus can be as creative or as simple as you want. When creating a menu for dinners for a week, there are some easy steps to work through for planning for the week.

Step 1: Take an inventory of what items you have. Write down all the items you cook with that you have in your pantry, cabinets, refrigerator, etc. Writing the items down will give you a better idea of what you have without having to continue to open the cabinets or stand staring into the refrigerator.

Step 2: Determine your level of cooking skills and desire to cook. Do not skip this step or you can easily find yourself overwhelmed. If you pick meals that have a lot of steps, you are not a daily cooker, or you are not knowledgeable in the kitchen, this can only lead to frustration. Also, cooking elaborate meals every night can lead to being burned out quickly from wanting to cook. Following the rule of 3-3-1 is a great method to try out—3 easy dinner meals, 3 more complexed dinner meals, and 1 meal for using leftovers.

Step 3: Start with your protein sources. Picking the protein items first will help lead you into the other parts of the meal. Don't forget that protein comes in many other forms, not just meat or poultry; for example, beans and nuts.

Step 4: Follow up with grains, vegetables, fruits, and dairy. Choose grains and vegetables that pair well with your protein source. The fruit group is one that some choose to eat with dinner and for others it might not be as common. Eating fruit with dinner adds a touch of sweetness like having a little treat. With dairy, if you are not cooking with it, having a glass of milk will do the trick.

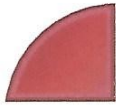




Instead of looking at this time as a negative, try to step outside of the normal meals you usually cook. Who knows, you could find yourself enjoying something you would have never thought to try to make before.



United States Department of Agriculture

MyPlate Plan Menu

Record the food groups you eat and drink during the day for breakfast, lunch, dinner, and your snacks.

	FRUITS 	VEGETABLES 	GRAINS 	PROTEIN FOODS 	DAIRY 
DAY 1					
DAY 2					
DAY 3					
DAY 4					
DAY 5					
DAY 6					
DAY 7					

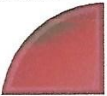






Start simple
with MyPlate

Food, Nutrition, and Consumer Services
Center for Nutrition Policy and Promotion

December 2018
USDA is an equal opportunity
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MyPlate Food Groups

Food Group	What Counts As...
 <p>Fruits</p> <ul style="list-style-type: none"> - Whole Fruit - Fruit Juice 	<p>1 cup of Fruit</p> <ul style="list-style-type: none"> • 1 cup fresh or canned fruit • 1 cup 100% fruit juice • 1/2 cup dried fruit
 <p>Vegetables</p> <ul style="list-style-type: none"> - Dark Green - Red and Orange - Beans and Peas - Starchy - Other 	<p>1 cup of Vegetables</p> <ul style="list-style-type: none"> • 1 cup fresh or canned vegetables • 1 cup 100% vegetable juice • 2 cups leafy salad greens
 <p>Grains</p> <ul style="list-style-type: none"> - Whole Grains - Refined Grains 	<p>1 ounce of Grains</p> <ul style="list-style-type: none"> • 1 slice of bread (1 ounce) • 1/2 cup cooked pasta, rice, or cereal • 1 ounce uncooked pasta or rice • 1 tortilla (6 inch diameter) • 1 pancake (5 inch diameter) • 1 ounce ready-to-eat cereal (about 1 cup cereal flakes)
 <p>Protein Foods</p> <ul style="list-style-type: none"> - Seafood - Meat, Poultry, and Eggs - Nuts, Seeds, and Soy 	<p>1 ounce of Protein Foods</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood • 1 egg • 1 Tablespoon peanut butter • 1/2 ounce nuts or seeds • 1/4 cup cooked beans or peas
 <p>Dairy</p> <ul style="list-style-type: none"> - Milk and Yogurt - Cheese 	<p>1 cup of Dairy</p> <ul style="list-style-type: none"> • 1 cup milk • 1 cup fortified soymilk (soy beverage) • 1 cup yogurt • 1 1/2 ounce natural cheese (e.g., Cheddar)

Want your personal calorie and food group plan?
 Check out the MyPlate Plan at www.ChooseMyPlate.gov/GetMyPlan.
 For tips, visit www.ChooseMyPlate.gov/StartSimple.

