



Chef Charles Says...

A newsletter for congregate meal participants for the month of October

Please read carefully.

We have new information in this section for October, 2010.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site to understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark www.benefitscheckup.org on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance www.yesfood.iowa.gov.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

Get The News

Props:

- List of daily activities for charades:
 - Climbing stairs
 - Carrying dishes to sink
 - Slide in/out of a car

Move More - Move Better

Older Americans are strongly urged to do regular physical activity and avoid being sedentary. In a recent study of people 70 to 89 years old, the better the participants stuck to a physical activity program, the greater their improvements in physical functioning. At the beginning of the study, all volunteers were sedentary and had a variety of physical health problems. The researchers found that more than half were able to engage in regular moderate exercise for one year. Those who improved the most reported exercising 150



- Mowing grass
- Bending to lower kitchen cabinets for a pan
- Grocery shopping

minutes or more per week. That would be 30 minutes a day, five days a week. Remember, you do not have to do all 30 minutes at one time but you can break the exercise into smaller amounts, like 10 minutes three times a day.

Medicine & Science in Sports and Exercise. July 2009

Activity

Say to the group: We are going to play charades today. I need a volunteer to get us started. I am going to give the volunteer a slip of paper, and after they have demonstrated the activity, you will guess what the activity is. The first one to guess the activity will be the next volunteer.

On newsprint or a chalk board write the name of the activity after it is guessed. After you have used all of the activities, summarize by asking 'What do all of these activities have in common?' Answer: If you are physically active most days of the week, you will be able to better perform these activities. Please look in the newsletter and find the recommended amount of moderate exercise you need each week? Answer: 150 minutes. Discuss how the time can be broken into smaller amounts and still be beneficial.

Climbing stairs	Carrying dishes to the sink
Slide in/out of a car	Mowing grass
Bending to lower kitchen cabinets for a pan	Grocery shopping



Chef Charles Says

Props:

- Sample lettuce bag
- Paper towel
- Sheet with "41 degrees"
- Cutting board
- Bar of soap

Follow these tips for buying, handling and storing greens:

- Buy packaged salads as far ahead of their use-by date as possible. (**Bag used in Food Safety Column**)
- Wash all salad greens, even those that are pre-washed, before eating them. Run cold water over the leaves or immerse them in a bowl of cold water. If you are not using the whole bag of greens, wash only the amount you plan to use. After washing, blot the leaves dry with a paper towel or use a salad spinner. Drying the washed greens is very important to stop any bacteria from growing. (**Paper towel**)
- Store fresh greens away from raw meats and poultry, in a plastic bag or lettuce keeper.
- Refrigerate salad greens at 35-40 F. Use within a week of purchasing. (**Sheet with 41 degrees on it**)
- Wash your hands before preparing salads and use a clean cutting board that is not used for meat, fish or poultry. (**Cutting board, bar of soap**)

Activity

Using the props listed following the points for safe salad greens, show the prop and then read the point. Ask the participants if this is a practice they are now doing, or if not, would be willing to start?



41 Degrees





Dry Well





Pick a Better...

Props:

- One high heel shoe, not suitable for exercising
- A picture of exercise shoes (Sunday newspaper ads usually have many to choose from)
- Write one of each of the six points in the article on a single piece of paper, fold and place in the exercise shoe

Exercise Shoe

For many physical activities, you do not need any special clothing. Often, any comfortable, loose-fitting clothes will do. However, your shoes are important. Here are a few pointers to keep in mind when you shop for a new pair of exercise shoes:

- Choose shoes that are made for the type of physical activity you want to do (walking, running, dancing, bowling, tennis).
- Look for shoes with flat, non-skid soles, good heel support, enough room for your toes, and a cushioned arch that is not too high or too thick.
- If tying laces is difficult, look for shoes with Velcro fasteners or no-tie laces.
- Make sure your shoes fit well and provide proper support for your feet. This is especially important if you have diabetes or arthritis. Shoes should feel comfortable in the store. Uncomfortable spots will probably not get better.
- The size of your feet changes as you grow older so always have your feet measured before buying shoes. The best time to have your feet measured is at the end of the day when your feet are largest.
- If you have diabetes, break in new shoes gradually to avoid blisters and sore spots.

Source: National Institute on Aging

Activity

Hold up the two sample shoes and ask the participants 'Which shoe would you choose for exercising?' Of course, you would choose the exercise shoe, but do you know how to select exercise shoes? Inside the exercise shoe are some pointers. Pass the shoe around the room and ask participants to select one and read the point. Follow up each point with the following:

- Is this point important to you or someone you know?
- Can you share examples of the point such as-the last time I bought shoes, I had to buy a larger size and that was in the afternoon after I had been out to lunch.

Chef Charles Asks the Questions

Which is healthier: apples, applesauce, or apple juice?

Does an apple a day keep the doctor away? If you add the apple to other fruits and vegetables you eat each day, it may. But are all forms of apples equal? Apples are available as juice, sauce or

**Props:**

- Apple
- Applesauce (homemade)
- Apple juice

whole fruit. A nutrition analysis of all three forms reveals that unsweetened sauce or whole fruit are the best source of fiber and folate. Apples with the peeling left on are the highest in fiber. And unsweetened sauce or whole fruit provide the least amount of calories, sodium, and carbohydrates. Juice only shines by having a little more potassium, but it is important to understand that the nutritional differences in the forms of an apple are not great.

