

Washington State University Extension engages people, organizations and communities to advance economic well-being and quality of life by connecting them to the knowledge base of the university and by fostering inquiry learning, and the application of research.

World Class. Face to Face.

Don McMoran
Director
Department Head
Agriculture & Natural
Resources

Diane Smith
Family Living
Program
Faculty

Jennie Goforth
IFHL Coordinator

*Vivian
Smallwood*
Food Safety &
Preservation Advisor

Lizette Flores
Hispanic Outreach
Coordinator

*Laura
DeFreese*
Diabetes Prevention
Program Coordinator

WSU County Extension
11768 Westar Lane,
Suite A
Burlington, WA 98233
360-428-4270

[http://ext100.wsu.edu/
skagit/](http://ext100.wsu.edu/skagit/)

IFHL supported by



Skagit County

WASHINGTON STATE UNIVERSITY
EXTENSION

Ideas for Healthy Living

Providing interactive learning experiences in Skagit County

NEWSLETTER

March / April 2017

Recycle, Reduce, and Recover For Earth Day!

Ecological Cooking & Reducing Food Waste

Food waste is significant across the United States and has contributed to 31% (133 billion pounds) of available food supply in 2010. It occurs when an edible item goes unconsumed, such as food discarded by retailers due to undesirable color or blemishes or food discarded by consumers through plate waste.



This amount of waste has a huge impact on food security, resource conservation, and climate change. Wholesome food that could have helped feed families in need is sent to landfills; the land, water, labor, energy, and other inputs used in producing, processing, transporting, storing, and disposing of discarded food are pulled away from uses that may have been more beneficial to society; food waste quickly generates methane, helping to make landfills the 3rd largest source of methane in the US.

How can we reduce waste? Recycle, reduce, and recover!

The US Department of Agriculture and the US Environmental Protection Agency has launched the US Food Waste Challenge, calling on entities across the food chain—farms, agricultural processors, food manufacturers, grocery stores, restaurants, universities, schools, and local governments—to join efforts to:

Recycle

food waste to feed animals or to create compost, bioenergy, and natural fertilizers.

Reduce

food waste by improving product development, storage, shopping/ordering, marketing, labeling, and cooking methods.

Recover

food waste by connecting potential food donors to hunger relief organizations like food banks and pantries.



Planning, prepping, and storing food can help your household waste less food. Below are some tips to help you do just that:

- Plan your meals for the week before you go shopping and buy only the things needed for those meals.
- Many fruits give off natural gases as they ripen, making other nearby produce spoil faster. Store bananas, apples, and tomatoes by themselves, and store fruits and vegetables in different bins.
- When you get home from the store, take the time to wash, dry, chop, dice, slice, and place your fresh food items in clear storage containers for snacks and easy cooking.
- Shop in your refrigerator first! Cook or eat what you already have at home before buying more.



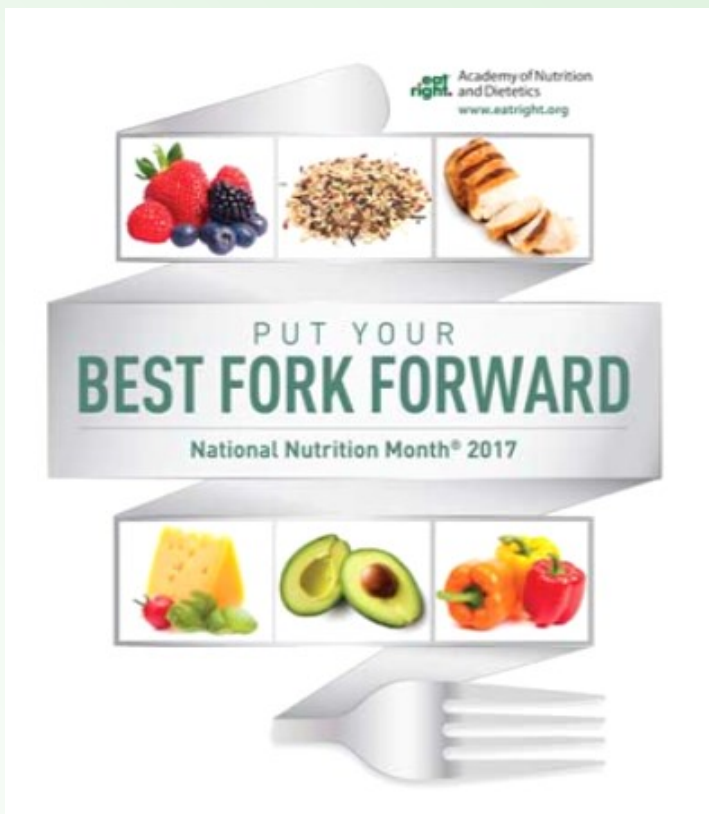
National Nutrition Month®

*Nutrition & Health Tips from the
Academy of Nutrition and Dietetics*

Smart Snacking Tips for Kids

Snacks can play an important role in meeting kids' nutrient needs. Choosing foods from all of the food groups will give them the energy they need between meals. It helps to plan and portion out snacks in advance. Kids will usually only need 2 or 3 snacks daily, and these should be provided at least one hour before meals. It is recommended that snacks (and meals) be eaten in an area without distractions. So avoid snacking while watching TV or when using other electronic devices. Better yet, let the kids help prepare the healthy snacks!

