

# Food/Nutrition

## Cooking with Herbs and Spices

HHS Educator, Tara Beckman, and NEPA, Cindy Finerfrock, kicked it up a notch today with their Cooking With Herbs & Spices class during one of SWAG's (Seniors With A Goal) twice a month meetings.

They focused on ways to reduce salt, fat, and sugar by encouraging participants to use combinations of herbs and spices in dishes they already enjoy at home. Tips on storage, checking for freshness, common food pairings, and various ways to incorporate seasonings blends into recipes were among the topics of conversation.

Participants also made their own salt-free blends using a base seasoning recipe and then adding their own twists. Some were thinking about a great combination for grilled seafood, others chose to create a versatile taco blend, and one even chose our Thai blend as a way to change up the seasonal veggies they've been enjoying this summer.

Education, fun, and creativity— a winning combination!



## Cooking Under Pressure

YUM! Do you have a pressure cooker but you're not quite sure how to work it properly or how to cook your food properly in it? This workshop will surely give you some help!



## Mixing It Up With Smoothies

Come learn about smoothies...Take home recipes, sample some delicious recipes, learn about the health benefits of smoothies.



## Food Budgeting and Meal Planning

Need help budgeting your groceries for your meals each week? This 1-hour program focuses on getting the most nutritious food for your food dollars!



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## Small Steps to a Healthier Diet

Our HHS/CD Educator, Tara Beckman, partnered with LifeSpring's Nurse Educator, Breeze Peele, last week to deliver "Small Steps to a Healthier Diet" at the HCPL- Elizabeth Branch. They discussed small steps each person can take toward their individualized health goals and prepared a healthy Unstuffed Peppers recipe -- Yum!

Collaborations and partnerships like these allow our programs to make an even bigger impact in our community. Thank you LifeSpring Health Systems and the HCPL- Elizabeth Branch!



## Dining with Diabetes

Throughout the month of February, Health and Human Sciences Educator, Tara Beckman, along with Program Assistant, Jocelyn Faith, had the pleasure of partnering with the Harrison County Public Library- Elizabeth Branch for Dining With Diabetes! Participants learned about diabetes, how carbohydrates play an important role in blood glucose levels, information regarding sweeteners, fats, and sodium, and the importance of physical activity. They also focused on weekly goal setting in order to begin taking small steps toward better health and managing type 2 diabetes.



This program is a 4-session program, followed by a 3-month reunion, and includes a cooking school with each session. Dining With Diabetes is for adults with type 2 diabetes, those at risk for diabetes, and/or support persons or caregivers of those with diabetes.

### **Nutrition Facts**

Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

\*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Food Labeling: What's In There Anyway?

In partnership with the Harrison County Public Library- Elizabeth Branch, our HHS/CD Educator, Tara Beckman, had the opportunity to provide "Food Labeling: What's in there, anyway?" last week. Many of the participants were from her recently ended Dining with Diabetes program, while others were there for the first time, but all eager to learn and test their knowledge of food labels.

This class better equipped each person to:

- Identify primary components of food labeling
- Interpret and understand marketing label claims
- Understand how to make informed food decisions

## Fruits of Our Labor

At Ag Day, HHS Educator, Tara Beckman, demonstrated the health and ingredients of smoothies and what fruits and veggies can be added into it. To make their smoothie samples, students took turns riding on the smoothie bicycle. The exercise they got on the bicycle generated power to the blender containing the ingredients to their healthy snack.

