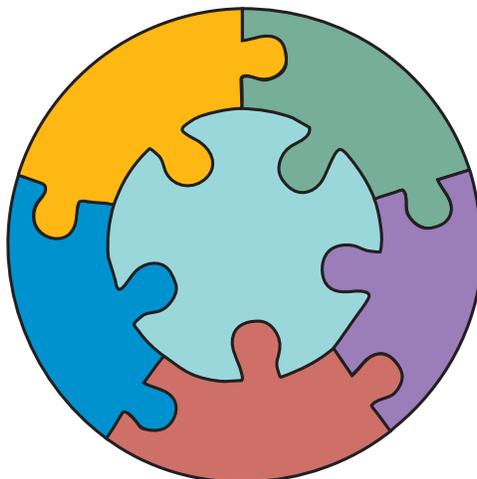


FOOD

We can't live without it. Food is vital to our health and well-being. The quality and type of foods we buy and eat not only affect our own personal health, but also the health of our communities and the environment.

Here are some ideas and actions you can take to eat better and be healthier.

- Become a conscious eater. 6~2
- Properly prepare and store your food. 6~3
- Eat more whole foods and cut back on processed foods. 6~6
- Eat fresh produce for optimal benefits. 6~9
- Be aware of and choose proper portion sizes. 6~13
- Support your local farmers and buy locally-grown produce and products when possible. 6~16
- Grow your own food. 6~18
- Eat dinner as a family. 6~21
- Know what your children are being fed at school. 6~24





Become a conscious eater.

Eating is one of the three vital components of life, along with breathing and drinking. Unfortunately, we tend to not treat it as such.

“Tell me what you eat, and I will tell you who you are.” ~ Brillat-Savarin

We have lost the importance of eating. It has become something we do to just fill the hole in our stomachs. We need to remember, be aware of the fact that eating, especially what we eat, is one of the most important and necessary things we can do for our bodies, our minds and our health.

Consider the value you place on food. Do you focus only on convenience and price? Or do you consider the quality and nutrition? Some people believe that “food is medicine.” If you were to view food the same way, would this change any of the purchases you make?

Being a conscious eater means that you think about the foods you eat and how they will affect your health. It means stopping and taking a minute to either plan what you are going to eat, or at least ponder what is in your hand at the time and consider if what you are going to eat will benefit you. You don't have to make the perfect choice every time (it's OK to have a slice of birthday cake), but become more aware of the choices you make.

It is also about how you eat, not just what you eat.

How to be a conscious eater:

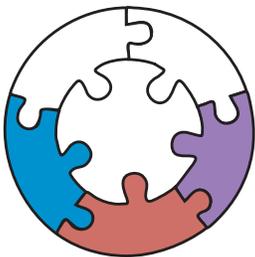
Before you mindlessly eat something, take a second and be aware of following items:

- Am I hungry, really hungry, or am I bored or looking for something to do?
- How will this food make me feel after I eat it? Great because I ate something healthy that my body was truly craving? Or ill because it was full of sugars, chemicals or fat?

Here are some other things to be aware of while you are eating:

- Eat at a table, not at your desk, in the car or in front of the TV.
- Eat slowly and enjoy each bite.
- Eat until your hunger is gone, not until you are full. When you hit the point of full, you have eaten too much.

First steps:



When we are aware of what we are eating, our health, our families and our economy thrives.

Every time you go to eat something, whether a small snack or a big meal, think about the food you are about to put into your body. Will it make you feel better or worse after you eat it?

*“Let food be thy medicine,
thy medicine shall be thy food.”
~ Hippocrates*



Properly prepare and store your food.

Properly preparing and storing the food we eat can have a positive, healthy impact on the safety of those meals. Both of these processes can result in foodborne illnesses if not done correctly. Bacteria can contaminate our foods when not handled properly. It can grow on our food when favorable conditions exist, exposing us and our families to potentially hazardous situations.

According to the Centers for Disease Control and Prevention, 48 million illnesses, 128,000 hospitalizations, and 3,000 deaths in this country each year can be traced to foodborne pathogens. The USDA estimates that foodborne illnesses due to bacterial contamination cost \$6.9 billion each year. Salmonella alone has a \$2.65 billion dollar impact.

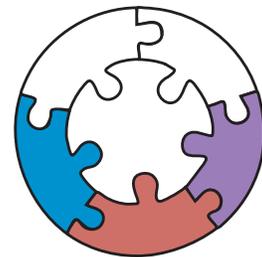
How to handle your food:

In order to prevent these illnesses, here are the steps to properly handle your food from the Partnership for Food Safety Education. (www.fightbac.org)

Clean: Wash Hands and Surfaces Often

Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops and food.

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skin fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



The proper handling of our food can have an effect on our health, our families and our economy.



Separate: Don't Cross Contaminate!

Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene – wash hands with warm water and soap. Wash cutting boards, dishes, countertops and utensils with hot soapy water.

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.

Cook: Cook to Proper Temperatures

Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.

- Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook roasts and steaks to a minimum of 145°F. All poultry should reach a safe minimum internal temperature of 165°F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer.
- Cook ground meat, where bacteria can spread during grinding, to at least 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.



Chill: Refrigerate Promptly!

