

Words on Wellness

Your extension connection to nutrition and fitness

Brown Bagging It! Lunches to Go

When you're packing a lunch bag, creativity and smart planning are keys to eating food that fits a healthy lifestyle. Sack lunches don't need to be boring. Create a more flexible, nutritious pattern by basing your food choices on MyPlate.

Use whole grains and lean proteins

To break away from the traditional peanut butter/jelly or luncheon meat sandwich on white bread, look at other possibilities. Perhaps make your bread whole grain or opt for a whole wheat tortilla, flat bread, pita, Kaiser roll, or English muffin. Use cuts from lean meats left over from dinner the night before or pack other prepared, left over food.

Add color and crunch with fruits and vegetables

Vary your fruit and vegetables, selecting what's in season that can be packed whole or sliced and packed in plastic bags or cups. Add a healthy dip like hummus to enjoy with vegetables. Also consider low fat or skim milk, or 100% fruit juices if you pack a drink.

Follow food safety measures

Be sure to wash whole, fresh fruits and vegetables under running water before packing. Make meat sandwiches the night before and refrigerate or freeze overnight. Put prepared, left over food in a well-sealed container and refrigerate. Pack food in an insulated bag with two ice packs lining the container. Use gel packs, frozen juice boxes, or frozen fruit items in the insulated bag.

For more information, request PM 3026, "What's for Lunch? It's in the Bag!" from your local extension office.



Sweet Potato Bean Burritos

Serves: 12 (Serving size: 1 burrito)

Ingredients

- 1 tablespoon canola oil
- 1 medium onion (2½" diameter), diced
- 4 cloves garlic, minced
- 3 cups canned red kidney beans
- 2 cups water
- 3 tablespoons chili powder
- 1 tablespoon light soy sauce
- 4 cups sweet potato, baked in skin
- 12 whole wheat flour tortillas
- 6 ounces shredded cheddar cheese

Directions

1. Preheat oven to 350°F degrees.
2. Heat oil in medium skillet. Sauté onion and garlic until soft. Stir in beans and mash. Gradually stir in water and heat until warm.
3. Remove from heat and stir in chili powder and soy sauce.
4. Remove skins from sweet potato and mash in separate bowl. Divide bean mixture and mashed sweet potatoes evenly among the tortillas. Top with cheese.
5. Fold the tortillas burrito style and place on baking sheet.
6. Bake 12 minutes, remove from oven, and serve.

Nutrient information per serving

293 calories, 9.5 g total fat, 15 mg cholesterol, 668 mg sodium, 42 g carbohydrate, 10 g dietary fiber, 11.7 g protein



IOWA STATE UNIVERSITY
Extension and Outreach

Healthy People. Environments. Economies.



www.extension.iastate.edu

Food Safety Guidelines and Reusable Shopping Bags

Foodborne bacteria need ingredients of moisture, nutrients or a food source, and warmth for a period of time in order to grow and reproduce to harmful levels.

- **Moisture:** most foods, particularly fruits and vegetables, contain moisture.
- **Nutrient or food source:** protein and carbohydrates are good sources.
- **Warmth:** room temperature is 68 to 70°F, well within the temperature danger zone (TDZ) of 40 to 135°F.
- **Time:** Moist foods kept more than 2 hours in the TDZ will likely have high enough levels of bacteria to make a person sick.



“Green” living has increased interest in reusable grocery shopping bags. These bags can serve as a breeding ground for foodborne bacteria, although recent research suggests that cross contamination from bags to ready to eat food is unlikely. Be on the safe side and follow these safety steps for your reusable grocery bags.

- Wash your bags regularly.
- Separate uncooked food from other items.
- Prevent cross contamination by not carrying recycled or household items in the bags.
- Avoid storing reusable bags in the car trunk in warm weather because high temperatures can promote growth of harmful bacteria.

Stay Active: Drake Relays Event Promotes Iowa's Healthiest State Initiative

A first time event at the Drake Relays can help walkers and runners challenge themselves this spring.

Sunday, April 28, the Drake Relays new event, “Hy-Vee Road Races,” will allow walkers and runners to select from three different distances.

- 6k Run/Walk benefiting Character Counts in Iowa
- 10K Run benefiting the Healthiest State Initiative
- Half-Marathon sponsored by Hy-Vee

If you're looking for a great motivational tool, consider signing up for one of these races or one of the many races available throughout Iowa. Having an event to train for may help you to remain committed to your physical activity goals.

Drake Relays registration is open at www.hy-veeroadraces.com. Sign up as an individual or register a family or wellness team for the 6k using the Family Pak option.



Find more info about Iowa races at:

<http://www.runningtheusa.com/Race/Lisat.aspx?State-IA>
<http://fitnesssports.com/races.apr.html>

PM 2099EE April 2013

...and justice for all

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Cathann A. Kress, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.