# Words on Wellness

*YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS*

## Be Active as a Family

Physical activity is important for all ages. Being active as a family can be fun and beneficial for everyone. The recommended amount of physical activity for adults is 2 1/2 hours per week; children need 60 minutes per day. Try these tips to make activity part of your day!

- Set specific activity times—Look at your family calendar and schedule physical activity into your day when everyone is available.
- Plan ahead and track your progress—Let the kids help plan the activities and log them on the family calendar.
- Include work around the house—Yard work and chores around the house count too!
- Use what is available—Many activities take little or no equipment or facilities such as walking, jogging, jumping rope, and dancing. Check out programs available at your community recreation center; they may even have childcare or activities available.
- Plan for all weather conditions—Get outdoors when the weather is nice, but also plan activities that do not depend on the weather. Treasure hunts and hide-and-seek can be played indoors or outdoors.
- Turn off the TV—Limit screen time to no more than two hours per day. This includes TV, video games, and the computer (except for schoolwork).
- Start small—Start with an activity that everyone likes and add new ones when everyone is ready.
- Include other families—Invite others to join the fun!
- Treat the family with fun physical activity—To celebrate achievements, do something active as a family such as visit the zoo, try out a park, or go to the lake.

Source: Choose MyPlate, www.choosemyplate.gov

## *Chicken Salad*

Serving Size: 3/4 cup | Serves: 4

**Ingredients:**

- 1 1/2 cups cooked chicken, diced
- 1 apple (cored and diced)
- 1/3 cup celery, chopped (about 1 rib)
- 1/3 cup light ranch dressing or creamy salad dressing
- 1/8 teaspoon ground black pepper
- 1/4 cup pecans or walnuts, chopped (optional)

**Instructions:**

1. Combine chicken, apple, and celery in a medium bowl. Add dressing and ground black pepper and stir to coat. Stir in pecans or walnuts, if desired.
2. Serve immediately or cover and refrigerate up to 24 hours. Serve on a lettuce leaf; spread on bread, tortillas, or a sandwich; or spoon into a halved tomato or cucumber.

**Nutrition information per serving:**

170 calories, 6g total fat, 1g saturated fat, 0g trans fat, 50mg cholesterol, 340mg sodium, 11g total carbohydrate, 1g fiber, 6g sugar

Recipe courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website, spendsmart.extension.iastate.edu. Visit the site for more information, recipes, and videos.

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**www.extension.iastate.edu**

All ISU Extension programming has been postponed, canceled or gone virtual through May 9th.

Stay well,
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Hand Washing to Prevent the Spread of COVID-19

When Life Gets Tough, Iowa Concern Can Help Call 24/7: 800-447-1985

Prepare Your Pantry- But Don't Panic

Meals and Snacks from the Pantry

Visit the Spend Smart. Eat Smart. website or download the free app for grocery store tips, easy recipes, and more!

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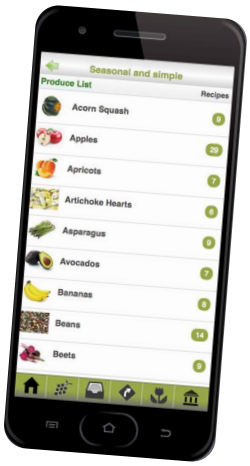
## Visit a Farmers Market

Your local farmers market is a great source of affordable, seasonal produce. To stretch your food dollars even more, several markets accept SNAP EBT cards through the Double Up Food Bucks program. They will match SNAP bucks dollar for dollar to purchase locally grown fresh fruits and vegetables.

Need help finding a farmers market? The Seasonal and Simple website, seasonalandsimple.info, contains a guide to help find, select, store, and prepare fresh fruits and vegetables found in Iowa, Kansas, Missouri, and Nebraska. Recipes can also be found here for freezing, dehydrating, and canning all of your favorite produce.




Download the free Seasonal and Simple app for iPhone and Android so you can take it with you wherever you go.

Sources: Healthiest State Initiative, www.iowahealthieststate.com/resources/communities/double-up-food-bucks/how-it-works

University of Minnesota, extension.umn.edu/farmers-markets/shopping-farmers-markets

Choose MyPlate, www.choosemyplate.gov/ten-tips-smart-shopping

## Farmers Market Food Safety

While farmers markets are a great source of fresh produce, here are some tips for keeping those foods safe:

- Choose produce that is free of bruising and spoiling. Do not purchase if the skin is broken, is slimy, or has soft spots.
- Go home directly from the market and store produce according to the fruit and vegetable storage guide, spendsmart.extension.iastate.edu/video/store-fruits-vegetables. The quality of produce will decrease if left in a vehicle for too long.
- Wash hands with soap and warm water for at least 20 seconds before preparing produce.
- Wash produce just before use—not before storing. Washing prior to storing will cause the produce to spoil faster. Before use, rinse produce with clean running water. Rub briskly to clean surfaces and dry with a clean cloth or paper towel. Spend Smart. Eat Smart. offers more information about cleaning produce, spendsmart.extension.iastate.edu/video/clean-fruits-vegetables.
- Wash reusable grocery totes frequently in the washing machine or by hand with hot, soapy water. Clean all areas where you place your totes, such as the kitchen counter, to reduce the spread of illness-causing microorganisms. Store totes in a clean, dry location, not the trunk of a vehicle.

Sources: Eat Right, www.eatright.org/homefoodsafety/four-steps/separate/reusable-grocery-tote-safety

University of Minnesota, extension.umn.edu/farmers-markets/shopping-farmers-markets