
Chef Charles Says...

A newsletter for congregate meal participants for the month of January

Program leaders new to the Chef Charles Program should refer to the "Start Up" information before continuing with this month's instructors' guide.

In 2009, Chef Charles will focus on the Fruit & Veggie: More Matters campaign. Iowans continue to not eat as much produce as they need. Each month we will explore ways to increase the consumption because eating fruits and veggies **matters**. To learn more about the campaign visit:

<http://www.fruitsandveggiesmatter.gov/>

In 2007, Iowa ranked 43rd in states eating at least 5 servings of fruits and vegetables a day. That may seem strange in an agricultural rich state. Perhaps those of us who share the importance of nutrition with others need to join the campaign and remind our groups to do what your mother always told you- eat your fruits and vegetables.

To give you feedback regarding the success of the Chef Charles program in helping participants eat healthier, be more active and have safe food, we are encouraging you to use the questions at the end of the instructor's guide. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.



Props:

- One example package of logo (brand name frozen veggies is good place)

Activity

In 2007 a new social marketing campaign was started to encourage Americans to eat more fruits and vegetables. A social marketing campaign is similar to a marketing campaign to sell a product like a car or a beverage except the goal of a social marketing campaign is to sell a healthy behavior. This campaign, Fruits & Veggies — More Matters, will encourage you and others to eat your fruits and veggies. Think about it.....they do matter.

After sharing the information in this article, ask the group if they have ever seen this logo. Encourage participants to bring examples to the next Chef Charles Club. Places to look are fresh produce stickers or packages of frozen and canned fruits and vegetables. If you have a bulletin board, display the logos and encourage people to add more labels through out the year when they find one.

Be Active

Props:

- Box of paper tissues (Kleenex)
- Thermometer
- Over-the-counter cold tablets
- Walking shoes

Activity

Exercise Boosts Immunity

Suffering from yet another cold? Feeling fatigued all the time? The answer may be as easy as taking a daily walk or following a simple exercise routine a few times a week. Somehow, exercise boosts your immunity and you experience fewer illnesses. Studies have shown that the people who benefit most from starting (and sticking to) an exercise program are those who go from a sedentary ("couch potato") lifestyle to a moderately energetic lifestyle. A moderate program can consist of bicycling a few times a week, daily 20 - 30 minute walks, or going to the gym every other day. So, while we don't know exactly how and why exercise increases your immunity to certain illnesses, we do know that exercise helps.

Ask the group: What do these three items have in common? We need them when we have a cold or feel under the weather.

Ask: How can we stop a cold from happening?

After some answers from the group, hold up the walking shoes and share the information from the article. The message is exercise can help us stay healthy.

Get the News

Props:

- Half cup measure
- Dry beans
- Plate

Activity

Try Several Small Meals

Eating fruits and vegetables at several small meals can help you meet the recommended amounts from MyPyramid. A 75 year old female who has 30 minutes of physical activity daily should eat two cups of vegetables and one and a half cups of fruit daily for good health. Whereas, an 80 year old male who has 30 minutes of physical activity daily should eat two and a half cups of vegetables and two cups of fruit.

Ask the group: Do you know how many fruits and vegetables you need a day? The answer is-- it depends on your gender and activity.

Using dry beans measure out the recommended amounts needed for the examples mentioned in the article. To know a persons specific need use MyPyramid.gov. If that seems like a lot of produce to eat in one day, try including fruits and veggies at every meal and snack.

Pick a Better

Props:

- Eye glasses
- Sugar bowl
- Calendar
- Vegetable peeler

Carrot

(eye glasses) Carrots are an excellent source of vitamin A which is needed for healthy eyesight, skin, growth and to help the body resist infection. **(sugar bowl)** The natural sugar makes carrots a wonderful snack to eat raw. **(calendar)** Carrots are available all year. To choose carrots look for well-shaped carrots with a deep orange color. Carrots are best stored in the crisper section of the refrigerator to preserve their flavor and texture. Do not store them with fruits because fruits produce ethylene gas as they ripen and will decrease the storage life of the carrots, as well as other vegetables. **(vegetable peeler)** Although carrots lose some of their vitamins when peeled, dishes prepared with peeled carrots taste fresher and better. The flavor of carrots is enhanced with dill, tarragon, ginger, honey, brown sugar, parsley, lemon or orange juice.

Activity

Say to the group: Let me tell you about our featured vegetable for January. You may be surprised.

Hold up items in **red** as you explain the features. Finish with a discussion of recipes they may have tried using the list of herbs and spices that blend well with a carrot.

Food Safety

Props:

- Roll of paper towels
- Small mixing bowl

Prevent Slips

Holding onto a slippery bowl or a wiggly cutting board can cause accidents, but this little trick helps to prevent slips. Dampen a paper towel and place it under the board or bowl. When you are finished, use the towel to wipe off the counter.