**Here are a few Easy, Tasty (and Healthy)
Snacks to help get you started. Adults may
need to help with some of these.**



1. Parfait: Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
2. Toast a whole grain waffle and top with low-fat yogurt and sliced fruit or smooth nut butter.
3. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
4. Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
5. Mini-pizza: Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
6. Frozen Treats: Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
7. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
8. Sprinkle cinnamon on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
9. Inside-out sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
10. Spread celery sticks with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."

Find more healthy eating tips at: www.kidseatright.org www.eatright.org/nutritiontipsheets

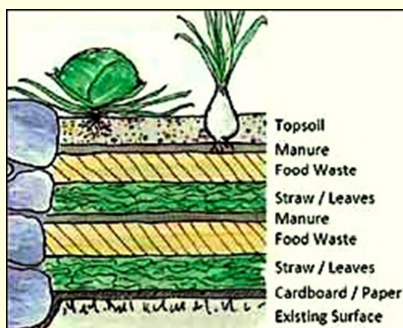


Backyard Gardening

Warmer weather is just around the corner and it's time to start thinking about backyard gardening. The benefits of gardening are too numerous to list, but access to healthy, low-cost, organic fruits and veggies is of great use to households on a budget. Skagit County offers some of the richest soil in the country and makes it easy to grow a variety of foods in our backyard without the need for chemical fertilizer or pesticide. Gardening is a great way to introduce children to life science, and even better—a great way to get them to try new foods! Students in the more rural areas of our county report a higher frequency of backyard gardening as well as a wider range of regularly consumed vegetables. When a child is involved in growing food, they are more likely to enjoy those fruits and vegetables.

Many residents rent a house or apartment and are unable to plant directly into their soil. There are many different types of gardening techniques which are well suited to temporary residences, small spaces, and patios or balconies. Additionally, certain techniques are particularly great for gardening with kids!

Through support from United Way, Ideas for Healthy Living is able to offer Backyard Gardening Workshops at no charge to various organizations, clubs, schools, and agencies. Additionally, we have partnered with Finney Farm Seed Distro, a local non-profit endeavor devoted to seed preservation and food access, to provide free seed to participants. If you are interested in hosting or attending a Backyard Gardening Workshop, please contact j.bryan-goforth@wsu.edu



Lasagna Gardening—good for new garden spots, no tilling required, just stack up layers on grass!



Raised Beds—typically made from wood boards, great for small plots, portable, offers longer growing season, no tilling needed.



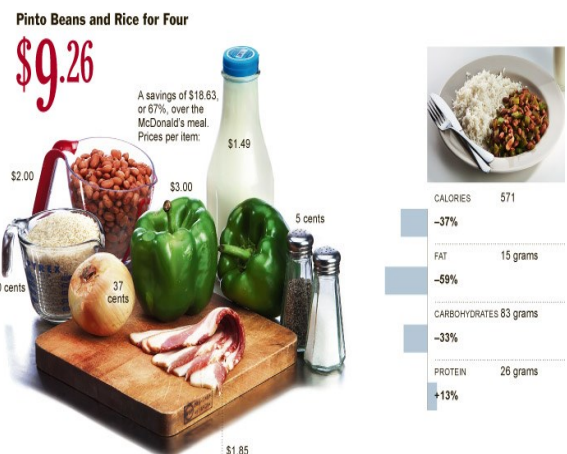
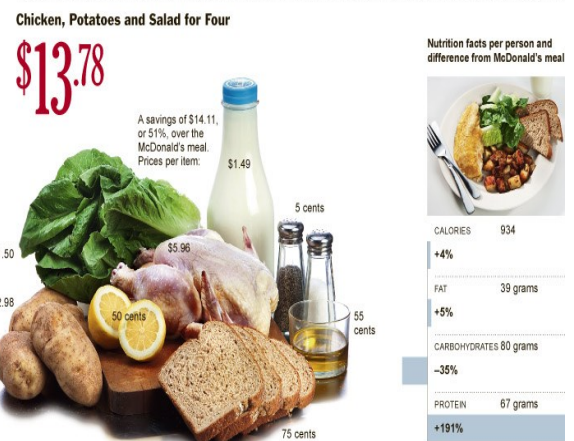
Container Gardening—perfect for patios or balconies, great for those who may be moving mid season, use recycled containers at no cost (install drainage holes if needed).

