

# FOOD



# & FITNESS

January - February, 2009

IOWA STATE UNIVERSITY

University Extension

Webster County Extension Office

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Dear Risk Reducer:

Snow, ice and blizzard are just some of the stresses that come your way during this time of year. The word to help you deal with this and other stresses the New Year holds is Attitude. These thoughts may help you cope.

It is our view toward life that will determine life's attitude toward us. Your mind can hold only one thought at a time. Since there is nothing to be gained by holding negative thoughts, hold successful, positive ones.

Part of a good attitude is to look for the best in new ideas and look for good ideas everywhere.

We are interdependent. It is impossible to succeed without others, and it is our attitude toward others which will determine their attitude toward us.

Radiate the attitude of well being, of a person of confidence, of a person who knows where he is going. You'll find good things will start happening right away.

Success or failure in coping is caused more by the Mental Attitude than by mental capacities.

Healthily Yours,

Barbara Anderson, Family Nutrition and Health Specialist, Iowa State University Extension

Provided by: Paulelda Gilbert, Nutrition Specialist serving Tama, Marshall, Hardin, Hamilton, Wright, Greene, Humboldt and Webster Counties.

## Food for Thought

When sitting and watching a movie, most individuals only burn about 76 calories per hour. Yet it is interesting that at this time they can probably consume about 400-600 calories per package from the "movie size" snack packages.

So when you choose your "portion controlled snack packages", check the calorie amounts.

## Quick to Fix and Eat Breakfasts Meet Nutrition Needs

Breakfast doesn't have to be an egg over-easy with a side of bacon and toast. A breakfast of string cheese and an apple take less than a minute to prepare and can be eaten on the go. Peanut butter on a toasted whole wheat English muffin with a glass of milk takes a few seconds longer to prepare, but still provides necessary nutrients to get a body off to a good start.

It's important to start the day with a source of protein. Dairy products are great choices for protein, and for getting the first of 3 daily servings of dairy. Adding a fruit, vegetable or whole grain also adds fiber to the meal.

Most people know that it's important to "break" their overnight "fast" with a morning meal. In fact, 92 percent of people say that eating breakfast is important - but only 46 percent take time or make time to have breakfast. In addition, recent studies show that lack of breakfast thwarts weight loss attempts because we tend to eat more later.

## Cook Once, Serve Twice

Roast a chicken. Serve roasted chicken breast the first day along with potatoes and steamed veggies.

The next day, pick the meat off the chicken and use

the leftovers for a stir fry dish with fresh veggies and a little soy sauce over brown rice. Some can be saved for lunch time sandwiches and served with plenty of veggies served in a pita pocket.

### **Country-of-Origin Labeling**

Country-of- Origin Labeling, or COOL, is a new addition that you may see at the grocery store. It applies to a variety of foods at the store including meat, poultry and produce. As of September, 2008, these products should all bear a label that indicates which country they came from. This labeling does not apply to meats sold through the foodservice industry.

### **Many Benefits to Frequent Family Dinners**

According to the National Center on Addiction and Substance Abuse at Columbia University, the more often children and teens eat dinner with their families, the less likely they are to smoke, drink or use drugs. Compared to kids who have fewer than three family dinners per week, children and teens who have frequent family dinners are:

1. At 70 percent lower risk for substance abuse.
2. Half as likely to try cigarettes.
3. Half as likely to be cigarette smokers.
4. Half as likely to try marijuana.
5. One third as likely to try alcohol.
6. Half as likely to get drunk monthly.
7. Likelier to get better grades in school.
8. Less likely to have friends who drink alcohol and use marijuana.
9. Likelier to have parents who take responsibility for teen drug use.
10. Almost 40 percent likelier to say future drug use will never happen.

### **Help-The Power's Out: What to Do with Refrigerated, Frozen Food**

There's a winter storm and the electricity has been cut off. So what happens to all that food in the refrigerator and freezer? Iowa State University Extension food safety specialist Sam Beattie answers these questions:

*How long will the food in the refrigerator be safe with the power off?*

Refrigerated food should be safe as long as power is out no more than four hours. Keep the door closed as much as possible. Discard any perishable foods (such as meat, poultry, fish, eggs and leftovers) that have been above 40 degrees F for two hours. Never taste food to determine if it is safe. When in doubt, throw it out.

