

HEALTHY EATING ON THE RUN: A MONTH OF TIPS

You may eat out a lot – many Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it’s carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 31 tips to help you eat healthy when ordering out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for places with a wide range of menu items.
2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for “healthier” choices.
3. Review and compare nutrition information if it’s available. Menu terms that may indicate an item is healthier include: baked, braised, broiled, grilled, poached, roasted, and steamed.
4. Menu terms that usually mean a food is higher in saturated fat and calories include: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.
5. Think about your food choices for the entire day. If you’re planning a



special restaurant meal in the evening, have a light breakfast and lunch.

6. Hold the bread or chips until your meal is served. Hunger may drive you to fill up on these foods before your meal arrives.
7. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

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Health & Human Science News

CALENDAR OF EVENTS

March 2023

- 13 Extension Homemakers Executive Council, 2:00 PM, Comm. Center, 4-H Park
- 13 Extension Homemakers President's Council, 3:00 PM, Comm. Center, 4-H Park
- 15 ServSafe One Day Class & Exam, Huntington
- 31 IEHA District Spring Meeting—Huntington County



April 2023

- 3 Grand Rounds, Ball State University
- 7 Good Friday—County Offices Closed
- 20 Volunteer Community Support Work Day, Community Center, 4-H Park, 9:00 AM—11:30 AM
- 25 Food Allergies 101, 4-H Park Community Center, 3-4 PM



May 2023

- 8 Extension Homemaker's Executive Council Meeting, 2:00 PM
- 8 Extension Homemaker's President's Council Meeting, 3:00 PM
- 14 Happy Mother's Day!
- 18 Extension Homemaker's Festival, 6:00 PM, Community Center, 4-H Park
- 25 Cooking Under Pressure, 4-H Park Community Center, 6-7:30 PM
- 29 Memorial Day—County Offices Closed

ServSafe Class Offered



Purdue Cooperative Extension Service will be offering a Retail Food Certification class on March 15, 2023. This is for food handlers who need to obtain a Retail Food Certificate. This one day class will take place 8:00 a.m. - 3:30 pm, and the exam will be administered at 4:00 pm. A photo ID with signature is required to take the exam. The cost of the class with the manual and exam is \$165.00. The cost to take the exam only is \$65.00. Pre-registration is required by March 8th in order to receive a textbook and avoid a \$20.00 late fee. Walk-ins will not receive a textbook. English and Spanish exams are available per registration. To register go to <https://cvent.me/LZoGrN>.

For more information call Molly Hoag, Wells County Extension Educator, 260-824-6412. The class will be at the Café of Hope, Huntington, IN.

WELLS COUNTY EXTENSION HOMEMAKERS INVITE YOU TO JOIN THEM FOR TWO UPCOMING PROGRAMS

Presented by Molly Hoag. Both of these programs are FREE and open to the public. Reserve your spot by calling the Extension Office at 260-824-6412!



Food Allergies 101

April 25th - 3:00-4:00 PM
4-H Community Center

Food allergies are on the rise. Today, one in 13 children and one in 10 adults in the United States have a food allergy. This presentation defines a food allergy, identifies the signs & symptoms of an allergic reaction, lists the most common food allergens, reviews ways to prevent an allergic reaction, and provides resources for further reference and education.

Cooking Under Pressure

May 25th, 6:00 – 7:30 PM
4-H Community Center

Cooking Under Pressure is about Electric Programmable Pressure Cookers (EPPC) such as an Instant Pot. You will learn about their features and benefits, techniques on using the EPPC, food safety and recipes. A food demo will also be included!



Extension Homemakers Volunteer Community Work Day

April 20, 9:00 AM—11:30 AM
Community Center
4-H Park, Bluffton



Invite a friend or neighbor and join the fun and fellowship!
Bring scissors to make fleece blankets.

*Healthy Eating on the Run: A Month of Tips
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8. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.
9. Begin with soup or salad as a way to include more vegetables at mealtime. Follow up with a light main course.
10. Or choose a salad with grilled chicken or seafood as your main course.



11. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
12. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat
13. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal (some restaurants may not permit this or will charge for an extra plate).
14. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours (one hour if warmer than 90 degrees).
15. All-you-can-eat specials, buffets and unlimited salad bars make it difficult to follow recommended serving sizes. Pass these up if you find it difficult to listen to your hunger cues.
16. If you do choose the buffet, fill up on salads and vegetables first. Use small plates, to encourage smaller portions, and limit your trips up to the buffet line.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.
18. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.
19. Enjoy a variety of healthful foods from different cultures. Focus on dishes that emphasize vegetables and lean meats, seafood or beans.
20. Tempted by sweet, creamy desserts? Order a small portion or ask if it can be divided and shared with everyone at the table.
21. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.



