



HEALTHY TODAY

REDUCE FOOD WASTE

People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days. It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields. Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home. A good place to start is right in your own kitchen.

- ⇒ **Master the Shelf Life of Foods.** Many foods and drinks purchased at the grocery store include a date, which indicates when it should be used or sold by. Because these dates refer to the product's quality, it doesn't necessarily mean they should be thrown out.
- ⇒ "Use by", "Best by" and "Best Before" dates are found on foods, such as mustard, salad dressing and ketchup. These products usually don't need to be refrigerated until opened. In many cases, they are safe to eat beyond the date as long as they have been stored properly.
- ⇒ "Sell by" dates are displayed on perishable foods, such as meats and dairy products. It's possible these foods may be used a few days after that date, as long as they were stored at a safe temperature.
- ⇒ **Practice Good Food Safety:** Eat leftovers within 3 to 4 days (or freeze for up to 3 to 4 months). Store foods in the pantry so that products with closer dates are up front. Place foods that could spoil quickly within sight, such as in the front of the refrigerator or on the counter (if they're not perishable). Wait to wash produce until right before serving.

<https://www.eatright.org/food/resources/national-nutrition-month/toolkit>

READING FOOD LABELS ON PACKAGING

INTERPRETING DATES SHOWN ON PREPACKAGED FOODS	BEST BEFORE
EXPIRATION DATE <small>This date must be shown on packaging for formulated liquid diets, foods intended for low-energy diets, meal replacements, nutritional supplement foods and infant formulas. If the expiration date has passed, the food should be thrown away.</small>	PASSED "BEST BEFORE"? <small>Foods can be eaten and purchased after "best before" date has passed, although it may have lost some flavour, nutritional value and freshness. "Best before" is not an indicator of food safety. Once opened, shelf life may change.</small>

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day! To read more Healthy Today articles, please visit the archives on our website: www.communityhealthdayton.org/healthyat80

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EAT RIGHT: TIPS FOR 2021

Celebrate National Nutrition Month in March and all Year Long!



- ⇒ **Make half your plate fruit and vegetables:** Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- ⇒ **Watch portion sizes:** Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Measuring cups may also help you compare your portions to the recommended serving size.
- ⇒ **Order out without ditching goals:** You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully. Compare nutrition information, if available, and look for healthier options that are grilled, baked, broiled or steamed.
- ⇒ **Enact family mealtime:** Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.
- ⇒ **Reduce added sugars:** Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.
- ⇒ **Explore new foods and flavors:** Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you or your family.
- ⇒ **Experiment with plant based meals:** Expand variety in your menus with budget friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start.
- ⇒ **Supplement with caution:** Choose foods first for your nutrition needs. A dietary supplement may be necessary when nutrient requirements can't be met or there is a confirmed deficiency. If you're considering a vitamin, mineral or herbal supplement, be sure to discuss safe and appropriate options with your healthcare provider before taking.

CULINARY LINGO

Braise, broil, poach, simmer – what does it all mean? Following healthful recipes is easier if you understand cooking vocabulary.

Braise: to brown, then simmer over low heat in a small amount of liquid (water, broth or even fruit juice) in a covered pot for a lengthy time on the stove or in the oven

Broil: to cook with direct heat, usually under a heating element in the oven

Chop: cut food into smaller pieces of no particular size or shape

Dice: cut foods into uniform square pieces.

Grate: rub food against a serrated surface to create fine shreds

Mince: cut food into very small pieces

Panbroil: to cook uncovered in a preheated, nonstick skillet without added fat or water

Poach: type of moist heat cooking — to cook gently in liquid, just below boiling, until the liquid's surface starts to shimmer

Roast: type of dry heat cooking — to cook uncovered with dry heat in the oven

Sauté: type of dry heat cooking — to cook quickly in a small amount of fat, stirring so the food browns evenly

Simmer: type of moist heat cooking — cooking food in a hot liquid that is bubbling but not boiling

NUTRITIOUS LOW-COST FOODS

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; peanut butter; grains such as oats, brown rice, barley or quinoa; and frozen or canned fruits and vegetables.

Start a garden or visit a Farmers Market. A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price.

Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at the grocery store. Check and see where the closest farmers market is in your area



VARY YOUR DIET

EAT A VARIETY OF
NUTRITIOUS FOODS
EVERY DAY.

#BUDGETBITES

Getting the most nutrition for your food budget starts with just a little extra planning before you shop. Here are some budget friendly tips for eating right.

Cook more, eat out less

- ◆ Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat

- ◆ Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of the ingredients needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on the list.

Decide how much to make or buy

- ◆ Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Determine where to shop

- ◆ Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.



Watch portion sizes

- ◆ Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and lean protein foods. This is an easy way to eat a balanced meal while controlling portions and cost.

canned ***Peaches*** 5 ways

Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg

Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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Charles Drew Health Center

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