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.

- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.

Resources for Safe Food Handling:

- Federal Food Safety Information;
www.foodsafety.gov
- Center for Food Safety;
www.centerforfoodsafety.org
- Partnership for Food Safety Education;
www.fightbac.org



Eat more whole foods and cut back on processed foods.

Many of us think there is just one kind of food – the stuff we eat. But, there are two – whole foods and processed foods – and there is a big difference between them. Whole foods (fruits, vegetables, whole grains, etc.) come from orchards, farms and gardens and are unprocessed and unrefined. Whole foods aren't packaged in fancy containers and don't contain preservatives or other processing additives. They have a more authentic flavor and are packed with vitamins, minerals and fiber.

On the other hand, processed food (sodas, chips, cookies, crackers, sugary cereals, etc.) are neatly packaged in a box, bag, can or jar with a long list of ingredients on the side. These foods have been processed to have a longer shelf life and for convenience and were all made in a factory of some sort. About 90% of the money we spend on food goes towards these processed foods.

Although whole foods can take longer to prepare, aren't as convenient and have a shorter shelf life, they are much healthier than processed foods.

Here are some good reasons to stay away from processed foods:

(6 Dangers of Processed Foods for Your Kids, ZisBoomBah Food Education Resource: <http://blog.zisboombah.com/2011/05/11/why-whole-is-better-than-processed-food/>)

- 1. Processed foods have less nutritional value.** Foods lose much of their nutritional value during processing. Still more problematic is that the flavor void is often filled with man-made, unhealthy fillers that contain empty calories, extra sugar and carbohydrates and usually not enough protein.
- 2. Processed foods contain high amounts of saturated fat, sugar and sodium.** These foods are a big reason for obesity, type 2 diabetes and heart disease.
- 3. Processed foods contain potentially dangerous additives and chemicals.** Food companies use more than 6,000 additive chemicals to color, stabilize, emulsify, bleach, texturize, soften, sweeten, flavor, hide odors and preserve the “food” we eat. Some of the most harmful ingredients in processed foods include high fructose corn syrup, trans fat, salt and artificial food dyes and artificial sweeteners containing aspartame. Many processed foods need preservatives to “survive” the manufacture, freezing, storing, shipping, storing again and refreezing.

To make up for the original taste that gets lost during processing, food manufacturers add artificial flavorings, sugar and fat to make the remnant product taste “good.” Many processed foods that are “light” or “diet” are loaded with chemicals, often artificial sweeteners, to make up for the “loss.” The FDA doesn't



typically require food manufacturers to list many of the additives as long as they are Generally Regarded As Safe (GRAS). All the label has to say is “artificial flavor” or “artificial coloring” or “natural.” The long-term effects of these chemicals in our food are unknown.

- 4. Processed food keeps us from cooking healthier.** We buy processed food mainly for convenience. It takes a lot less effort and time to make microwavable mac and cheese than to cook pasta and prepare the cheese sauce from scratch. But taking the microwave meal shortcut (and, yes, we all feel THAT tremendous temptation after a busy day) also robs us of the opportunity to substitute with whole-grain pasta and use a recipe that contains less fat.

The danger of processed food is that it’s simply there for us to grab without having to think much. Granted, it’s so much easier to run into the grocery store on your way home and grab a box of frozen lasagna than it is to stop and think about and then shop for the long list of ingredients you need to make lasagna from scratch.

Then there is the issue of prep time. Opening the oven door, putting in the lasagna, closing the oven and waiting for the “ding” is much faster than taking the time to prepare all the ingredients from scratch and cook (which can be a great family activity). But think about all the nutrients your family is missing out on when you serve the “easy” dinner, not to mention the time spent together cooking as a family.

- 5. Processed foods are billboards for dubious health claims.** Processed food typically comes in excessive packaging, giving food manufacturers plenty of space for nutritional claims aimed at misleading and manipulating us into thinking we are buying something that’s actually good for our family. Like the gummy bear bag that says “fat free.”
- 6. Strong flavors and colorful packaging of processed foods make real food seem boring.** Over time, our taste buds become used to the strong flavors of processed foods, eventually making us crave the super salty and ultra sweet processed foods. Whole foods close to their natural state can’t always compete with the intense – albeit artificial – flavoring of processed foods. Better-for-you foods also often don’t come in the same kind of flashy, exciting packaging as processed foods.



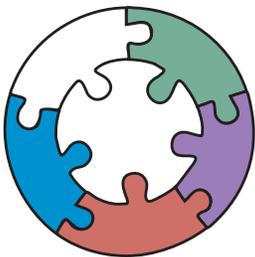
How to add whole foods into your diet and cut back on processed ones.

- Anything in a package is usually processed. Avoid packaged foods as much as possible and look for fresh food alternatives.
- Unhealthy ingredients in processed foods are easily spotted on food labels. If you cannot pronounce the ingredient, you probably shouldn't eat it. Also, look for foods with the fewest ingredients as possible (no more than 5 ingredients is a good rule of thumb).
- Buy whole grain flours and breads instead of white.
- Buy whole fresh fruit or frozen fruit instead of canned fruit.
- Grow your own food to ensure the freshest, least processed possible.
- Minimize processed meats (ham, bacon, etc.) and replace them with freshly roasted lean meats.
- Buy and cook dried beans more often, and rely less on pasta and noodles which are more processed.
- Replace margarine or spread with preservative-free butter.