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Extension - Health and Human Sciences



EAST CENTRAL INDIANA AREA HEALTH EDUCATION CENTER

GRAND ROUNDS 3.0

Professional development conference open to anyone who is interested in learning how to *Refresh. Reset. Renew*

Schedule for the Day and Session Topics

- 8:00 AM Check-in Begins
- 8:45 AM Welcome
- 9:00 AM Screen Time & Mental Health
- 10:00 AM Sustainability in Everyday Living
- 11:00 AM Systems Practice for Health Professionals—How to Work Smarter, Not Harder
- 12:00 PM ***Lunch on Your Own***
- 1:00 PM The Day After a Not So Great Day
- 2:00 PM Dementia Friends: Reducing Stigma, Promoting Inclusion
- 3:00 PM Self Care at Your Desk
- 4:00 PM Catalyzing Community Action—The Power of Collective Impact Model Health Coalitions

April 3, 2023

FREE conference at Ball State University Student Center—Ball Room

All are welcome!



For more information visit: <https://fb.me/e/1T5CPhCUr>

CEUs Available
Register by March 27, 2023

Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Amanda Bullion at 260-726-4707 or atbullio@purdue.edu by March 20, 2023.

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22. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.



23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables can be healthier options.
24. In place of fries or chips, choose a side salad, fruit or baked potato. Or, share a regular order of fries with a friend.
25. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.
26. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the calories of the regular size.
27. Try a smoothie made with 100% juice, fruit and low-fat yogurt for a light meal or snack.
28. For desk-top dining, keep single-serve packages of whole grain crackers, fruit, peanut butter, soup, or tuna around for a quick lunch.

29. Food items on your desk, like nuts or candy bowls, can lead to mindless eating. Keep all snacks and other food items in your desk to avoid the temptation to eat when you're not hungry.
30. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, salad and fresh fruit.
31. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal.



HELP PREVENT OPIOID MISUSE

Take and Store Opioids Properly

- Never take prescription opioids in greater amounts or more often than prescribed.
- Always let your doctor know about any side effects or concerns you may have about using opioids.
- Avoid taking opioids with alcohol and other substances or medications. It is very dangerous to combine opioids with other drugs, especially those that cause drowsiness, such as:
 - Benzodiazepines (such as Xanax® and Valium®)
 - Muscle relaxants (such as Soma® or Flexeril®)
 - Sleep aids (such as Ambien® or Lunesta®)
 - Other prescription opioids
 - Do not share or sell your prescription opioids.
 - Store prescription opioids in a secure place, out of reach of others (including children, family, friends, and visitors).
 - Dispose of unused prescription opioids at the end of your treatment.

Nonopioid Therapies

Talk to your doctor about ways to manage your pain that do not involve prescription opioids. Patients with pain should receive treatment that provides the greatest benefit. Evidence suggests that some nonopioid treatments used for many types of pain, including therapies that don't involve medications, **may actually work better for some conditions** and have fewer risks and side effects.

Depending on the type of pain you are experiencing, options may include:

- Acetaminophen (Tylenol®), ibuprofen (Advil®), naproxen (Aleve®)
- Cognitive behavioral therapy (CBT) – a psychological, goal-directed approach in which patients learn how to modify physical, behavioral, and emotional triggers of pain and stress
- Exercise therapy, including physical therapy
- Certain medications for depression or for seizures, some of which can also treat pain
- Interventional therapies, like injections
- Exercise and weight loss
- Other therapies such as acupuncture and massage

***Opioids are just one option for treating pain. Other options work just as well or better and have fewer risks and side effects.



Source: www.cdc.gov



Extension
WELLS COUNTY

Purdue University Cooperative Extension Service
Wells County Office
1240 4-H Park Road
Bluffton, IN 46714-9684

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SAVE THE DATE!


Annual Homemakers Festival
May 18, 2023



Registration 5:30 PM
Program begins at 6:00 PM

Wells County Community Center
4-H Park, Bluffton

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Molly M. Hoag, Editor
Extension Educator
Health and Human Sciences
PURDUE UNIVERSITY
Cooperative Extension Service
Wells County Office
1240 4-H Park Road
Bluffton, Indiana 46714
Telephone: 260-824-6412
Email: mhoag@purdue.edu
Webpage: www.extension.purdue.edu/wells
Also find us on: 

*Purdue Extension Wells County
or Molly Hoag-Purdue Extension*

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