

Poe in the Know

Affordable Fruits & Vegetables

January 2007

Volume 2, Issue 2

Your Questions

Question:

I know that my family and I should be eating more fruits and vegetables, but they're so expensive and they go bad quickly. What can I do?

Answer:

Thanks for your question! You are correct that we should all be eating more fruits and vegetables, and it is not always easy to do that. In the spring and summer, the grocery store is usually full of fresh fruits and vegetables on sale, but in the fall and winter, those fruits and vegetables can be more expensive. Don't forget about frozen and canned fruits and vegetables—they are just as healthy and can be less expensive. With a few shopping tips, you can keep your whole family healthy year round.

Healthy and Affordable Fruits and Vegetables

Read the weekly grocery store advertisement to find the fruits and vegetables that are on sale.

Try not to add extra salt, butter, or sauces to fruits and vegetables. Use salt-free seasoning mixes instead.

Buy the fruits and vegetables that you and your family like so that everyone will enjoy eating them and they don't go bad before you can eat all of them.

Look for recipe cards and ideas in the produce section of the grocery store for new ideas on eating fruits and vegetables.

Answered

Fresh

Buy the bags of apples, oranges, and other fruit. They're usually cheaper than the individual pieces of fruit sold by the pound.

In the fall and winter, look for apples, oranges, squash, and sweet potatoes because they are in season.

Canned

Canned fruits and vegetables will keep much longer than fresh fruits and vegetables and are less expensive.

Buy canned vegetables with "No Salt Added" to avoid extra salt in your food.

Buy canned fruit in "natural juice" or water instead of heavy syrup to avoid extra sugar.

When you open canned fruits and vegetables, rinse them off in cold water to get rid of the added salt and sugar.

Frozen

Frozen fruits and vegetables also keep longer than fresh fruits and vegetables and do not have the extra salt or sugar that canned fruits and vegetables can have.

Buy frozen fruits and vegetables that are not packaged in sugar, cheese sauce, or other sauces.

Steam frozen vegetables by placing them in a bowl with a little water and microwaving them for a few minutes until tender. Frozen fruit can be thawed in the same way.

By Rebecca Puffer, MPH, RD, LDN

Ask the Health Educator

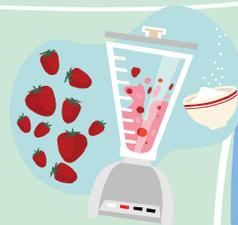
Strawberry Smoothie

Ingredients:

- 2 ice cubes
- 1 c. milk
- 1/3 c. cottage cheese
- 2/3 c. frozen strawberries
- 1 1/2 tsp. sugar
- 1 tsp. vanilla

You'll Need:

- Blender with help from an adult assistant
- Serving glass
- Measuring cups & spoons



1. Pour all ingredients into the blender.
2. Put the lid on the blender and blend for 45 to 60 seconds until smooth.
3. Pour your smoothie into a glass and enjoy!

Serves: 1
Serving Size: 1 glass

From www.kidshealth.org

Nutritional Analysis

Calories	289
Protein	19 g
Fat	2 g
Carbohydrates	49 g
Fiber	3 g
Cholesterol	7 mg
Sodium	430 mg
Calcium	369 mg
Iron	.8 mg

Join the Healthy Grub Club!

Healthy Eating & Exercise

Breakfast Basics

Even if you eat a healthy morning meal every day, it can be tough to get kids fueled up in time for school, child care, or a day of play. But it's important to try. Here's how to make the morning meal more appealing for everyone.

Why Bother With Breakfast?

Breakfast is a great way to give the body the refueling it needs. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities — two great ways to help maintain a healthy weight.

Skipping breakfast can make kids feel tired, restless, or irritable. In the morning, their bodies need to refuel for the day ahead after going without food for 8 to 12 hours during sleep. Their mood and energy can drop by midmorning if they don't eat at least a small morning meal.



Breakfast also can help keep kids' weight in check. Breakfast kick-starts the body's metabolism, the process by which the body converts the fuel in food to energy. And when the metabolism gets moving, the body starts burning calories.

Also, people who don't eat breakfast often consume more calories throughout the day and are more likely to be overweight than those who skip lunch. That's because someone who skips breakfast is likely to get famished before lunchtime and snack on high-calorie foods or overeat at lunch.

Breakfast Brain Power

It's important for kids to have breakfast every day, but what they eat in the morning is crucial too. Choosing breakfast foods that are rich in

whole grains, fiber, and protein while low in added sugar may boost kids' attention span, concentration, and memory — which they need to learn in school.

Research also has shown that kids who eat breakfast get fiber, calcium, and other important nutrients. They also tend to keep their weight under control, have lower blood cholesterol levels and fewer absences from school, and make fewer trips to the school nurse with stomach complaints related to hunger.

Breakfast Ideas to Try

The morning meal doesn't have to be all about traditional breakfast items. You can mix it up to include different foods, even the leftovers from last night's dinner, and still provide the nutrients and energy kids need for the day.