Michael Pollan's Guide to Eating Whole Foods

(from the book Food Rules, An Eater's Manual)

1. Don't eat anything your grandmother wouldn't recognize as food.
2. Avoid food products that contain high-fructose corn syrup.
3. Avoid food products containing ingredients a third grader couldn't pronounce.
4. Eat only foods that will eventually rot.
5. If it came from a plant, eat it; if it was made in a plant, don't.



*Eating whole, unprocessed foods
helps our health, family, economy
and the environment thrive.*



Eat fresh produce for optimal benefits.

“Eat your fruits and vegetables.” You’ve likely heard this statement since childhood. There is a reason we have heard this so often. That’s because they are really good for our health. These important foods have many vitamins, minerals and other natural substances that help you stay healthy and help your children grow up vibrant and strong!

Research also shows why it is good advice:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables also provide essential vitamins and minerals, fiber and other substances that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.

12 Ways to Eat More Vegetables and Fruit, thanks to Cooking Light Magazine:

(<http://www.cookinglight.com/healthy-living/healthy-habits/eat-vegetables-fruits-00412000069675/>)

- 1. Boost your breakfast.** The importance of eating breakfast is immeasurable. Not only does it break the fast and jumpstart your metabolism, but it also boosts your performance at work or school, helps with weight maintenance, and is the perfect time to get in an extra fruit or vegetable serving for the day.
 - a. Stir berries (fresh or frozen), dried fruit, or banana slices into yogurt, cereal or oatmeal. 1/2 cup of fruit you add is a serving.
 - b. Make a smoothie. Combine some low fat milk or yogurt, 1/2 cup frozen berries and a banana for a super easy blended breakfast – and 2 entire fruit servings!
- 2. Double the veggies.** In soups, salads, pastas, sandwiches, pizzas and casseroles, most recipes call for a certain amount of vegetables. Our advice? Double the amount called for in the original recipe. You are already doing the prep work; so a little extra chopping can go a long way for your vegetable intake.
 - a. Stir extra veggies into soups. Don’t be afraid to steer off the beaten recipe path just a bit. When it comes to something like soups, an overdose of chopped vegetables will not ruin the recipe. It will enhance the flavor, nutritional value, and your daily vegetable tally. A half cup of chopped vegetables and a whole cup of dark leafy greens is another serving.
- 3. Be a sneaky chef.** Sometimes, it’s okay to be sneaky in the kitchen. Try these tips to sneak in one or two extra servings into your day. An added bonus? You’ll be adding a new twist to an old favorite recipe.



- a. Grate your way to goodness. Shred or grate fruits and vegetables down, or puree them up and see how creative you can get with your favorite recipes. Grated zucchini and carrots do wonders for turkey burgers, meatloaf and meatballs, adding both moisture and nutrients to the dish.
 - b. Puree cooked cauliflower, winter squash or red peppers and stir them into sauces, mashed potatoes, pot pies or even mac and cheese.
4. **Make ahead Meatless Mondays.** The campaign for “Meatless Monday” is gaining popularity. The concept is simple: one day a week, cut out the meat. (And Monday seems to be a good day to try.) It’s a great way to eat more fruit and vegetables. By eliminating meat once a week, you may reduce your risk of cancer and heart disease, support sustainability, and even come out saving a buck or two. To make your goal even more attainable, use your Meatless Monday as a make-ahead day to prepare extra fruits and vegetables for the week.
 - a. Choose a day convenient to you to leave meat out of your diet. Use this as a “day of preparation” for the entire week to assist your goal to increase your fruits and vegetables by three servings a day.
 - b. Sauté or grill extra vegetables on your meatless Monday, and continue to use the leftovers later in the week in pasta dishes, soups, sandwiches and salads.
 - c. Make a large batch of fruit salad to have on hand for meals and snacks.
5. **Feature a fresh new vegetable each week.** Try to experiment with a new seasonal vegetable (or fruit) each week. Don’t try a tomato in December. You are far more likely to fall in love with its lush, juicy, tangy taste in the height of summer. But a ruby red grapefruit in the winter when it is in season might be the ticket.
 - a. If there is a local farmers market nearby, support your community and pay them a visit. Get the whole family involved. Allow either yourself, or a family member to choose a new item from the produce section and add it to your meal.
 - b. Cooking for one? Invite a friend or two over to try the new dish with you. Two heads are often better than one, and you can both learn together.
 - c. On a budget? Check the weekly specials at your local grocery store and choose one of the items on special that week. The specials often reflect the abundance of certain seasonal produce.
6. **Salute the snack.** Snacks have gotten a bad rap. A healthy snack can help you curb hunger throughout the day and provide energy and important nutrients. Make all of your snacks revolve around fruits and vegetables. Stock countertops, pantries, refrigerators (at home and work), desk, car and purse with some form of fruit or veggie.
 - a. Keep a bowl of fresh fruit on the counter at home or on your desk for a healthy (and eye-appealing) quick fix.
 - b. Keep dried fruit in your car or purse for busy days when a breather is just not an option.