Activity

Demonstrate how the dampened paper keeps bowl from slipping.

Healthy Eating on a Budget

Props:

- Bowl from previous article
- Seven items written on paper and cut a part-placed in bowl
- Use chicken broth to cook carrots instead of water to enhance the flavor. Reduced sodium is available.
- Freeze leftover crackers and cereal. Double bagging keeps out the moisture and you can feel free to buy more when they are on sale.
- Popped popcorn freezes well. Mrs. Provow's husband,

Charles, suggests using the plastic sleeve cover from the morning newspaper to store the popcorn in the freezer.

- Everyone needs a good vegetable peeler, even though it is good to leave on the peel sometimes for the fiber.
- Keep all the leftover vegetables from the week in the refrigerator and make soup or a creative casserole at the end of the week.
- When you are cooking for one or two people, prepare one entrée, eat half and freeze the other for a later meal.
- Use a pressure cooker to make cheaper cuts of meat tender and tasty.

Activity

Have a participant select one of the seven suggestions and read to the group. Ask if anyone has done this tip before and how has it helped you to stretch your food budget?

<p>Use chicken broth to cook carrots instead of water to enhance the flavor. Reduced sodium is available.</p>	<p>Everyone needs a good vegetable peeler, even though it is good to leave on the peel sometimes for the fiber.</p>
<p>Freeze leftover crackers and cereal. Double bagging keeps out the moisture and you can feel free to buy more when they are on sale.</p>	<p>Keep all the leftover vegetables from the week in the refrigerator and make soup or a creative casserole at the end of the week.</p>
<p>Popped popcorn freezes well. Mrs. Provow's husband, Charles, suggests using the plastic sleeve cover from the morning newspaper to store the popcorn in the freezer.</p>	<p>When you are cooking for one or two people, prepare one entrée, eat half and freeze the other for a later meal.</p>
	<p>Use a pressure cooker to make cheaper cuts of meat tender and tasty.</p>

Recipes

Teaching Points:

- Make sure to use 1% milk for richness
- Brown rice will add fiber
- Fresh carrots instead of canned are best for this recipe
- To lower the salt, use low-sodium or sodium free broth or bullion

Carrot Soup

3 tablespoons margarine
½ cup chopped onions
2 cups carrots, chopped
1/3 cup rice
3 cups chicken broth or 3 cups water and 3 bullion cubes
2 cups milk

Sauté onions in margarine in a medium size sauce pan; add chopped carrots. Cook with lid on for 10 minutes; add rice and broth; cook on low heat, covered for 30 minutes; cool; blend in blender until smooth; return to sauce pan; add milk and heat.

Recipes

Teaching Points:

- Great way to add vegetables and fruit to a snack
- Store in an air-tight container so they do not dry out

Sunshine Snack Bars

2 cups raw grated carrots
¼ cup diced dried cranberries
½ cup raisins
2 cups quick cooking oats
½ cup chopped walnuts
½ teaspoon cinnamon
12 ounces frozen apple juice concentrate (thawed)

Preheat oven to 350 degrees. Combine the first six ingredients in a bowl. Add apple juice concentrate and stir well. Press ingredients into a greased 9 X 9 glass baking dish. Bake for about 40 minutes or until the bars are brown. Cool completely before slicing.

Makes 12 bars. If you use a metal baking pan the time will be closer to 30 minutes.

Pick a better snack



Did You Learn Any New Ideas?

1. Fruit and Veggies—More Matters is what kind of a campaign?
2. Exercise helps to increase your _____?
3. Carrots are an excellent source of what vitamin?
4. Low-sodium broth helps to control _____?
5. When are carrots most available at the grocery store?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
Jan 2009	_____ Congregate Meal Site Participants	The incentive for this month is an elastic, non-latex resistance band that can be used for muscle strengthening exercises. An instruction guide comes with it, but may not be available till next month. Indicate number of incentives needed: _____ Consider obtaining incentives (i.e., coupons, fruits, vegetables) as a donation from local retailers.

Return to: Marilyn Jones,
IDPH, Lucas Building, 4th Floor,
321 E. 12th Street,
Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.

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5. When are carrots most available at the grocery store?

Your Answers

Social marketing
Immunity
Vitamin A
Salt
All

Chef Charles Says...

Written By:

Susan B. Klein
Family Nutrition & Health Field Specialist
Iowa State University Extension – Polk County

Designed By

Laura MacManus
Iowa State University Extension – Polk County

Technical & Creative Assistance:

Carlene Russell, MS RD LD, Iowa Department of Elder Affairs
Doris Montgomery, MS RD, Iowa Department of Public Health
Marilyn Jones, Administrative Assistant, Iowa Department of Public Health

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