

# Healthy Tips! – August 2018

## K-STATE

Research and Extension

Master Food Volunteer  
Johnson County

### Upcoming Classes

#### Pickling

Thursday, Aug. 16 @ 6-8pm

Fee: \$20

Have you tried pickling but were disappointed in the results? Or have you been too afraid to even try? Come join us as we take the mystery out of pickling by sharing demos and giving you tips and recipes. Enjoy samples of pickles, mixed pickled veggies and fruit shrub. And try probiotic foods like kombucha, yogurt and sauerkraut. Pickling - it's not just for Grandma anymore.

#### What's for Dinner: Meal Planning and Freezer Meals

Thursday, Sept. 20 @ 6-8pm

Fee: \$20

Is it always a rush after work to get dinner on the table? Do you like a home-cooked meal but not all the work that it takes to make? Join the Extension Master Food Volunteers to learn some great tips and tricks to get a delicious, nutritious meal made faster and more efficient.

To register, call:

913-715-7000

or visit:

[www.johnson.k-state.edu](http://www.johnson.k-state.edu)

### August is National Sandwich month!

The sandwich has a long history and its origins are unclear—but regardless of when, where and why they came about, there are many ways to make them healthy! Try these tips for making nutritious sandwiches without compromising on taste.

**Opt for whole grain bread.** What makes a sandwich a sandwich? The bread, of course! Carbs have a bad reputation, but they are an important part of your diet. Whole grain breads, rolls, wraps, pitas and English muffins are some of the healthiest bread options for sandwich building.

**Bonus tip: Whole grains provide greater nutritional benefits** than their refined grain counterparts.

**Pick your protein.** Lean proteins such as turkey, chicken, lean roast beef, and tofu all work great on sandwiches. While cold cuts provide a quick and easy protein option, check the nutrition facts on your favorites to get an idea of their fat and sodium content. Also, processed meats may not be healthy when consumed daily.

**Bonus tip: Make your dinner work double duty.** Roast a slightly larger chicken, turkey, pork loin or lean cut of beef than you would normally. Slice extras to use for sandwiches. This can save you money and provide a healthier option for your sandwich.

**Choose your cheese.** Cheese isn't always a sandwich necessity, but it can add good flavor, another source of protein, plus calcium and Vitamin D. Opt for low-fat cheeses and make sure you don't add too much.

**Bonus tip: Cheese can serve as your protein** if you like to go meatless.

**Don't forget the veggies!** Veggies are a great addition to any sandwich. Add sliced tomato, lettuce leaves, sliced peppers, sliced mushrooms...whatever suits your fancy! Veggies are high in nutrients but low in calories and fat, so don't hold back when adding them to your sandwich.

**Conclude with condiments.** Mayo also has a bad reputation when it comes to nutrition. However, if you look at the nutrition label, you'll find most brands are high in healthy monounsaturated and polyunsaturated fats. That being said, it still should be consumed in moderation. If you're looking for new ways to add flavor to your sandwich, try toppings like whole grain mustard, banana peppers, hummus, smashed avocado, light salad dressing, and wasabi. Hold the salt, especially if you're using processed or deli meats.

Source: [www.healthadvocate.com](http://www.healthadvocate.com)



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# What's Happening with the Master Foodies!

## Film: Use Everything, Waste Nothing

About 60 people, including 14 EMFVs, attended a screening of a documentary that aimed to spur us to help cut the problem of wasted food in our country.

Produced by celebrity chef Anthony Bourdain, “Wasted: The Story of Food Waste” was shown on March 5 at Johnson County Community College. It was an AT opportunity for EMFVs.

Urging us to “use everything, waste nothing,” the 90-minute documentary portrayed efforts in America and throughout the world to reduce food waste. A panel of local activists and environmentalists interested in food policy responded to the issues raised in the documentary.

It started with some dismaying statistics: 1.3 billion tons of food throughout the world gets thrown out each year; 40 percent of food produced for human consumption in the United States goes to waste, with most of it ending up in a landfill; and the cost of food waste is \$1 trillion a year.

In the midst of all this food waste, human hunger and food insecurity continue to be problems in the world, in the United States and in Johnson County.

Solutions come from all parts of the world, including waste-fed pigs in Japan; a disposal program in South Korea that has reduced household food waste by 30 percent; and a garden education curriculum for children in New Orleans.

To help the cook of the family, the documentary featured well-known chefs, including Bourdain, Mario Batali and Dan Barber. They prepared recipes that aimed to change the way people buy, cook, recycle and eat food. The tasty dishes included Bouillabaisse, Coq au Vin and Pig’s Ear Salad, all made from food scraps.

Mariah Friend, volunteer coordinator of the local hunger-relief nonprofit After the Harvest: Healthy Food for Hungry People, moderated the screening.

The panelists were Craig Wood, solid waste management coordinator at the Johnson County Department of Health and Environment; Gary Kannenberg, environmental scientist from The Tellus Group, an environmental and sustainable practices consulting firm, who is also a JCCC adjunct professor; Gay Handler, volunteer coordinator at The Mitzvah Gardens; and Lisa Ousley, executive director of After the Harvest.

Mariah described her nonprofit’s efforts to reduce food waste and provide produce to hungry people, which might be of special interest to EMFVs: Volunteers “glean” produce that would otherwise go to waste. They pick what is left in farmers’ fields after the harvest and deliver it to food banks, food pantries, homeless and other shelters and community kitchens. The gleaning season begins in mid-May and lasts through late November.

Another effort: The Mitzvah Garden at 123<sup>rd</sup> Street and Nall seeks volunteers to help tend its organic produce, including cucumbers, onions, garlic, tomatoes and peppers. The produce is given away to food pantries.

And another: Our own [Johnson County K-State Research and Extension](#) provides instructions on how to make your own compost pile, using fruit and vegetable scraps, coffee grounds and kitchen waste as well as leaves, grass clippings and straw.