- c. Pack pre-cut fruit and veggies into snack-size bags for perfectly-portioned munchies. Keep them eye level in the fridge for easy access.
 - d. Swap up your afternoon soda for 1/2 cup of 100% juice to squeeze in an extra serving.
- 7. Don't skip dessert.** Desserts tend to be regarded as a sweet treat for special occasions only. But a fruit-based dessert has the ability to offer a light, refreshing, naturally-sweet ending to a satisfying meal, with the added bonus of an extra fruit serving.
- a. Take those plain old bananas and grapes to a whole new level with a freezing frenzy. Freeze grapes and bananas for a super satisfying, pop-able delight. For an added yum-factor, dip half a banana in a small amount of antioxidant-rich dark chocolate.
 - b. Blend up some fresh fruit with 1/2 cup low fat yogurt or 100% fruit juice for delightfully refreshing fruit popsicles.
 - c. Eating ice cream or frozen yogurt? Pile on 1/2 cup of fresh peaches, mangos or berries for a serving of fruit.
- 8. Say yes to salads.** Salads have the potential to be a healthy habit gold mine, rich in fruits, vegetables and nutritional value. But we're not talking about salads with a leaf of iceberg, and loads of bacon, cheese and ranch. We're talking dark green leafy beds with colorful, crunchy toppings.
- a. Start one meal a day with a small salad. Get creative. One cup of leafy greens + 1/2 cup of fruit or veggie toppings = 2 servings.
 - b. Alternate your greens from the normal Romaine or iceberg... for general rule of thumb, the darker the greens the more nutrient rich they are.
 - c. Supersize your salad. Just think of the possibilities of an entrée-sized salad. One cup of leafy greens is a serving; pile on healthy toppings, and every 1/2 cup of chopped fruits and vegetables is another serving. You can easily get half your daily fruits and vegetables packed into one glorious salad.
 - d. Don't cheat yourself on the dressing. Be moderate, but be tasteful. A lot of the fat-free and low-fat dressings out there are full of sugar and sodium and are completely deprived on flavor. A few splashes of a good, heart-healthy canola or olive-oil based dressings can do wonders to that bed of greens.
- 9. Take a smoothie break.** The great thing about a smoothie is the open invitation to creativity. You are your own mixologist. Try something new, like mango, papaya or even cucumber. You can knock out all three of your added fruits and vegetables with one push of the pulse button. The key here is not to confuse a smoothie with a milkshake. When you make your own, you are the artist in control of the color palette of fresh fruits.

Make sure that fruit is the base of your creation – too much fruit juice can rapidly add calories without providing any of the heart-healthy and digestive-friendly fiber that you get from the fruit itself. Enjoy for breakfast, as part of a balanced lunch, snack or even dessert.



- a. Whirl up some low-fat milk or yogurt, 1/2 cup frozen fruit and a banana for a super delicious smoothie – and 2 entire fruit servings!
- b. Blend up a large batch and freeze in single portions for an easy on-the-go breakfast or snack.
- c. Surprisingly, some vegetables make great fiber-filling smoothie additions. Try carrots, a 1/2 cup of creamy canned pumpkin or cooked sweet potato for a tasty addition.

10. Dig the dip. Do fresh fruits and veggies sound boring? Whip up a delicious dip and turn those healthy crudités into party food.

- a. Go savory. We get it. Not everyone gets excited when they look at a plate of raw vegetables. But pair them with a nutty hummus, zesty ranch, creamy avocado and fiery salsa and now we're talking. Crunchy crudités take on a whole new life with just a smidge of extra punch from a flavor-packed dip.

11. Recreate the chip. As America's all-time favorite snack – the potato chip (deep fried in oil, over salted, and overly enjoyed by many) – has become the lunch time side dish and snack time staple. There is something about that salty, crunchy satisfaction that is difficult to deny. So don't deny yourself; instead, continue with the chip concept, but make them yourself. The trick: oven-bake them, and be open to giving the potato a rest. You can make your own vegetable crisps that end up cheaper, healthier and quite possibly the most fun way to eat your fruits and vegetables. Bag them for your own on-the-go snack, use them as dippers or munch on them with your next meal.

12. Bag the bread. We're not playing nutrition police on the bread group. Carbohydrates are an essential energy-boosting part of a healthy diet. Let's just say most of us do not struggle to get enough of our daily bread. Try replacing one serving of bread a day with a fruit or vegetable, and you'll be a step ahead.

- a. Love the lettuce wrap. Instead of bread or tortillas, make your next sandwich or wrap inside a leafy green. Stack 2 or 3 large, leafy greens such as Bibb lettuce, romaine, red lettuce, cabbage or radicchio and pile on the fixings. Enjoy the added crunch factor.

- b. Flip the chip and dip. Swap those chips for fresh crunchy crudités such as broccoli, carrots, cucumbers, snow peas or endive lettuce.
- c. Nix the noodles. Try spaghetti squash. The name says it all with this veggie varietal. Once baked, spaghetti squash can be flaked with a fork to reveal spaghetti like strands to offer the perfect bed for your favorite pasta sauce.