Try to serve a balanced breakfast that includes some carbohydrates, protein, and fiber. Carbohydrates are a good source of immediate energy for the body. Energy from protein tends to kick in after the carbs are used up. Fiber helps provide a feeling of fullness and, therefore, discourages overeating. And when

combined with adequate liquid consumption, fiber helps move food through the digestive system, preventing constipation and lowering cholesterol.

Good sources of these nutrients include:

carbohydrates: whole-grain cereals, brown rice, whole-grain breads and muffins, fruits, vegetables

protein: low-fat or nonfat dairy products, lean meats, eggs, nuts (including nut butters), seeds, and cooked dried beans

fiber: whole-grain breads, waffles, and cereals; brown rice, bran, and other grains; fruits, vegetables, beans, and nuts

Source: www.kidshealth.org

Here are some ideas for healthy breakfasts to try:

- ⇒ whole-grain cereal topped with fruit and a cup of yogurt
- ⇒ whole-grain waffles topped with peanut butter, fruit, or ricotta cheese
- ⇒ whole-wheat pita stuffed with sliced hard-cooked eggs
- ⇒ hot cereal topped with cinnamon, nutmeg, allspice, or cloves
- ⇒ peanut butter on a bagel with fresh fruit (banana or apple wedges) and low-fat milk
- ⇒ breakfast smoothie (milk, fruit, and teaspoon of bran, whirled in a blender)
- ⇒ vegetable omelet with a bran muffin and orange juice
- ⇒ bran muffin and yogurt with berries
- ⇒ hummus on whole-wheat toast and milk
- ⇒ lean turkey on a toasted English muffin and vegetable juice
- ⇒ heated leftover rice with chopped apples, nuts, and cinnamon, plus fruit juice
- ⇒ cream cheese and fresh fruit, such as sliced strawberries, on a bread or a bagel
- ⇒ shredded cheese on a whole-wheat tortilla, folded in half and micro-waved for 20 seconds and topped with salsa



Source: www.kidshealth.org

Physical Activity & Your Children: Tips for Parents

As a parent, you have an important role in shaping your children's physical activity attitudes and behaviors. Here are some tips to encourage your children to be more physically active.

- Set a positive example by leading an active lifestyle yourself, and make physical activity part of your family's daily routine such as designating time for family walks or playing active games together.
- Provide opportunities for children to be active by playing with them. Give them active toys and equipment, and take them to places where they can be active.
- Offer positive reinforcement for the physical activities in which your child participates and encourage them as they express interest in new activities.
- Make physical activity fun. Fun activities can be anything the child enjoys, either structured or non-structured. They may range from team sports, individual sports, and/or recreational activities such as walking, running, skating, bicycling, swimming, playground activities, and free-time play.
- Ensure that the activity is age appropriate and, to ensure safety, provide protective equipment such as helmets, wrist pads, and knee pads.
- Find a convenient place to be active regularly.
- Limit the time your children watch television or play video games to no more than two hours per day. Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity (walking, playing chase, dancing). Source: *Center for Disease Control and Prevention*



Wholesome Routines Tip

Aim for 60 minutes of physical activity EVERY DAY! You don't have to join a gym—just get moving whenever you can and make sure your minutes of activity add up to 60 at the end of the day.

WHAT'S AT



Poe Center Programs in Spanish

Have YOU heard?

On November 8, The Poe Center delivered the first health education programs from its new Spanish curriculum. High school students from Lee County participated in Family Life and Drug Prevention programs making them the first students to learn in a different language at the Poe Center.

27.5% of the population growth in North Carolina Public Schools between the 2000-2001 school year and the 2004-2005 school year were Hispanic students, according to a press release issued in January 2006 by the University of North Carolina's Kenan-Flager Business School. In response to a growing number of Spanish speaking students, the Poe Center hired Sandra Soliz, a native Spanish speaker, as full time Bilingual Health Educator in October. Since then, she has been translating existing programs to Spanish. Soliz, a North Carolina State University graduate, will deliver programs in Spanish at the Poe Center and in schools and facilities across the state as she continues to translate all

of the Poe Center's programs.

The Poe Center strives to make quality health education programs accessible to all youth in North Carolina. "As the needs of North Carolina's youth change, the Poe Center's programs change," said Sheila Ryba, Poe Center CEO. "Whether it means educating youth about different health concerns or teaching in different languages, the Poe Center is here to impact all of North Carolina's children."

The Poe Center offers programs in Spanish as well as English for youth in preschool through twelfth grade both at the Poe Center and at schools and other facilities across the state. Programs cover nutrition and physical activity, general health, dental health, drug prevention and family life education. All Poe Center programs follow North Carolina's Healthful Living Curriculum. For more information or to schedule programs for your school or group, call 1-866-402-4799 or visit www.poehealth.org.

¡El Centro de Educación para la Salud "Poe Center" ahora ofrece sus programas en español!

Poe Center Named "Most Outstanding Nonprofit"

The Alice Aycock Poe Center for Health Education was presented the Most Outstanding Nonprofit Organization Award at the Association of Fundraising Professionals (AFP)-Triangle Chapter's National Philanthropy Day Celebration on November 16. The award recognizes nonprofit organizations committed to strategic planning and cultivating local business partnerships.