Cooking At Home Vs Restaurants

Restaurants are in the business of making money and aren't typically concerned with health and nutrition. When comparing home-cooked meals vs foods prepared in restaurants, the increase in calories, fat, sugar, and sodium are shockingly high. For instance, a piece of fried chicken from Popeye's Restaurant contains twice the number of calories and is a 550% increase in fat over the same size serving of oven-fried chicken prepared at home. Even healthy options such as salad can lose their benefit when prepared in restaurants. A typical cobb salad prepared at home contains about 25% of the calories, fat, and sodium of a Red Robin cobb salad. Some of this increase is related to the preparation of the food—restaurants often add copious amounts of fat and salt to increase taste, but another factor is portion size.

We are accustomed to large serving sizes when eating out, which are often 2-4 times the portion size recommended by the U.S. Dietary Guidelines. For example, a medium prime rib supper with mashed potatoes and a salad at the Outback Steakhouse contains a whopping 2020 calories, 145 grams of fat, 7 grams of trans fat, and 3075 mg of sodium. To give some context, this is the daily calorie limit for most adults in one meal, which includes four servings of steak and two of potatoes. It is also nearly three days worth of fat grams and about 700 mg of sodium above the daily limit.

In addition to health concerns, restaurants are also more expensive than food prepared at home. Even without spending much time on meal planning, studies show that a meal prepared at home typically costs about a third of restaurant prices. Save the restaurant meals for special occasions, and prepare your food at home to benefit your health and budget.



Sources: McDonald's; Key Food grocery, Sunset Park, Brooklyn (meal ingredients); Self magazine and United States Department of Agriculture (nutrition analysis).

ILL. MARSH/THE NEW YORK TIMES;
PHOTOGRAPHS BY TONY JIMULA/THE NEW YORK TIMES



Chicken Cobb Salad

The restaurant version typically contains over 700 calories and more than 60 grams of fat. This recipe makes four servings, each of which contains less than half the calories of the restaurant version, and a third of the fat.

3 slices nitrate-free turkey bacon
8 cups coarsely chopped romaine lettuce
2 large hard-boiled eggs, chilled and quartered
1 cup chopped cooked chicken breast or shredded rotisserie chicken
1/3 cup diced peeled avocado
2 large garden fresh tomatoes, cut into wedges
1/4 cup crumbled blue cheese

Dressing

1/2 cup diced peeled avocado
2 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
1 garlic clove, chopped
3 tablespoons water + more as needed for desired consistency

Cook bacon in a nonstick skillet over medium heat until crisp. Remove bacon from pan to cool and once cooled, dice. While bacon is cooking; prepare dressing by

combining all 7 dressing ingredients in a food processor or blender; process until smooth.

Arrange 2 cups romaine on each of 4 plates. Divide bacon, eggs, chicken, avocado, tomatoes and cheese evenly among plates. Drizzle about 3 tablespoons dressing over each salad. Alternatively, you can toss all ingredients in a large salad bowl and then evenly divide into 4 servings and drizzle about 3 tablespoons dressing over each salad.



Healthy Eggplant Parmesan Casserole

This dish typically contains about 1100 calories and 55 grams of fat per serving when served in a restaurant, but make it at home with this quick and easy recipe. With only 275 calories and 9 grams of fat per serving, this healthy option is sure to be a hit!

1 large eggplant, sliced thinly
Two 14 oz cans of diced tomatoes with herbs
1 red bell pepper, sliced thinly
1/2 cup bread crumbs
1 T Garlic powder
2 T Italian Seasoning
3 T Balsamic or Red Wine Vinegar
1 T olive oil
1/2 cup mozzarella
1/4 cup grated parmesan
1/2 cup fat free ricotta cheese
1 cup nonfat milk or unsweetened almond milk
Optional—low sodium Spike seasoning, 1 T

Preheat oven to 375. Oil the bottom of an 8x8 casserole pan with olive oil, drizzle 1 T vinegar and sprinkle half of the garlic powder and bread crumbs. Mix herbs with tomatoes (or use jarred marinara sauce). Arrange thin slices of eggplant topped with bell pepper, layered with tomato mixture and cheeses, reserving half of the mozzarella and parmesan

for the top of the dish. Before topping, pour milk over the dish, and then sprinkle remaining cheese and bread crumbs on top. Bake for 25 minutes or until eggplant is soft and cheese is lightly browned. Serve on a bed of spinach, or with a side green salad and a whole grain roll.

