

March is National Nutrition Month

March is National Nutrition Month. Follow these tips from the Academy of Nutrition and Dietetics:

1. Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy food in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

2. See a Registered Dietitian Nutritionist or take a nutrition class.

- If you need help with eating right, ask your doctor for a referral to an RDN.
- Find one who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Obtain personalized researched based nutrition information to help meet your health goals.

3. Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

4. Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

5. Make tasty food at home.

- Learn cooking and meal preparation skills.
- Take a cooking class.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

Spring into Action!

Spring is here. I love longer daylight in the evenings and warmer weather. We are also seeing gardens being formed, beautiful flowers and more wonderful fresh fruits and vegetables available to eat including one of my favorite sweet strawberries in the stores and farmers markets. The warmer weather also provided time for us to get out and enjoy the benefits of physical activity.

Along with a balanced eating plan, physical activity is important for both losing weight and maintaining your overall health. The Physical Activity guidelines for Americans recommend adults engage in a minimum of 2 ½ to 5 hours each week of moderate-intensity aerobic activity or 75 to 150 minutes of vigorous-intensity activity a week.

With planning, you can easily fit 30 to 60 minutes of aerobic activity into your routine most days of the week to meet these goals. Here are some examples.

Moderate-intensity aerobic activities:

- Walking (about 3 ½ miles per hour)
- Water aerobics
- Bicycling (less than 10 mph)
- Tennis (doubles)
- Ballroom dancing
- General yard work

Vigorous-intensity activities:

- Race-walking (4 ½ mph)
- Jogging, running (5 mph)
- Swimming laps
- Bicycling (faster than 10 mph)
- Tennis (singles)
- Aerobics

To increase your levels of aerobic activity. First decide which activities you enjoy and look at your daily schedule to see where you can fit in these activities. If you are starting from little or no daily physical activity, check with your doctor before beginning a new routine.

Include strength-building exercises in your activities. Adults should do muscle-strengthening activities that involve all major muscle groups at least twice a week. Examples including, lifting weights, resistance training and heavy gardening.

As you develop your physical activity plan, remember nutrition is fundamental to your peak physical performance. To put in your best effort, you need a balanced eating pattern including carbohydrates, proteins, fats, vitamins, minerals, and water. If you are highly active, you may need slightly more nutrients. Whatever your level of physical activity, maximize your performance by consuming a variety of foods and adequate calories.

Walk Across Texas begins March 27. This is a great way to be active with others. See the information included in this newsletter on forming a team and participating.

Source: Eatright.org

Safety Checklist for Spring

Spring is here as we have already had bad weather and at a time when we may get more. It is a good time to review your safety checklist in the event there is a disaster.

Smoke Alarms

Three out of five fire home related deaths result from fires in homes with no smoke alarms. According to the National Fire Protection Association, you should test your smoke alarms every month and replace the battery at least once a year. There are new smoke alarms that have batteries that can last 10 years. You still need to check them to see if the alarm is working. If the alarm makes a “Chirping” sound, replace the battery immediately. Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors, ducts. Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. A Consumer Product Safety Commission survey found this is the best way to notify everyone in a home if there is a fire. Be sure to

purchase smoke alarms with the label of a reputable testing agency. Check for the Underwriters Laboratories seal (UL).

Carbon Monoxide Detectors

Anything that burns fuel can potentially become a source of carbon monoxide, an invisible, odorless gas that can kill. Carbon Monoxide detectors should be installed in a central location outside each bedroom and on every level of the home. The safety tips for CO detectors are the same as for smoke alarms. Change the batteries, test them and interconnect them, if possible. Also, make sure vents for your gas appliances including fireplaces, dryers, stoves, and furnaces. Are free and clear of debris.

Family Emergency Plan

The National Safety Council recommends that every family have an emergency plan in place in the event of a natural disaster or other catastrophic event. Spring is a great time to review that plan with family members. Have a home and car emergency kit. The Federal Emergency Management Agency recommends an emergency kit should include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medication. Visit the FEMA website for a complete list. The emergency plan also should include:

- A communication plan to outline how your family members will contact one another and where to meet if it's safe to go outside.
- A shelter-in-place plan if outside air is contaminated. FEMA recommends sealing windows, doors and air vents with plastic sheeting.
- A getaway plan including various routes and destinations in different directions.
- Make a first-aid kit to have on hand and to carry with you in your vehicle.

Source: FEMA; <https://nsc.org/community-safety/safety-topics/seasonal:safety/spring/safety-tips>.

Upcoming Events:

Walk Across Texas Challenge – March 27 through May 21.

Get your team together and lets Walk Across Texas for Health and Wellness. See details on the flyer to join. There are three leagues you can choose:

Adult: watL-230303-78539 or watL – 230221-89107. Youth teams can register at: watLY – 230221-34554.

One sheet! One pan! One oven! Tuesday, April 11, 2023

Come to our Cooking Well class and make some healthy and delicious one sheet meals to eat. Recipes are included.

See flyer

RSVP by April 7 by calling 817-598-6168

Healthy Meals for Busy People Tuesday, April 25, 2023

12:00 – 1:00 p.m. @5. Per person.

Session will focus on easy, prep-ahead meal ideas for a smooth and stress free meal. The program includes lunch and demonstration, one-make and take freezer meal to take home to serve 3 to 4 people, recipe book and more.

RSVP by April 21 by calling 817-598-6168.