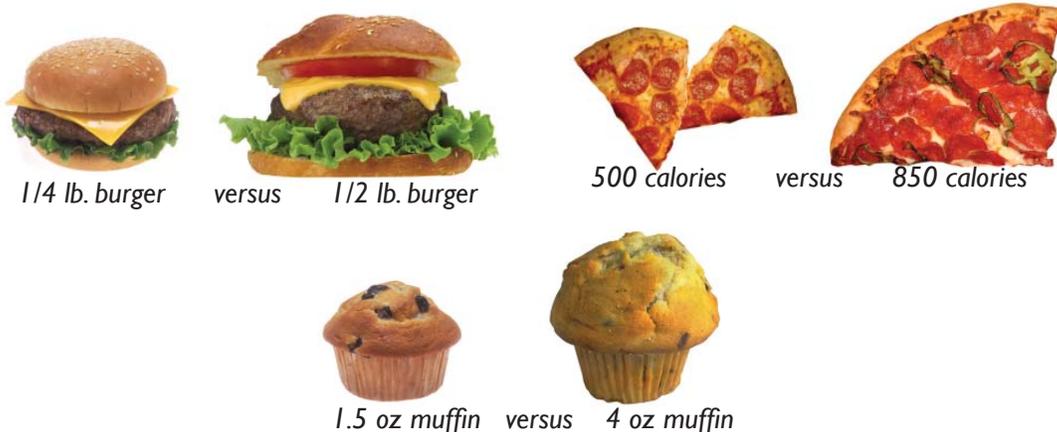
*Eating more fresh produce is
great for our health, the
environment, our economy
and our family.*



Be aware of and choose proper portion sizes.

A healthy diet consists not only of what, but how much we eat. Some people struggle to maintain a healthy and stable weight because they are out of touch with what a reasonable portion size is. This is not surprising, considering that over the years, our portions have gotten bigger and bigger.

Portion sizes 20 years ago versus today:



Here are some ways to control your portion sizes:

- Eat regular meals. When you let yourself get ravenous with hunger, it is easy to eat too much. Eating on a regular schedule will help prevent cravings for high calorie snacks or overeating at meal times due to hunger.
- Don't be tempted to upgrade or super size your order (this includes drinks). Just because something is a good price doesn't mean it is good for your health.
- Utilize the Nutrition Facts label on the packaging of most foods and measure them out before eating.
- Liquids count. Many drinks contain a significant number of calories – from sodas to coffees to sports drinks. It can be very easy to sip down a few hundred calories without even thinking about it. Switch to low calorie or no calorie drinks (like water) or cut down on the amount of these high-calorie drinks.
- **When eating meals at home:**
 - Place the food on your plate and leave the leftovers off the table. Out of sight out of mind.
 - If you usually eat all of the food on your plate, serve yourself smaller portions.
 - If you do go back for seconds, wait a few minutes to make sure you are really still hungry.



- Fill half your plate with vegetables or salad first and then add the protein and starch (meats and breads, potatoes or rice).
 - Use smaller plates and bowls. Since the early 1990s, plate sizes have gone up from 10 to 12 inches and bowl sizes have also increased.
 - Measure out sauces, salad dressings and other high calorie condiments before using them instead of just pouring them over your food. Calories and fat can add up quickly with these types of foods.
 - Sit down at a table while you eat. Keep the TV and other distractions off and focus on enjoying your meal. You will be more likely to stop eating when you are starting to feel full instead of mindless eating until you are uncomfortable.
 - If you are snacking while watching TV, put the snacks into a small bowl and put the bag they came in away. This way you won't mindlessly eat straight out of the bag until it is all gone.
 - Drink a large glass of water before meal time.
- **When eating meals out:**
 - Order appetizers as entrees.
 - Split entrees with another person.
 - Ask for a to-go box with your meal so you can put half of it away to enjoy tomorrow.
 - Avoid buffet and family style restaurants.
 - Drink a large glass of water before the food comes.

Here are some examples of proper portion sizes. (USDA)

One serving equals:

- 1 slice of whole-grain bread
- ½ cup of cooked rice or pasta
- ½ cup of mashed potatoes
- 3 to 4 small crackers
- 1 small pancake or waffle
- 2 medium-sized cookies
- ½ cup cooked vegetables
- 1 cup (4 leaves) lettuce
- 1 small baked potato
- ¾ cup vegetable juice
- 1 medium apple
- ½ grapefruit or mango
- ½ cup berries
- 1 cup yogurt or milk
- 1 ½ ounces of cheddar cheese
- 1 small chicken breast
- 1 medium pork chop
- ¼ pound hamburger patty



Know what portion sizes look like:

Another way to remember portion sizes is to utilize familiar sizes to correlate to certain food groups:

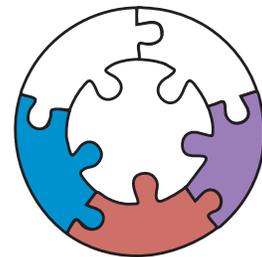
- Vegetables or fruit is about the size of your fist.
- Pasta is about the size of one scoop of ice cream.
- Meat, fish or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
- Snacks such as pretzels and chips are about the size of a cupped handful.
- Apple is the size of a baseball.
- Potato is the size of a computer mouse.
- Bagel is the size of a hockey puck.
- Pancake is the size of a compact disc.
- Steamed rice is the size of a cupcake wrapper.
- Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base).

