

Healthy Tips! – January 2017



Master Food Volunteer

Upcoming Classes

February—

Fish for Beginners

Fresh, frozen, baked, sauteed... There are lots of fish in the sea and just about as many different ways to prepare. A highly nutritious protein choice, it's recommended we consume seafood twice a week. We will cover the basics about the various types of fish, how to choose fresh and sustainable varieties, and different ways to prepare.

Thursday, February 23, 6–8pm

Fee: \$25

March—

Building a Beautiful Brunch

Brunch is the perfect time to show off your skills in the kitchen, while entertaining your friends and loved ones. Join us as we look at different ways to make a delicious and nutritious meal, sample recipes and learn fun ways to display food. Participants will receive a recipe booklet with unique ideas to duplicate.

Tuesday, March 21, 6–8pm

Fee: \$20

To register, call: 913-715-7000

Or visit: www.johnson.k-state.edu

Mindful Tips to Improve Your Eating Habits

The new year is here. Let's start being mindful of our eating habits. Being aware of what we eat, and how much, is the first step for a healthier 2017. We could shed a few of those pounds we had gained, have less stress on our heart and lower our blood glucose level. Below are simple ideas to assure the first steps toward a healthy 2017:

Control Portions - Be mindful of how much food you put on your plate. Try eating smaller portions. This is very important during the winter months when we have a tendency to be less active.

Eat when you're hungry - Out of boredom, many of us go to the kitchen to see what is available to snack on. Judge your hunger on a scale of 1 to 10. Don't eat until you are truly hungry.

Plan - Have healthy snacks such as vegetables and fruits cut up in the refrigerator. If you are going to be gone most of the day, take a healthy snack with you. Snacks filled with fiber will keep you full longer.

Slow down - Take the time to taste each bite instead of eating so fast you didn't taste the food. Also, when sitting at a table concentrate on the meal and put your fork down between each bite.

Pay attention - Turn off the TV, computer and phone while eating and close the book and magazines. It is too easy to forget how much you are eating when you are paying attention to something else.

Keep a food diary - This is a strategy that helps control portion sizes and have people more MINDFUL of what they are eating every day. It works!

It is very important to keep our health in check. There are many things we can do to help ourselves. Be mindful of your eating habits and you will feel better, have more energy and enjoy the best of 2017!

Source: Michigan State University Extension



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What's happening in our EMFV Program?

Demos a Nice Touch at the Pantries

Especially important at this holiday time of year, the food demos at the food pantries at three sites in Johnson County are a quiet, but appreciated, program in Extension's arsenal.

EMFVs Sherry Carter and Jean Porter regularly lead the demos at the pantries at Catholic Charities in Overland Park and Olathe and at St. Mark's United Methodist Church in Mission, known as the Santa Fe Way Station.

The two choose easy and nutritious recipes that use ingredients readily available at the pantry, such as breads, rolls, muffins, canned beans, canned vegetables, noodles, rice, stuffing mixes and tomato sauce.

On Nov. 8 at Catholic Charities on West 87th Street in Overland Park, Sherry and Jean made a 3-Bean Vegetarian Chili using kidney beans, black beans and garbanzos. Sherry presided over the skillet while Jean opened the cans and poured in the ingredients.

"What are good things to have with chili?" Jean asked two women attendees.

"Crackers," one said.

"Cornbread," said the other.

The women sampled the chili – which took just minutes to prepare – and took home a quart along with the recipe, which was printed in English and Spanish.

Besides the 3-Bean Chili, other recent recipes have been Banana Pancakes – "a hit," Sherry said – Cabbage Sloppy Joes and Green Peppers Stuffed with Rice.



About two or three people usually attend the monthly Overland Park class, while eight show up at the class in Olathe; at the November demo, there were 20 attendees! At St. Mark's, as many as 35 people come through and try the samples.

EMFVs also give food demos for people in the Women, Infants, Children, or WIC, program at sites in Shawnee Mission and Olathe. The WIC demos are given twice a month. Kathy Dawson facilitates many of these demos, but more volunteers are always welcomed to participate.