244 attendees from corporations and nonprofit organizations around the Triangle watched Sheila Ryba, Poe Center CEO, accept the Most Outstanding Nonprofit of the Year Award on behalf of the Poe Center's Board of Directors and Staff at the Capital City Club in Raleigh. As one of four finalists, Ryba said she was happy just to be recognized at all in such good company: Goodwill Industries of Eastern NC, North Carolina Symphony and Triangle United Way. She said, "The Poe Center's dedicated board members and passionate staff have worked so hard to build partnerships across the state with corporations, healthcare providers, schools and other organizations to create health education programs that not only reach over 59,000 participants per year, but also have measurable outcomes that determine the amount of impact these

programs are having on youth."

Natalie Best of FrenchWestVaughn nominated the Poe Center for this award sighting an expansion of statewide reach to children by 40%, an extremely invested board, 25 new business partnerships in 2006, and a focus on donors' needs to uniquely tailor each partnership among other things.

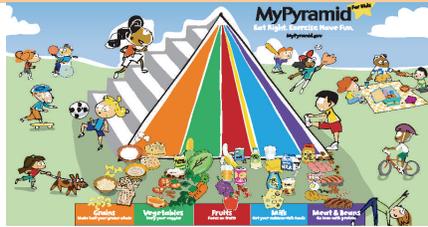
Steve Gruber, AFP Board Member, Chair of National Philanthropy Day and Director of Development for Passage Home, Inc., said, "A critical means for nonprofits to strengthen their support base, and to ensure their growth, is to forge strategic alliances with local businesses. These partnerships often avail top-notch board members, technical and fiscal expertise, funding (of course), and this raises the organization's visibility in the community - making still greater support more attainable. The bonus for participating businesses is that they too benefit from the exchange: many clearly understand that the more comprehensively and consistently they contribute, more will come their way - as far as goodwill, transactions and internal strength."

Nutrition and Physical Activity with the Poe Center

Visit the Poe Center or Have Poe Educators Come to You!

Visit the Poe Center

Take 2 classes, visit the Cranium Connection & the Playwell Park for \$5 per student!



Kindergarten-1st Grade

Healthy Habits

Are you ready for an adventure? Join Flora the Food Explorer as she journeys to the Great Food Pyramid, the Poe Cafeteria and Snackville. Learn about the importance of physical activity and heart health during your adventures, too!

2nd-3rd Grade

Fantastic Foods

Meet the Food Super Heroes! Chief Carbohydrate, Officer Protein and Colonel Fat are just a few of the Nutrient Super Six. Participants will also enjoy the serving size challenge, figuring out food labels and understanding how television turns the food guide pyramid upside down.

Play Hard, Stay Fit

Is "play" physical activity? You bet! This session will examine the questions of "What is exercise" and "What does it mean to be healthy or unhealthy." The participants are guided through the Activity Pyramid where they will discover their personal fitness likes and dislikes and the risks associated with poor health behaviors. They do this while learning how physical activity benefits every aspect of their lives.

For more information or to schedule,

call 1-866-402-4799 x. 301 or

visit www.poehealth.org.



All Programs follow the NC Healthful Living Curriculum

Poe Educators Come to You

Educators come to your location and deliver programs to your students for \$150 for the first group of 30 students and \$100 for additional groups of 30 students on the same day!

4th-5th grade

Food For Thought

Have your students ever asked...Why do we need food? What are the different food pyramids? How does media influence food choices? Are all body types the same? Is dieting healthy? If you said yes to any of these questions, don't give it a second thought. Sign up for this program today. The session will answer each of these questions and more.

"FITT" for Life

You'll feel great after taking this program as we introduce the importance of regular physical activity. Participants will experience the balance between eating and exercising. Educators reinforce the benefits of an active lifestyle and encourage students to make a lifelong commitment to health.

6th-8th grade

Mission Nutrition

It's a challenge balancing food and physical activity. Participants will discover the importance of food labels, barriers to healthy eating and the risks associated with over and under eating.

9th-12th grade

Wellness Works

Take part in an interactive investigation on the influence that media has on body image and nutrition. Practice reading food product labels to decipher nutritional value and to help build nutritionally balanced meals.

TRACK-OUT SESSIONS

AT THE POE CENTER!

Track 4: April 9-13

Track 3: April 23-27

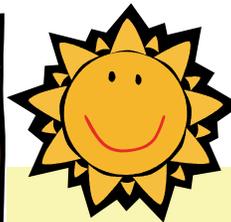
Track 2: May 14-18

Track 1: June 11-15

Health Education Sessions, Arts & Crafts,
Games & Activities, PlayWell Park at Poe
Kindergarten-2nd Grade & 3rd-5th grade

Call 919-231-4006 x. 301 for more information

Cost: \$160 per week. Space is limited.



PoeCenter
The Alice Aycock Poe Center for Health Education

Summer Camps!

The Poe Center is hosting 8 weeks of summer camps from June to August! Call for dates and details!

919-231-4006 x. 301