POPULAR



SPICE BLENDS

Spice blends combine complementary spices to create a whole new taste. Create them on your own or buy them as a blend to add instant flavor.

KEY FLAVOR PROFILE



CHILI POWDER SPICY, SMOKY



CORN, TOMATO, CAULIFLOWER, GREEN BEANS, SQUASH

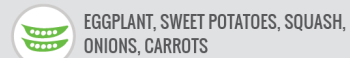


BEANS, CHICKEN, BEEF, FISH



SOUPS, SAUCES, SALAD DRESSINGS, DRY RUBS, MARINADES

ZA'ATAR BITTER, WARM



EGGPLANT, SWEET POTATOES, SQUASH, ONIONS, CARROTS



CHICKEN, BEEF, LAMB, FISH.



DRY RUBS, BREAD DIPS

HERBS DE PROVENCE EARTHY



GARAM MASALA WARM, SWEET, BITTER



RAS EL HANOUT SPICY, SWEET





ONIONS, POTATOES, ZUCCHINI, EGGPLANT, TOMATOES



CHICKEN, BEEF, LAMB, FISH



SOUPS, SALAD DRESSINGS, DRY RUBS, MARINADES



POTATOES, BROCCOLI, CAULIFLOWER, GREEN BEANS, SQUASH



CHICKEN, BEEF, BEANS, LENTILS



CURRIES, RICE, MARINADES, SALAD DRESSINGS, STIR-FRIES



ONIONS, TOMATOES, DATES, PRUNES, CARROTS,



CHICKEN, BEEF, LAMB, FISH, BEANS, LENTILS



SOUPS, DRY RUBS, MARINADES

CURRY POWDER

WARM, SPICY



TURMERIC



CORIANDER



CUMIN



FENUGREEK



RED PEPPER

CAJUN SEASONING

SPICY, EARTHY



BLACK PEPPER



PAPRIKA



CUMIN



CAYENNE PEPPER



THYME

CHINESE FIVE SPICE

WARM, SWEET, BITTER



CASSIA



CLOVE



FENNEL



STAR ANISE



STAR ANISE



SZECHUAN PEPPERCORNS



CAULIFLOWER, CABBAGE, ZUCCHINI, BROCCOLI, GREEN BEANS



CHICKEN, LENTILS, PORK, TOFU



CURRIES, RICE, SOUPS, SAUCES, STIR-FRIES, MARINADES



BELL PEPPERS, ONIONS, CELERY, CARROTS



CHICKEN, BEEF, PORK, SHELLFISH



DRY RUBS



BELL PEPPERS, BROCCOLI, CARROTS, CELERY, SHIITAKE MUSHROOMS



BEEF, DUCK, TOFU, PORK



STIR-FRIES, DRY RUBS, MARINADES, RICE

To learn more about adding flavor to your meals visit cooksmarts.com/flavor

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Recipe—Mexican Bean Salad

Ingredients

- ◆ 1 (15 oz) can black beans, drained and rinsed
- ◆ 1 (15oz) can kidney beans, drained
- ◆ 1 (15oz) can cannellini beans, drained and rinsed
- ◆ 1 green bell pepper, chopped
- ◆ 1 red bell pepper, chopped
- ◆ 1 (10 oz) package frozen corn kernels
- ◆ 1 red onion, chopped
- ◆ 1/2 cup olive oil
- ◆ 1/2 cup red wine vinegar
- ◆ 2 tablespoons lime juice
- ◆ 1 tablespoon lemon juice
- ◆ 2 tablespoons white sugar
- ◆ 1 tablespoon salt
- ◆ 1 clove crushed garlic
- ◆ 1/4 cup chopped fresh cilantro
- ◆ 1/2 tablespoons ground cumin
- ◆ 1/2 tablespoons ground black pepper
- ◆ 1 dash hot pepper sauce
- ◆ 1/2 teaspoon chili powder




Directions

1. In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
2. In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin and black pepper. Season to taste with hot sauce and chili powder.
3. Pour olive oil dressing over vegetable; mix well. Chill thoroughly, and serve cold.

Don't Just Exercise Your Body, Workout Your Brain!