First steps:

Leave a couple of bites behind each time you eat, even with snacks. Or, pause in the middle of a meal to see if you're still hungry. It is amazing to see how much food we don't need to eat and still be satisfied.

Portion Sizes Information and Resources:

- Portion Distortion, National Institutes of Health;
hp2010.nhlbi.nih.gov/portion/keep.htm
- Choose My Plate, USDA;
www.choosemyplate.gov/



Eating the right portions helps our health, families and economy thrive.



Support your local farmers and buy locally-grown produce and products when possible.

There are a number of great reasons to buy locally-grown produce and support local farmers.

Great reasons to buy locally-grown food:

1. **It is fresh and tasty!** Local food was probably picked just before it went to market, at the height of its ripeness and is still fresh, not picked weeks ago and shipped from across the country.
2. **It is better for you.** When produce is picked when it is ripe and sold right away, it is at its height of nutrition.
3. **It supports our local farmers.** When you buy conventional produce, only 11 cents of every dollar actually goes to the farmer. When you buy fresh produce directly from the farmer, they get 100% of that dollar. This enables them to keep farming and continue providing food for the community.
4. **It builds a strong community.** By purchasing directly from your local farmer, you are establishing a connection between you, the land and those that grow your food.
5. **It provides you opportunities to learn about and experience different types of foods.** Local farms grow a variety of different foods throughout the season, bringing you an array of colors and flavors that can't be found anywhere else.
6. **It helps preserve farmland.** Farmland will survive only as long as farms make money. When you buy local food, you are helping to ensure that food will continue to be grown on the land.
7. **It supports a clean environment.** On average, produce travels 1,500 miles to get to the consumer. When you buy food that was grown and sold locally, you are contributing to less greenhouse gas emissions.
8. **It supports sustainable farming practices.** Local farms understand the need for sustainable practices in order to ensure their long-term viability. These practices include crop rotations, maintain healthy soil and keeping our local water sources clean.
9. **It enhances your local economy.** When farmers make money, they in turn use that money in the community. They pay taxes, they shop locally and they hire local workers.



- 10. Local food is safe.** There's a unique kind of assurance that comes from looking a farmer in the eye at farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous and they take their responsibility to the consumer seriously.
- 11. It is the right thing to do.** Local food is an investment in the future. By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute and store food.

How to support our local farmers and producers:

- Shop at our local farmers markets throughout the growing season. You will have a chance to get to know the farmer and be buying the freshest food available.
 - Park City Green.org has a great listing of local farmers markets. The list is under the "Local Farmers Markets" tab on the following page:
parkcitygreen.org/Ways-to-Save/Lifestyle/Food.aspx
 - Or visit the Eat Local Grown site and utilize the search option at the top of the page; eatlocalgrown.com
- Sign up for a local CSA. Community Supported Agriculture (CSA) is a way for the farmers to receive payment early in the season, which helps with the farm's cash flow. In return, customers are guaranteed a portion of fresh produce throughout the season.
 - Community Supported Agriculture in Utah, Buy Local First Utah;
www.localfirst.org/buy-local/community-supported-agriculture
- Look for products and foods at the local grocery store that are made here in Utah. To find locally-made products and where you can purchase them visit Utah's Own:
www.utahsown.utah.gov

Resources for Supporting Local Producers:

- America's Farmers; www.americasfarmers.com
- Local Harvest; www.localharvest.org
- Eat Local Grown; eatlocalgrown.com
- Slow Food Utah; slowfoodutah.org
- Utah's Own Products; www.utahsown.utah.gov
- Sustainable Table; www.gracelinks.org/1117/sustainable-table
- Local Producers in Your Backyard, Slow Food Park City;
www.parkcitygreen.org/Files/Local-Food-Producers---Park-City.aspx



Supporting local farmers and producers benefits our community, health, economy and the environment.



Grow your own food.

If you have a yard or a porch / deck, why not use that space to plant a garden and grow food for you and your family. It doesn't have to take up a lot of space and doesn't require a huge amount of work, but can provide many benefits.

Here are some great reasons to grow your own food:

- Homegrown food just tastes better. When you pick it right from the garden, it doesn't get any fresher. Plus, you will be able to enjoy a wider variety of foods instead of just being limited to what the grocery store sells.
- It is healthier for you. You have control of what kinds of fertilizers and pesticides come in contact with your food. Also, the fresher the food, the higher the nutrient content.
- It is fun. Planting, growing, harvesting and preparing your home grown food can be fun and educational for the whole family and a great way to spend time together.
- Save money. The cost of food continues to rise and having your own garden can cut your grocery store bills while you still enjoy fresh, tasty food.
- It is a great way to get more fresh fruits and vegetables in to your diet.
- Also, kids are excited to eat the vegetables they helped grow.