So if nutrition is not too different how do you decide which form to eat? Consider these points:

- Eating a variety of apples in different ways will make the fruit more interesting. **(all three forms)**
- If you have difficulty chewing, you can feel assured that you can get good nutrition from all three forms of apples. Just watch the calories from juice. **(applesauce & juice)**
- If you shop for groceries less than once a week, both the juice and canned applesauce will help you provide fruit in between shopping trips. **(applesauce & juice)**
- Choosing only juice will limit your fiber intake, so interchange juice with other forms of apples. **(applesauce & juice)**

Activity

Of the three forms of apple, which would you choose to eat? We all have different reasons for what we choose and only one of the reasons is nutrition. Hold up the example of apple forms as you share the four points in the article.

Be Active

Props:

- Chair for each participant

Fit Feet

Exercises that strengthen and stretch your feet can help improve your coordination, balance, and stability. Do the following exercises while sitting in a chair and without shoes.

- Alternate flexing your toes up toward you and then pointing them away.
- Move your foot in circles, first one way, then the other, and then side to side like a windshield wiper.
- Moving only your foot and ankle, write each letter of the alphabet.
- Do toe curls by flexing your toes as much as possible, then releasing them.
- Use the toes on one foot to scrunch a towel on the floor. Keep heel in place, drag the towel from side to side across the floor.
- End your foot workout by rolling a small ball under the sole of your foot to massage it.



Activity

Demonstrate the first four feet exercises and then have participants try them. You may also demonstrate the last two exercises and suggest the participants try them at home. If people are not able to remove their shoes, encourage them to try the exercises with shoes on and then repeat when they are at home with their shoes off.

Food Safety

Props:

- Bag of greens with statement about no-need-to-wash (if you are teaching more than one site, buy a bag of salad greens, remove the lettuce and dry the inside of the bag. Place some shredded green construction paper inside or crumbled green tissue paper)
- Sheet of paper with "41 degrees" on one side and "Dry well" on the other side in big letters

Activity

Clean Those Greens

In theory, prepackaged, pre-washed salad greens are 'ready to eat,' offering a convenient way to get your lettuce, spinach, and other nutrient-packed leafy vegetables. But these salads still may need to be rinsed first, according to Consumer Reports, which tested prepackaged salads and found high levels of bacteria that can indicate poor sanitation and fecal contamination.

Generally, if the bag is marked triple washed and/or ready to eat, then it likely is ok. Rinsing again won't hurt IF greens are indeed dried and IF product is kept below 41 F. Don't just add moisture and let it sit at room temperature or it may grow even more bacteria.

Make sure if you choose to rinse your pre-packaged greens that you use all of the tips found in Chef Charles Says.



If you have a bag of salad at home, do you wash it before you serve it? This is a big question and depending on who is answering the question, you may get a different answer. If you feel you want to wash the salad greens you have to remember two things- 41 and dry. If bacteria are found in the salad greens and you do not keep the lettuce temperature below 41 degrees, bacteria will grow. The only way to know the true temperature of the refrigerator is to use a thermometer.

Also, if you add water and do not completely dry the salad



greens you will promote the bacteria growth. Just remember to handle the lettuce carefully, whether you choose to rinse it or not.

Note that Chef Charles Says has tips for keeping bagged lettuce safe.

Snacks

Teaching Points:

- October bingo card has applesauce as a choice.
- Choose a sweet apple and you do not have to add sugar.
- Drizzling honey over the applesauce can add a little sweet flavor.
- Leaving the skin on the apples while cooking saves time and adds fiber.
- Visit the Chef Charles resource to learn more about apples

Simple Applesauce

If you buy applesauce, look for unsweetened. You will still get plenty of natural sweetness, but nearly half the calories of sweetened applesauce. Unsweetened applesauce has only 50 calories per half cup, so it makes a filling snack. Applesauce with added sugar, high-fructose corn syrup, or other sweeteners, has about 85 calories per half cup.

Ingredients

4 apples (Macoun and Macintosh are good choices)
½ cup water
½ teaspoon cinnamon

Directions

Core, but do not peel apples, cut into chunks. Add water and bring to a boil. Reduce heat to low and simmer 25 minutes or until apples are soft. Add cinnamon and cook for 5 more minutes. Cool. Mash with a wooden spoon or potato masher. Sweet apples will not require sugar.

Pick a better snack



Serves 6. Each serving contains: 66 calories, 1 mg sodium, 17 g carbohydrates, 3 g fiber, 134 mg potassium, 4 mcg folate



Did You Learn Any New Ideas?

1. How much weekly exercise is recommended for older adults?
2. How much exercise is recommended for most days of the week?
3. Do I need to do the daily exercise all at one time?
4. If you wash ready-to-eat greens, remember to ____ and ____.
5. Which is more important to successful walking? Shoes or gloves?

Your Answers

Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name _____

Congregate Meal Site _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
October, 2010	_____ Congregate Meal Site Participants	The incentive for October is a chopping mat. Indicate how many are needed .: _____

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Instructors' Guide October 2010



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Your Answers

150 minutes
30 minutes
No. Short bouts of 10 minutes each is acceptable
Dry greens and keep below 41 degrees
Shoes

Chef Charles Says...

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