Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Keep Cool With Cooler Safety

Hot summer days bring outside meals with family or friends. Before you head to the next picnic, it's important to know how to pack the cooler to keep food at a safe temperature.

- The day before, clean your cooler(s). If it feels warm, allow it to cool down indoors. Consider filling water bottles or milk cartons to freeze overnight to use as ice blocks in your cooler. Ice blocks stay frozen longer than ice cubes or ice packs.
- Load food straight from the fridge to your cooler. Perishable foods like raw meat, poultry, and fish should be stored in watertight containers or zipped plastic bags to prevent their juices from dripping onto other foods. The cooler should always be below 40°F. A thermometer placed in the cooler will help monitor the temperature inside.
- Avoid opening the lid, which lets cold air out and warm air in. Pack beverages in one cooler and perishable food in a separate cooler. When traveling, place the cooler in the car rather than the hot trunk. Once at your destination, keep your cooler in a shaded area rather than in the hot sun. Placing a blanket, rug or quilt over the cooler will also help keep it cool.

Sources:

Eat right, www.eatright.org

Food Safety and Inspection Service, www.fsis.usda.gov/foodsafety

Crisp Fruit Salad

Serving Size: 3/4 cup | Serves: 6

Ingredients:

- 1 red apple
- 1 pear
- 1 tsp lemon juice
- 1 cup seedless grapes, halved
- 1/2 cup raisins
- 1 container (6 ounces) low fat, sugar free vanilla yogurt
- 2 Tbsp light mayo or salad dressing

Directions:

1. Wash fruit.
2. Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice.
3. Add grapes and raisins to bowl.
4. Combine yogurt and mayonnaise in a small bowl; spread over fruit.
5. Stir to combine. Refrigerate. This is best eaten the day it is prepared.

Nutrition information per serving:

130 calories, 2g total fat, 0.5g saturated fat, 0g trans fat, 5 mg cholesterol, 55 mg sodium, 27g total carbohydrate, 3g fiber, 12g sugar, 2g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu

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www.extension.iastate.edu

FREE Food Preservation Class!
Thursday, Aug. 20, 10-11 am or 8-9 pm
Preserving your garden's summer bounty is a great way to enjoy home-grown produce year round.
To help Iowans safely preserve foods, ISU Extension and Outreach is hosting a free virtual class.
Food Preservation 101 is a general overview that highlights important information about home food preservation. Nutrition and wellness specialists will discuss pressure canning, hot water bath canning, dehydration and freezing. Participants will be able to ask questions.
This class is offered twice on Aug. 20 and once more on Sept. 10.
Register early! Classes fill up quickly.
To register, go to https://www.extension.iastate.edu/humansciences/preservation-101.
Scheduled dates and times are:
Thursday, Aug. 20, 10-11 am. and 8-9 pm and Thursday, Sept. 10, 7-8 pm.
For more information about foods classes offered by ISU Extension, contact your county's Extension nutrition specialist, Mary Krisco, at mkrisco@iastate.edu.

Sleep for Overall Health

Lack of sleep is common, especially these days. Many Americans sacrifice sleep to get all their tasks done on any given day. In fact, 35% of Americans do not meet the recommended hours of sleep.

Adults need 7 to 8 hours of quality sleep each night. Youth need 8 to 12 hours of sleep. Research has shown that sleep is just as important as good nutrition and exercise habits to keep your mind and body healthy.

Getting enough sleep can help lower your risk for heart disease and diabetes, maintain a healthy weight, think more clearly, and perform better in school and at work. Sleep may be related to body weight in youth of all ages. Inadequate sleep may interfere with hormone levels, which stimulate youth to eat more snacks and larger meals. A tired child is also more prone to sit on the couch rather than play outside.

Use these tips to get longer, better sleep.

- Go to bed at the same time every night. Set and enforce regular bedtimes.
- Keep phones, laptops and TVs out of the bedroom.
- Avoid texting, watching TV, playing video games, or using a computer at least 30 minutes before bedtime.
- Do not eat in bed.
- Create a calming nighttime routine for yourself and your kids--reading, listening to music, or talking about the day.

Good sleep is critical to your health, so make sure you get a good night's sleep.

Sources:
CDC,cdc.gov/sleep/data_statistics.html
Health.gov, health.gov
Healthy children, healthychildren.org
Eat right, www.eatright.org

Stay Active Without Breaking the Bank

There are several ways to exercise and stay active. Many people think they must spend a lot of money on exercise programs or special equipment. Here are some ways to get active without spending money

- Check out the physical activity videos on the Spend Smart Eat Smart website, spendsmart.extension.iastate.edu/video-category/physical-activity.
- Walk more. Aim for 30 minutes daily.
- Play with your kids or pets. Keeping up with their unlimited energy is a good workout.
- Clean your house, wash the car or mow the lawn.
- Use free local workouts. Check your community calendar for free or reduced priced classes.
- Dance! One can burn lots of calories in a short period of time.

Physical activity is vital to overall health. Get active and start feeling better today.

Sources: Health.gov, health.gov

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PM 2099 August 2020