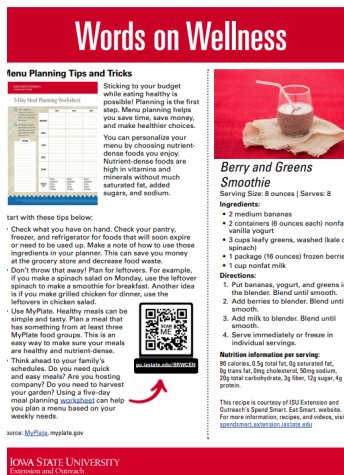


Human Sciences Extension and Outreach NEWSLETTER REGIONS 19, 26, AND 27 JULY 2022

What is Iowa State University Extension and Outreach Human Sciences? [check us out](#)

Words on Wellness Update

Words on Wellness (WOW) newsletters focus on whole-person wellness. Topics focus on nutrition, health, food safety, food security, and physical activity. The *WOW* newsletter is expanding to include an optional face-to-face or virtual program called *WOW Live*, designed specifically as a county-delivered opportunity to be led by trained facilitators including Extension County partners and Area Agency on Aging Congregate nutrition program partners. The facilitator training video and materials for the program are found in [MyExtension](#). Contact Sara Sprouse for assistance with getting started in your county. To view the most current newsletter and to subscribe to the *WOW* blog, go to: <https://www.extension.iastate.edu/humansciences/wellness>



Words on Wellness

Menu Planning Tips and Tricks

Sticking to your budget while eating healthy is possible! Planning is the first step. Menu planning helps you save time, save money, and make healthier choices.

You can personalize your menu by choosing nutrient-dense foods you enjoy. Nutrient-dense foods are high in vitamins and minerals without much saturated fat, added sugars, and sodium.

Start with these tips below:

- Check what you have on hand. Check your pantry, freezer, and refrigerator for foods that will soon expire or need to be used up. Make a note of how to use these ingredients in your planner. This can save you money at the grocery store and decrease food waste.
- Don't throw that away! Plan for leftovers. For example, if you make a spinach salad on Monday, use the leftover spinach to make a smoothie for breakfast. Another idea is to use the chicken in your salad to make a sandwich.
- Use MyPlate. Healthy meals can be simple and tasty. Plan a meal that has something from at least three MyPlate food groups. This is an easy way to make sure your meals are healthy and nutrient-dense.
- Think ahead to your family's schedules. Do you need quick and easy meals? Are you hosting company? Do you need to harvest your garden? Using a five-day meal planning [account](#) can help you plan a menu based on your weekly needs.

source: [MyPlate](#), [myplate.gov](#)

Berry and Greens Smoothie

Serving Size: 8 ounces | Serves: 8

Ingredients:

- 2 medium bananas
- 2 containers (8 ounces each) nonfat vanilla yogurt
- 3 cups leafy greens, washed (kale or spinach)
- 1 package (16 ounces) frozen berries
- 1 cup nonfat milk

Directions:

1. Put bananas, yogurt, and greens in the blender. Blend until smooth.
2. Add berries to blender. Blend until smooth.
3. Add milk to blender. Blend until smooth.
4. Serve immediately or freeze in individual servings.

Nutrition information per serving:

80 calories, 0.5g total fat, 0g saturated fat, 8g total fat, 18g cholesterol, 50mg sodium, 20g total carbohydrate, 3g fiber, 12g sugar, 4g protein.

This recipe is courtesy of ISU Extension and Outreach's [Special Smart: Eat Smart](#) website. For more information, recipes, and videos, visit [https://smart.extension.iastate.edu](#)

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More greens, less sugar and fries: Abriendo Caminos study finds promising results

A study evaluating the effect of the Abriendo Caminos program on dietary behaviors of Hispanic children found youth participants consumed sugar-sweetened beverages, French fries and fast food less frequently and ate vegetables more often after the six-week, culturally-tailored workshop series for families.

Read the full story here: <https://www.news.iastate.edu/news/2022/05/12/abriendo-caminos>

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Upcoming Events

Check here for all upcoming
[Human Sciences Events](#)

ServSafe

July 5-Iowa City

August 8 (Spanish)-Iowa City
[Register](#)

A Journey through
Parkinson's Disease - Virtual
July 7, 14 and 21

[Register](#)

Our Bookshelf - Virtual
July 7, 14, 21, and 28

[Register](#)

Youth Mental Health First
Aid—Virtual

July 12

[Register](#)

Safe Food for a Healthy
Future—Child Care Provider
Training—Virtual

July 12

[Register](#)

Preserve the Taste of Summer
101

July 26, Fort Madison

[Register](#)

Preserve the Taste of Summer
Workshops

Pickle Making - July 27,

Ottumwa

Salsa Making—July 30,

Sigourney

[Register](#)

Human Sciences Extension and Outreach

Engages Iowans Through Research-Based Education



Use Books to Support Children through Distress, Grief

It is natural for children to feel anxiety, distress and grief after tragic events. Experts suggest letting children know that caring adults will listen and allow them to ask questions. However, don't assume you know what their questions will be, said Constance Beecher, literacy specialist with Iowa State University Extension and Outreach...That's where books can help, Beecher said...By reading books in which characters go through similar situations, or experience grief and loss, children may feel less alone.

Read the full story here: <https://www.extension.iastate.edu/news/use-books-support-children-through-distress-grief>

Human Sciences Team for Regions 19, 26 and 27



Dawn Dunnegan
Family Wellbeing
dunnegan@iastate.edu
319-217-9474



Sara Sprouse
Food and Health
sprouse@iastate.edu
319-293-3039



Hailey Burgher
Family Wellbeing
hburgher@iastate.edu
641-895-9037

Helpful Resources

IOWA STATE UNIVERSITY
Extension and Outreach

Iowa Concern Hotline
800-447-1985

Finances • Legal Concerns • Stress
Disaster Recovery • Resources • Referral

24/7 phone support • confidential • free



www.COVIDrecoveryiowa.org or call
1-844-775-9276.

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-8255

ANSWER
LINE

1-800-262-3804

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