

## Healthy Meals in a Hurry—



14 main dishes for now and later

### For materials on health and wellness contact:

#### Renee Sweers

ISU Nutrition and Health Field Specialist

ISU Extension-Woodbury County

4301 Sergeant Rd., #213

Sioux City, IA 51106

(712) 276-2157

rsweers@iastate.edu

#### Or visit

[www.extension.iastate.edu/woodbury/news/worksitewellness](http://www.extension.iastate.edu/woodbury/news/worksitewellness)

IOWA STATE UNIVERSITY

University Extension Woodbury County

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**Healthy Meals in a Hurry** is the topic of a publication and a program/workshop.

Recipes for 14 main dishes that can be prepared ahead of time and frozen for ready-to-use convenience. Each of the featured recipes has "Eat now" and "Eat later" directions.

The educational program gives tips on modifying recipes to reduce sodium and fat and offers guidelines for alternative ways to prepare the recipes for freezer storage.

Fee:

- \$2.50 per publication
- \$50.00 per session— Additional costs may include costs for supplies and food.

# WORKSITE WELLNESS PROGRAMS



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Employee Wellness  
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## Habits for Healthy Hearts

### Habits for a Healthy Heart

Habits for a Healthy Heart is a six session class that helps participants learn and practice habits that lead to better health.

Each of the six 90-minute sessions help participants learn skills that will reduce their blood pressure, cholesterol, and blood glucose levels. Many past participants have also lost weight by following the program recommendations.

Includes:

- Tasting heart-healthy recipes, and learning new ways to be more physically active
- Participants receive: pedometer, exercise stretch band, grocery shopping tear pad, placemat, and more!

Fee: \$50 per person, \$85 per couple



### Eating Well—Moving More

**Eating Well - Moving More** is a wellness program that helps employees make lifestyle changes in five areas that influence hypertension: weight, physical activity, diet, sodium intake, and alcohol use.

The program offers:

- on-site session(s) with ISU Extension nutrition and health specialist,
- on-site blood pressure and weight screening with individual risk assessments before and after the series, and
- eight self-study newsletters for employees containing lifestyle behavior assessments and goal setting materials.

Fee:

- \$25 per participant. Includes assessment, eight newsletters to be distributed biweekly; and two on-site programs.
- Exercise stretch/strength bands and pedometers available to participants for minimal fee.

## Custom Designed Wellness Programs

Design your own series of face-to-face programs. Examples of possible topics:

### **Eat Healthy Today, Feel Better for Life!**

Determine your own personalized healthy eating and physical activity plan.

### **Make Healthy Food Choices, Aisle by Aisle**

A 'virtual' grocery store tour to learn to read food labels and make shopping choices for good health.

### **Spend Smart. Eat Smart.**

Learn proven strategies for saving money on food while still eating healthy. Includes recipes, shopping tips, info on eating out and menu planning.

### **Get Moving.**

Too tired, too busy, or just not motivated to get moving? Learn strategies to make physical activity part of your daily life.

### **Eat Healthy, Control Your Weight**

Learn how to use the power of portions and the healthy plate to get control of portion sizes and calories.

### **Healthy Meals in a Hurry**

Cook in advance for quick healthy eating later. (See back panel for details.)

Fee for series of programs: \$50 per session, some costs vary depending on supplies needed.