*May I refreeze the food in the freezer if it thawed or partially thawed?*

The food may be safely refrozen if the food still contains ice crystals or is at 40 degrees F or below. Be sure to discard any items in either the freezer or refrigerator that have come in contact with raw meat juices. Partial thawing and refreezing may reduce the quality of some food, but the food will remain safe to eat. Do not refreeze food that has thawed completely – especially meat, poultry and seafood.

### **Unique Nutrient Needs for Seniors**

People 50 years or older – and especially those 70 and older - need less food to maintain their weight, however, their need for vitamins and minerals may stay the same or even increase as is the case for calcium, vitamin D and vitamin B 12. Higher levels of calcium and vitamin D are needed to keep bones strong – nonfat or lowfat milk provides an excellent source of both. Because many older adults cannot efficiently use the vitamin B 12 that is found in animal foods, vitamin B 12 fortified foods such as breakfast cereals or supplements are better absorbed. Check with your physician or health care provider to find out if you need supplements.

# Money for Life

January 2009

Dear Readers,



## WHAT IS A RECESSION?

The formal definition of a recession is a period of two quarters of negative Gross Domestic Product (GDP) growth. However, you don't need a dictionary to tell you you're feeling the financial squeeze. Prices for food and fuel, two commodities you can't do without, are up dramatically.

Wages are stagnant, unemployment is on the rise, and credit is harder to get.

## HOW DO WE PREPARE?

Consider the following advice:

- **Make yourself invaluable at work.** It is never a good time to lose a job, but when jobs are scarce, you want to make a special effort to hang onto the one you have. Be sure to have a good attendance record, be willing to take on extra tasks, and complete projects on time. Some industries, such as those associated with housing, are more vulnerable than others, but anyone would be smart to prepare for the worst by updating their resume. Now is the time to begin networking to discover what opportunities are out there. If you are laid off, file immediately for unemployment benefits.
- **Investigate health insurance options.** If you are laid off, knowing your health care options in advance will put you ahead of the game. Many companies allow you to continue on their plan for a limited number of months. However, this is usually at a very high rate. Know in advance if you can be added to your spouse's plan, or visit with an agent about stand-alone plans. Doing so will prevent any gaps in coverage.
- **Be familiar with your financial situation.** There's nothing like seeing your financial picture in black and white. Write down all sources of income from each wage-earner in the household. Next, subtract all of your monthly living expenses, things such as rent or mortgage, utilities, food, insurance, etc, followed by secured debt payments and then other credit obligations. When times are tough, it's critical to pay priorities in this order. If your creditor is happy, but your electricity has been turned off, you've paid backwards.
- **Keeping saving for your longer goals like retirement and college, even if it is a little bit.** Continue to put money in your 401(K) or Roth IRA. It is hard to invest when the market is down. You may want to run to CDs or bank savings accounts- which are sound places to stash your emergency funds- but not your savings for long-term goals. So think of today's market as a big sale.
- **Shop naked-** leave your credit card at home and bring only \$20 in cash with you.
- **Refinance your mortgage-** consider fixing your rate. Mortgage rates are at an all time low. The best investment you can make right now is to trim your high-interest credit card debt.

Karen Cheney, *Everyday Money, Your Finances, Better Homes and Gardens*, October 2008; Leonard Langner, *Investment Centers of America, Inc.*, December 2008; Retirement: Secure your Dreams #PM 1816-1826

- **Also is there any more to say about investments and losses we are all seeing? – sit tight?** One gentleman on the news this morning (Good Morning, America) who sold stocks said that it would be good to invest in CD's. I thought that it was interesting as he sold stocks and said that he never thought that he would be saying this. There are also conservative stocks and bonds that are yielding a good percentage rate. It would be best to talk to your broker.
- **Why best to leave it where it is invested?** In talking with Investment Centers of America, and according to this article, it would be best to leave it where it is at now. It is like riding a wave. It can only get so low. If you pull your stocks in and out of the stock market, then this would not be wise. It averages out over the long haul. ISU would say that it would also depend on the ages and stages that you are in retirement years. A good resource for retirement and the stage of life that you are at is Retirement: Secure Your Dreams, PM 1821. The investor saw him in the transition years. This is where more is in stocks and bonds. As you approach retirement years then the shift should be toward bonds. This is a good pictorial resource for your families as well. Another good general

retirement booklet is PM1822.

