

Words on Wellness

Meal Planning to Save Money



Want to take the guesswork out of meals for the week? Here are some tips for creating a meal plan.

- **Use a meal planning worksheet:** Print a [5-day meal planning worksheet](https://spendsmart.extension.iastate.edu/plan/menu-planning), spendsmart.extension.iastate.edu/plan/menu-planning.
- **Look at your calendar.** Think about school, work, and other events you have scheduled and include those in your plans.
- **What do you already have at home?** Check your pantry, refrigerator, and freezer for food you already have on hand and write those on your meal plan worksheet.
- **Use grocery store ads.** Check grocery store ads and write in sale items that pair with foods you already have on hand to make a meal.
- **Include all food groups.** Review your meal plan to make sure you have a good variety of each food group throughout your meals and snacks. Explore [MyPlate](https://www.myplate.gov), www.myplate.gov, to learn more about what to include.

It's okay to be flexible with this plan and make adjustments on the fly. Stock simple foods, like fruits and veggies you prepped over the weekend, to grab on those busier days. Include leftovers in your meal plan by making a double batch of a recipe and serve it again the next day or freeze to use later. Using freezer meals are great for busy days when you don't have time to cook.

Pork Loin Roast and Vegetables

Serving Size: 3 oz. meat and 1 cup of vegetables | Serves: 6

Ingredients:

- 2 cups onion, cut in wedges
- 2 cups potatoes, diced
- 2 cups baby carrots or 3/4 pound regular carrots, sliced
- 2 tablespoons oil (canola or vegetable)
- 1/4 tsp salt, 1/4 tsp ground black pepper
- 1 1/4 pound pork loin
- For Rub: 1 tablespoon brown sugar, 1/2 teaspoon garlic powder, 1/2 teaspoon ground black pepper, 1/4 teaspoon salt

Directions:

1. Preheat oven to 400°F.
2. Mix vegetables with 1 tablespoon oil, salt, and black pepper in a bowl.
3. Lay vegetables around edge of 9"x13" pan. Put in oven.
4. Using a small bowl, mix the brown sugar, garlic powder, ground black pepper, and salt in the bowl.
5. Sprinkle the mixture over the loin. Press gently so it sticks to the roast. Wash your hands.
6. Heat 1 tablespoon oil in large skillet over medium high heat. Add the loin. Brown the sides of meat. Cook about 2–3 minutes per side.
7. Transfer the pork to the center of the pan with vegetables. Bake for about 40 minutes. Check the temperature after 30 minutes in the oven.
8. Remove from oven when meat thermometer reads 145°F. Let set for 5 minutes. Slice and serve.

Nutrition information per serving: 240 calories, 8g total fat, 1.5g saturated fat, 0g trans fat, 55mg cholesterol, 310mg sodium, 19g total carbohydrate, 4g fiber, 7g sugar, 22g protein.

Workout Videos to Keep You Motivated!



Online workout videos give you the flexibility to choose what you do and when you do it. A variety of physical activity options can help you get out of a rut and be active in the comfort of your own home.

For free, easy-to-use videos, go to [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu/video-category/physical-activity/), spendsmart.extension.iastate.edu/video-category/physical-activity/. Workout options include cardio, stretching, and strength training. Low impact and chair workouts are also included.

Being physically active improves your mood, helps manage weight, reduces risk of disease, improves brain health, and strengthens bones and muscles. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

Sources: [Centers for Disease Control and Prevention](https://www.cdc.gov/physicalactivity/), [cdc.gov/physicalactivity/](https://www.cdc.gov/physicalactivity/)
[Spend Smart. Eat Smart.](https://go.iastate.edu/Q6EUJK), go.iastate.edu/Q6EUJK

Is Radon in Your Home?

Radon is a naturally occurring radioactive gas that forms in rocks, soil, and water. We cannot see, taste, or smell radon, but it is the second leading cause of lung cancer in the United States.

According to the U.S. Environmental Protection Agency (EPA), the entire state of Iowa is considered high risk for radon gas in homes, and they have found the average indoor radon concentration in Iowa is more than six times the national average.

Testing your home is the only way to know if the radon level is high. To order low-cost kits and find answers to your radon questions, call the Iowa Radon Hotline at 1-800-383-5992 or go to www.lung.org/radon.

Sources:
[Centers for Disease Control and Prevention](https://www.cdc.gov/cancer/lung/), [cdc.gov/cancer/lung/](https://www.cdc.gov/cancer/lung/)
[Environmental Protection Agency](https://www.epa.gov/radon), [epa.gov/radon](https://www.epa.gov/radon)
[Iowa Department of Health and Human Services](https://www.hhs.iowa.gov/), [hhs.iowa.gov/](https://www.hhs.iowa.gov/)

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Human Sciences

[extension.iastate.edu/](https://extension.iastate.edu/humansciences)
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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



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