“The man who has planted a garden feels that he has done something for the good of the world.” ~Vita Sackville-West

10 Tips to Grow a Vegetable Garden

(The Beehive; <http://ut.thebeehive.org/special-features/10-tips-grow-vegetable-garden>)

1. **Know what to plant.** To find out what and when to plant in your region. You can also talk to neighbors who have a garden or visit a plant nursery nearby. Utah State University Extension Office is a great resource for this information. You can visit their website at <http://extension.usu.edu/yardandgarden/> or call the Summit County USU Extension office at 435-336-3217.
2. **Use a planting calendar.** It's a good idea to make a planting chart that takes into account the seasons and life cycles of the plants. Think about the weather and be prepared for possible problems, such as a dip in temperatures. Knowing when and how to water and fertilize your garden will make it more productive.
3. **Pick the best location.** You can grow vegetables in your yard, a community garden, containers or planters in your porch, terrace or balcony, or even in window planters. The most important thing is not to plant your fruits and vegetables in locations that don't get



much sun. To get a good harvest, your crops need to be in a sunny and open location.

4. **Build a raised bed.** Raised beds can be made by creating low mounds of soil or by building a large frame out of wood. They help you improve the quality of the soil, avoid compacting of the soil and promote better drainage. You should design your raised beds so that you can reach all your crops without having to stand inside the bed.
5. **Prepare the soil.** Buy or make your own organic compost. Another option is manure mixed with compost. Chemical fertilizers should be your last option, since they can burn the crops and be harmful to your health.
6. **Buy seeds.** If this is your first time planting, it's best to plant your seeds ahead of time in seed trays and then transplant them. Buying a few plants may simplify things if this is your first time growing a garden or if it's getting late in the season to plant certain varieties
7. **Use your space wisely** by growing the same type of vegetable at different times. If you plant small numbers of the same fast-growing vegetable throughout the planting season, you'll be able to harvest your crop at different times and it won't compete for space and sun. This way you will enjoy your harvest throughout the growing season. If you plant all crops at once, they will all be ready at the same time.
8. **Rotate your crops** to grow fruits and vegetables more than once a year and conserve nutrients and avoid diseases in the soil.
9. **Remember that certain plants don't grow well together and some help each other.** You can have the following plants in the same garden, but not next to each other. Avoid these combinations:

<i>Don't Plant</i>	<i>with</i>	<i>This Plant</i>
tomato or squash		potato
tomato		broccoli
onion		beans
dill		carrot
potato or sage		cucumber

On the other hand, companion planting can help protect against pests and disease. Try planting some of these plants together:

- Beans, carrot, celery, corn, eggplant, peas, potato, broccoli, cauliflower, radish, beet, strawberry, cucumber
- Carrot, beet, garlic, scallion
- Cucumber, corn, beans, sunflower, radish, dill, nasturtium
- Lettuce, cabbage, Brussels Sprout, cauliflower, lettuce, radish, spinach, Swiss chard, turnip, beet, carrot, cucumber, onion, strawberry
- Squash, zucchini, cantaloupe, cucumber, corn, marigold, oregano, nasturtium
- Tomato, eggplant, okra, pepper, asparagus, beans, carrot, cucumber, onion, basil, marigold



10. **Get ready to work outdoors.** Wear long pants, sunglasses and a hat. Use sunblock, especially between 10 am and 4 pm, and bug repellent if necessary. Protect your hands with gloves and your feet with socks and shoes. On hot days, try to garden early in the morning or late in the afternoon. Drink lots of water, but avoid alcohol and sugary drinks. Take breaks in shady areas. Children under 4, the elderly and those who are not in good health should not be exposed to high temperatures for extended periods of time.

If you don't have a backyard or your deck isn't suitable for container gardening, then join a community garden. Contact the Summit County Community Gardens to check on space availability and cost; www.summitcommunitygardens.org.

"There are no gardening mistakes, only experiments." ~ Janet Kilburn Phillips

"Cares melt when you kneel in your garden." ~ Unknown

Gardening Resources:

- Yard & Garden, Utah State University Extension;
extension.usu.edu/yardandgarden/
- Watch Your Garden Grow Vegetable Directory, University of Illinois Extension;
urbanext.illinois.edu/veggies/directory.cfm
- Summit Community Gardens;
www.summitcommunitygardens.org
- Organic Gardening, Mother Earth News;
www.motherearthnews.com/Organic-Gardening
- How to Grow Your Own Food, wikiHow;
www.wikihow.com/Grow-Your-Own-Food



*Growing your own food is great
for your health, your economy,
community and family,
and the environment.*



Eat dinner as a family.

With our busy schedules – after-school activities, long commutes, work schedules – it can be tough for a family to sit down and enjoy a meal together. But spending this time together as a family can be one of the most important things you do for your family.

Eating together has been shown to have great benefits for you and your children:

1. Families who eat together develop strong parent child bonds. Children are likely to talk and share things with their parents during dinner.
2. Teens who regularly have meals together are less likely to get into fights or be promiscuous.
3. Teens who regularly eat dinner as a family are less likely to take drugs, drink alcohol or smoke tobacco.
4. Children with families that eat together do better academically.
5. Families that eat together generally eat more nutritiously, and children are less likely to be overweight.
6. Children that are involved by setting the table and clearing the dishes learn important skills.
7. Eating dinner together teaches kids manners: saying please and thank you, sitting still, chewing with their mouths closed, taking a small enough bite of their food that it doesn't end up smeared all over their face.
8. Kids associate having family meals together as having a more stable home environment.
9. Having family meals together can save money.
10. They grow up so fast, it's time to make memories.