SENIOR SAFETY



Created by Evelyn Johnson - www.qets.com

SENIOR SAFETY

ACROSS

- 1 Dangerous activity in bed
- 3 Illuminate these areas
- 5 Remove to prevent tripping
- 9 Avoid using slipper wax on these
- 11 Avoid hiding spare one in obvious place
- 12 Install on staircase to prevent falls
- 14 Avoid using if cord is frayed
- 16 Install this type of bar in bathroom
- 17 Never tell people you are this
- 18 Store these in a rack



DOWN

- 2 Put large ones on house
- 3 Turn this heater to 120 degrees Fahrenheit or below to avoid scalds
- 4 Makes a sound when there is smoke
- 6 Avoid loose clothing when doing this activity
- 7 Use instead of stove
- 8 Install a dead _____ on all outside doors
- 9 Keep handy in case of power outage
- 10 Have reviewed regularly by a doctor
- 13 Have checked regularly by a doctor
- 15 Lock doors and roll up windows when driving one of these

May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 May Day	2 Brother & Sister Day
3 Garden Meditation Day	4 Bird Day	5 Cinco de Mayo	6 Beverage Day	7 National Tourism Day	8 Military Spouses Day	9 National Train Day
10 Mother's Day	11 Eat What You Want Day	12 International Nurses Day	13 National Receptionist Day	14 Dance Like a Chicken Day	15 National Chocolate Chip Day	16 Armed Forces Day
17 Pack Rat Day	18 Visit Your Relatives Day	19 World Plant a Vegetable Garden Day	20 Pick Strawberries Day	21 National Memo Day	22 Don't Fry Friday	23 International Jazz Day
24 National Escargot Day	25 Memorial Day	26 Sally Ride Day	27 Sun Screen Day	28 National Hamburger Day	29 Learn About Composting Day	30 Water a Flower Day
31 Save Your Hearing Day						

Monthly Observances

- Date Your Mate Month
- Foster Care Month
- Gifts from the Garden Month
- Lupus Awareness Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Photograph Month
- National Recommitment Month
- National Salad Month

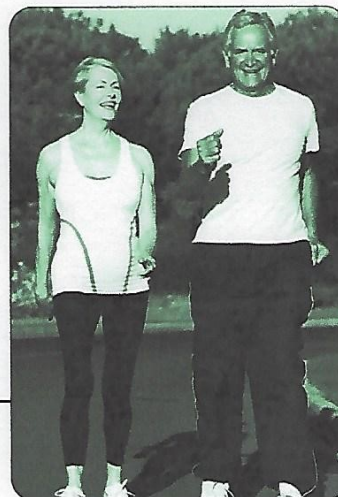
Older Americans Month

Health Motivator Tips

May

Walking: The “Wonder Drug”

By Gwen Crum, WVU Extension Agent – Wood County



Monthly Challenge: Find an accountability partner and create a plan to meet and walk at least three times each week for the next month.

Health Motivator Talking Points

- Dr. Thomas Frieden, director of the Centers for Disease Control, calls walking “the closest thing we have to a wonder drug.”
- According to the Mayo Clinic, walking has multiple health benefits:
 - *Maintaining weight:* As little as 30 minutes each day can help keep you from gaining weight. This can be three 10-minute walks, if necessary.
 - *Diabetes prevention and maintenance:* Walking 30 minutes each day may help lower your blood sugar levels. If you have Type 2 diabetes or prediabetes, this can be life changing!
 - *Bone density:* Any exercise where you are bearing your own weight will help strengthen your bones. The more you walk, the stronger the bones in your legs become.
 - *Mood stabilization:* Exercise releases chemicals in our brains which help make us happier. These chemicals can decrease feelings of depression and anxiety.
- The Arthritis Foundation reports walking to be good for your:
 - *Joints:* When we move, our bodies send fluid to our joints which keep the cartilage from deteriorating.
 - *Muscle tone:* Having good muscle tone can decrease pain if you already have arthritis.
 - *Circulation:* Improving circulation decreases your risk of heart disease.
 - *Memory:* Some studies show a decrease in Alzheimer’s disease among those who walk regularly.

Quick Club Activity: Walking Warm-up

As a group, swing your arms back and forth and do some slight twists at the waist. Then, raise/bend your knees 15 to 20 times. This is a great way to warm up your body before going for a walk.

Learn More

<https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/walking/art-20046261>



Chuckle of the Month:

I like long walks, especially when they are taken by people who annoy me.

