

Healthy Tips! – March 2018

K-STATE

Research and Extension

Master Food Volunteer
Johnson County

Upcoming Classes

15 Meals That Will Make You Feel Like an Adult

Thursday, March 15 @ 6-8 pm

Fee: \$20

Are you a grown up but still eating like a three year old? It's time to break out of the boxed-meal routine and elevate your menu. We'll also review the basic tools and latest gadgets, the hottest resources for budding cooks for easy recipe retrieval and storage and will demonstrate the essential techniques needed for prepping recipes worthy of mature taste buds.

Heart-Healthy Mediterranean

Thursday, May 17 @ 6-8 pm

Fee: \$25 (registration opens 3/19)

Learn how to incorporate one of the world's healthiest styles of cooking into everyday meals. Recipes featured will be typical of the fresh, down-to-earth style of eating in Mediterranean countries. Many samples of the dishes plus a recipe booklet will be provided.

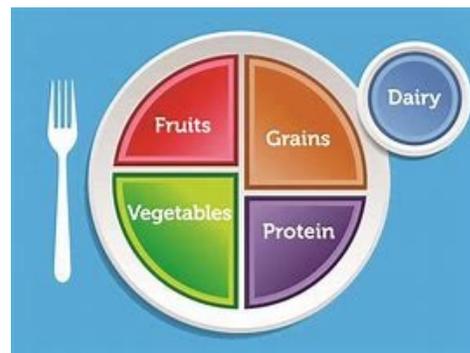
To register, call: 913-715-7000
or visit: www.johnson.k-state.edu

Take Care of Your Heart

The Mediterranean diet is a healthy way of eating that emphasizes benefits for your heart. Based on the eating patterns of people who live in countries surrounding the Mediterranean Sea, this diet plan emphasizes eating lots of vegetables, fruits and whole grains and increasing your consumption of fish.

If you'd like to try the Mediterranean style of eating here are some tips to follow:

- Use My Plate to plan your meals. My Plate emphasizes filling half your plate with fruits and vegetables, which are a main staple of the Mediterranean diet.
- In addition to eating lots of vegetables and fruit, choose other plant based foods such as beans, nuts and whole grains, like brown rice and whole grain pasta.
- While you can still enjoy small portions of red meat, try to increase the amount of fish you're eating to at least twice a week. Remember— fish is a good source of heart-healthy Omega-3 oils. Poultry is also lower in fat, so should be featured in many of your meals.
- Use olive oil and canola oil rather than butter, margarine or shortening. Olive oil, a monounsaturated fat is the main source of fat in this plan. Monounsaturated fats can help lower your level of LDL cholesterol.
- The Mediterranean diet also uses many herbs and spices such as garlic, basil and rosemary to enhance the flavor of food without adding extra fat, salt or sugar. Try to avoid the salt shaker.
- Avoid using processed, pre-prepared foods. These foods are often higher in fat, sugar and salt than the same foods prepared by you at home.



If you are interested in learning more about the Mediterranean Diet, check out the upcoming Heart-Healthy Mediterranean Class on May 17 from 6-8pm (Registration opens March 19– see sidebar).

Source: MSU Extension



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What's Happening with the Master Foodies!

Books & Bites a Hit at Goddard

Once a month EMFVs visit The Goddard Schools at 11060 Oakmont St. in Overland Park and 15040 W. 138th St. in Olathe for the Books & Bites program. The private schools provide early childhood education. EMFVs read a story to the 4- and 5-year-olds that aims to inspire a chat about MyPlate and other healthy eating habits. EMFVs then help the children make a healthy snack.

On Dec. 14, EMFVs Sandy Corwin, Patti Graham, Denise McKenny and Marilee Shrader met at Goddard's Oakmont Street school, which has 36 preschool-aged children in three classes.

Marilee, the book reader of the day, reads "More Spaghetti I Say" by Rita Golden Gelman. It's about Minnie the Monkey, who is obsessed with spaghetti, and her friend Freddie, who tries to persuade Minnie to come out and play with him. The message of the book is that being consumed by one thing is unhealthy and affects your friendships.



Meanwhile, the snack crew, Sandy, Patti and Denise, prepare pasta salad ingredients. Students receive small cups containing spaghetti and add cherry tomatoes and Italian dressing.

Marilee moves to the other classrooms. Learning good hygiene before cooking, students wash their hands and distribute napkins. The snack crew places a cup of spaghetti along with dressing and tomatoes on tables for each student.

The children assemble their very own pasta salads and soon it is time to taste the creations. Some students are convinced they will not like the snack. The snack crew encourages them to take a small "no thank you" bite. That means they taste it and if they don't like it then they don't have to finish it. Amazingly, the students taking the "no thank you" bites *like* the snack and many ask for more.

Now it is time to move on to The Goddard School on West 138th Street in Olathe, which has two classrooms with 4- and 5-year-old students. On Dec. 14, EMFVs were surprised to find that all 30 students were in one classroom.

This school has been providing soccer classes for the preschoolers. Some of our visits coincide with the soccer lessons. Because of the cold weather on Dec. 14, the school converted the larger classroom into a makeshift indoor soccer field. Normally the EMFVs prepare the snack for the first classroom and replenish the dishes before going to the next classroom. But, with a quick rearranging of the snack ingredients, serving all the children in one classroom went smoothly.

The Goddard Schools are the latest venue for Books & Bites. The program started at Growing Futures (formerly HeadStart) at 8155 Santa Fe Drive, old Overland Park. This activity is very rewarding. It feels good when I enter the classroom and all the students are excited to see me and the other EMFVs and they are so anxious to start. The volunteers look forward to the next visit as much as the students do.