- **What happens in a recession when we all spend less?** A recession is defined as two quarters where we are in the negative numbers. They tried to jump start the economy with the tax stimulus. Then the government was concerned about the impact of the housing recession and thus the "bail out". Now it is the car industry. What industry is next?



**IOWA STATE UNIVERSITY**  
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## Life Enrichment Senior Series

is

### Making Our Retirement Exceptional!

Now in its third year, the Less Is More Series is designed to promote wellness and improve quality of life by helping older adults stay active and vital. Several area partners have joined forces to offer a variety of opportunities designed to enrich the lives of retired adults. There is no charge for the presentations and no pre-registration is necessary.

#### Emotional

**Wednesday, January 28, 2009, 2p.m. Dr. Reverend James Chesnutt**, former psychologist and current pastor of Epworth United Methodist Church will share insights he has gained over the years on Emotional Wellness.

#### Wellness

**Wednesday, February 4, 2009, 2p.m. Join Less Is More in welcoming Dr. Leroy Berryhill** as he shares information from many years dedicated to the mental health profession.

#### Physical

**Wednesday, March 4, 2009, 2p.m. Health Maintenance Tips for Older Adults.** Jenny Schreier, PA-C, Trimark Physicians Group, will share ways to enjoy better health by taking better care of yourself.

#### Wellness

**Wednesday, March 11, 2009, 2p.m. Active at Any Age.** Friendship Haven Wellness Director Ashley Matsen will offer tips for achieving physical wellness by staying active and involved.

#### Spiritual

**Wednesday, April 22, 2009, 2p.m. A Better Community Through Spiritual Wellness.** Reverend Madai Taylor is leading the way by influencing people to create safer neighborhoods through faith and prayer.

#### Wellness

**Wednesday, April 29, 2009, 2p.m. Rev. Anita Johnson, Friendship Haven Chaplain.** Less Is More welcomes Reverend Anita Johnson to our community and to our wellness series.

#### Vocational

**Wednesday, June 3, 2009 2p.m. Time & Talents Hobby Fair.** Finding ways to spend your time in fun and meaningful ways is an important aspect of Vocational Wellness. Plan to attend our 2009 Hobby Fair and learn how local hobby enthusiasts are enriching their vocational wellness through hobbies and leisure activities.

#### Wellness

All programs will be held in the Celebration Center on the Friendship Haven Campus. If you have any questions or need directions to our campus, please call 573-6000 or go to [www.friendshiphaven.org](http://www.friendshiphaven.org).



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### “Iowa Concern” for Iowans In Need

“Iowa Concern” is a program of the Iowa State University Extension Service which began in 1985. Today, the toll-free number serves urban as well as rural Iowa. By calling Iowa Concern one has access to an attorney for legal education, stress counselors, and Information and Referral services for a wide variety of topics. In addition, Iowa Concern maintains a web site featuring an extensive Frequently Asked Questions database for legal, finance, crisis and disaster, and personal health issues. The web site is also the link to Iowa Concern’s Live Chat service. Live Chat immediately connect you with a stress counselor where you “talk” (type) one-on-one in a secure environment.

All Iowa Concern services are available 24hours a day 7 days per week at no charge. To access these services by phone, call 1-800-447-1985. The website address is [www.extension.iastate.edu/iowaconcern/](http://www.extension.iastate.edu/iowaconcern/)

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*and justice for all* The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Many materials can be made available in alternative formats for ADA clients. To file a complaint of discrimination, write USDA, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964.

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