Words on Wellness

YOUR EXTENSION CONNECTION TO NUTRITION AND FITNESS

Home Food Preservation: Apples and Tomatoes

The gardening and preserving season is winding down, but it is never too late to learn about safe home food preservation. Iowa State University Extension and Outreach is offering two online food preservation classes in October.

- **Preserve the Taste of Summer: Totally Tomatoes-** Learn about canning and freezing tomatoes, salsa, and other tomato products. Canning includes both water bath and pressure canning.
  - Thursday, October 8, 10 a.m. and 6 p.m.
  - Monday, October 12, 10 a.m. and 7 p.m.
- **Preserve the Taste of Summer: All About Apples-** Learn about canning applesauce and apple pie filling, as well as freezing and drying apples.
  - Thursday, October 22, 10 a.m. and 6 p.m.
  - Wednesday, October 28, 10 a.m. and 7 p.m.

These fun and interactive classes will benefit both newbies and experienced home preservers. All sessions are one hour and free of charge. Register on the Preserve the Taste of Summer website (extension.iastate.edu/humansciences/preserve-taste-summer).

Take A Hike

Hiking is great for physical health. It also improves mental health! It can reduce stress, anxiety, and depression. According to a Stanford study, walking for 90 minutes in nature, instead of an urban setting, decreases activity in the brain linked to depression.

Looking for an Iowa hiking destination?

- Travel Iowa® lists Nine Hiking Trails (tinyurl.com/yxfydsnw).
- The Iowa DNR recommends Great Escapes: 7 of Iowa's Best Hikes (tinyurl.com/yygg8na6).

Grab your hiking books and enjoy being active on Iowa's trails.

Source: Stanford News, https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/.

Apple Cinnamon Bread

Serving Size: 1 slice | Serves: 16

Ingredients:

- 1/2 cup white sugar
- 1 1/4 cup unsweetened applesauce
- 1/3 cup oil
- 2 eggs
- 1 cup all-purpose white flour
- 1 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 apple, unpeeled, diced (about 1 cup)
- 3 tablespoons brown sugar
- 1/2 teaspoon cinnamon

Directions:

1. Preheat oven to 350°F. Spray a 9-inch by 5-inch loaf pan with nonstick cooking spray.
2. In a small bowl, stir together white sugar, applesauce, oil, and eggs until well combined.
3. In a large bowl, stir together flours, baking powder, and the 1 teaspoon of cinnamon.
4. Add liquid ingredients to dry ingredients. Stir together just until combined.
5. Gently stir in diced apple.
6. Pour the batter into the loaf pan. Spread batter evenly through the pan.
7. In a small bowl, stir together the brown sugar and the 1/2 teaspoon of cinnamon. Sprinkle over the top of the batter.
8. Bake for 45–50 minutes until a tester inserted in the center of the loaf comes out clean.

Nutrition information per serving:

150 calories, 2.5 total fat, 0.5g saturated fat, 0g trans fat, 25mg cholesterol, 40mg sodium, 24g total carbohydrate, 2g fiber, 12g sugar, 3g protein

Recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website.

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NUTRITION UPDATE:

Chocolate Day is October 28! Can you believe eating chocolate actually has health benefits? It contains flavonoid compounds that act as antioxidants to lower LDL cholesterol and reduce blood pressure. Eating as little as 7 grams of dark chocolate may reduce the risk of cardiovascular disease. Be careful though, eating too many calories from chocolate may lead to weight gain. Remember Halloween is just around the corner!

Oatmeal Day is October 29! Oatmeal is a whole grain and has many nutritional benefits. It's a great way to start your mornings. Eating a bowl can help reduce blood cholesterol levels, high blood pressure, and obesity. For a quick and inexpensive breakfast idea, learn how to make your own instant oatmeal packets from Spend Smart. Eat Smart website. There are several low-cost, easy and nutritious recipes on the website like Crispy Granola, Hurry Up Baked Apples and Breakfast Cookies to name a few. Find these recipes and more at https://spendsmart.extension.iastate.edu

Stay healthy and safe!

Lunch and Learn!

Working and homeschooling at home this fall? The structure of school and work can help limit our eating to designated meal times. When we're all at home all day, though, we may graze on less-than-healthy choices. What to do?

- Involve the whole family in planning meals and menus. Family members can suggest weekly menu items, including something new. The ISU Extension and Outreach Spend Smart. Eat Smart. (spendsmart.extension.iastate.edu/) website has planning tips and a Five Day Meal Planning Worksheet (tinyurl.com/yyhaf3w2).
- Get the family involved in preparation and cooking. They may be more inclined to help if the menu was their suggestion. Children will learn colors, shapes, reading, math, and science as they cook, without realizing they are "learning."
- Prep meals in advance. View this video to learn how to Cook Now, Enjoy Later (vimeo.com/419747928).
- Make snack bins in your fridge and on your kitchen table for both perishable and nonperishable snacks.
  - Nonrefrigerated Snacks: peanut butter; washed fresh fruit such as pears or bananas; individual bags of nuts, seeds, dried fruit, whole-grain crackers, or trail mix; individual applesauce or fruit cups; or Apple Cinnamon Bread (see featured recipe).
  - Refrigerated Snacks: low-fat yogurt; precut vegetables and fruits such as apples, carrots, and celery; or high-protein foods such as cottage cheese, cheese sticks, hummus, or hard-cooked eggs.
- Keep sweet and salty snacks out of sight.
- Everyone "starving" right before a meal? Set cut-up raw vegetables out while the meal is being prepared. Watch Veg Out! (vimeo.com/419742344) for more on vegetables.
- Remember you don't have to be perfect at this. Do your best as a family and have fun.

Sources:

Adapted from American Institute for Cancer Research, aicr.org.

For more snack ideas see the ISU Extension and Outreach publication Snacks for Healthy Kids, store.extension.iastate.edu/Product/4605.

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