Source: The Importance of Family Dinners, The National Center on Addiction and Substance Abuse at Columbia University; <http://casafamilyday.org/familyday/files/media/The%20Importance%20of%20Family%20Dinners%20VI%202010%20-%20FINAL.pdf>



Here are some great tips on how to get the family together for dinner: (WebMD)

- Keep it simple. Family meals don't have to be elaborate. Work salads and vegetables into meals. Focus on familiar favorites, like chili or frittatas.
- Be prepared. Keep ingredients for healthful meals on hand, including plenty of fruits and vegetables.
- Keep healthy 'appetizers' on hand. Stock the kitchen with fresh fruits, nuts and low-fat cheese -- stuff the kids can snack on after school, instead of chips.
- Get the family involved. Let kids help prepare meals and set the table.
- Use the crock pot. Put everything together before leaving for work in the morning. You'll come home to the delicious smell of a cooked meal.
- Avoid portion distortion. Keep serving sizes under control, whether you're at home or eating out.
- Make it enjoyable. Leave the serious discussions for another time. Family meals are for nourishment, comfort and support.
- Keep the TV and computers off and enjoy each other's company.
- Use this time as a great chance to talk with your kids and find out what is going on in their lives. Here is a list of potential conversation starters (from the National Center on Addiction and Substance Abuse at Columbia University):
 - What's the best and worst thing that happened today?
 - What's the greatest invention of all time?
 - If you were in charge of the music for our family vacation, which songs would you pick?
 - Which TV family is the most fun to watch?
 - If you could have a wild animal from anywhere in the world as a pet, what animal would you choose?
 - Where would you go for a dream vacation?
 - If you could have any superpower, what would it be?
 - What is one thing you could absolutely not live without?
 - If you won the lottery, what would you do with the money?
 - If you could live in any time period, which one would it be?
 - What is your favorite thing you learned today?
 - If you had to eat just one food for the rest of your life, what would it be?
 - What is one thing you want to accomplish in your lifetime?
 - What book are you reading right now? What do you like about it? What do you dislike about it?
 - If you could donate \$1,000 to any charity, which charity would you select?
 - If you could trade lives with anyone, who would it be?
 - (<http://casafamilyday.org/familyday/tools-you-can-use/conv-starters/>)

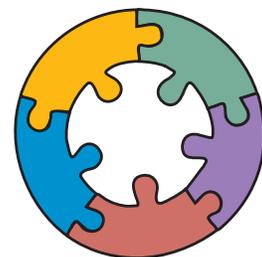


First steps:

Set a goal to eat together at least once a week at first, and build up from there.

Family Dinner Resources:

- Family Day, a day to eat dinner with your children. National Center on Addiction and Substance Abuse at Columbia University;
casafamilyday.org/familyday/
- Family Meals spell S-U-C-C-E-S-S, Purdue University;
www.cfs.purdue.edu/cff/documents/promoting_meals/spellsuccessfactsheet.pdf
- The Family Dinner Project;
www.thefamilydinnerproject.org
- Family Weekly Meal Planner, DinnerPlanner.com;
www.dinnerplanner.com
- Recipes, Jamie Oliver's Food Revolution;
www.jamieoliver.com/us/foundation/jamies-food-revolution/recipes



Eating dinner as a family helps us thrive in all areas: family, community, health, environment and our economy.



Know what your children are being fed at school.

What we eat has a direct and immediate impact on our ability to stay focused and learn. If our children aren't eating these brain foods while at school, they won't learn as well. These foods include what the school serves them for lunch, what is available in the vending machines and what they bring from home.

How to know what your kids are eating:

Parents have the power to change the food culture in their children's schools.

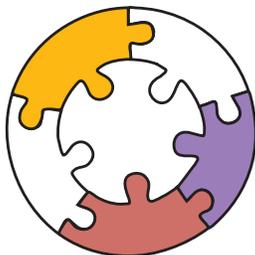
Find out what your children are eating at school. Visit the cafeteria to see what is being served. Find out where their school food is made, get copies of the menus and ask for lists of ingredients for each item on the menu. Check out what foods are sold outside of the lunch program, including vending machines, à la carte lines and other snacks. If you have concerns, work with the director of the food services program. Find out who is in charge and contact them and lobby them to make changes and provide better food choices for your children.

Get rid of vending machines in schools, including sodas. When kids have easy access to sugary, unhealthy foods, they are very likely to choose them. Instead, send kids to school with healthy snacks that will save money and be healthier for them.

Support the Farm to School Program that connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

School Lunch Resources:

- Healthy Schools, Let's Move;
www.letsmove.gov/healthy-schools
- Healthier US School Challenge, USDA;
www.fns.usda.gov/tn/healthierus/index.html
- Farm to School Network;
www.farmtoschool.org
- Jamie Oliver's Food Revolution;
www.jamieoliver.com/us/foundation/jamies-food-revolution/home
- Food Family Farming Foundation;
www.foodfamilyfarming.org



*When our children are fed good
food at school their health
thrives along with the
community and our families.*