



Chef Charles Says...

A newsletter for congregate meal participants for the month of April

Please read carefully.

We have new information in this section for April 2011.

The 2010 Dietary Guidelines for Americans were released on January 31, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life. Chef Charles newsletters will take a closer look at the 2010 Dietary Guidelines over the next few months. If you are interested in seeing the guidelines go to:

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

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. This month's resource introduced a new way that food assistance is determined. It is especially valuable information for older adults because of the way resources are considered on the application. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others. Of course, to share you need to understand the information, and this may help them see the information is good for them as well.

Before you teach Chef Charles visit www.yesfood.iowa.gov to find the county phone number for DHS in case you are asked. With rising grocery prices (increased 3.9% in February, the biggest gain since November, 1974) older adults may find they are running out of money for food.

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.

And finally, you will notice that we have retired the bingo card that usually accompanies your newsletter.



Chef Charles Says Tips on the DASH Eating Plan

Props:

- DASH sign from March instructor's guide
- Carrot
- Apple
- Milk carton
- Oatmeal box
- Bottle of cooking oil

Note to instructor:

DASH emphasizes vegetables, fruits, and low-fat milk and milk products; includes whole grains, poultry, seafood, and nuts; and is lower in sodium, red and processed meats, sweets, and sugar-containing beverages than typical intakes in the United States. In research studies, DASH-style patterns lowered blood pressure, improved blood lipids, and reduced cardiovascular disease risk compared to diets that were designed to resemble a typical American diet.

Activity

The 2010 Dietary Guidelines suggest that the DASH (Dietary Approach to Stop Hypertension) eating plan would help all of us improve our diet. Do you remember the features of the DASH eating plan?

- DASH: Eat 8-10 servings of fruits and vegetables daily. Make it easier to increase your servings of fruits and vegetables to eight a day by filling half your plate with fruits and vegetables. Depending on the size of your plate that could be 2 to 3 servings on a plate. **Carrot and apple**
- DASH: Eat 2-3 servings of low-fat dairy daily. To increase your dairy servings to three a day, try to have one low-fat dairy serving at each meal. Remember that low-fat dairy includes fat-free (skim) and 1% milk. Cheese and yogurt can be low-fat as well. **Milk carton from meal site**
- DASH: Eat 6-8 servings of grains daily with most of the servings being whole grain. Choose whole grain foods to add fiber and B vitamins. For example, choose whole wheat bread or whole grain cereals such as oatmeal or whole wheat cereal flakes. **Oatmeal box (full or empty)**
- DASH: Limit fats in your diet and choose oils when you can. Use the percent Daily Value on food labels to compare products and choose those lowest in saturated fat, total fat, and cholesterol. If a food has a Daily Value of 5 percent or less of a nutrient, it's considered to be low in that nutrient. **Bottle of oil**

Hold up the DASH sign and ask "Does anyone remember what this abbreviation stands for?" If no one remembers, refer them to the April newsletter to find the answer. Say: Today we are going to take a closer look at the recommendations.

Hold up the apple and carrot.

Let's start with the apple and carrot. Which food groups would these foods represent? (*fruit and vegetables*)

Looking at the newsletter, how many of these do we need every day for DASH? (*8-10*)

Is that a lot for you to eat? Later in our lesson we will discuss how you can make it easier. (*This is a reference to the Pick A Betterarticle*)



Hold up the milk carton.

Which group does this represent? (*dairy*)

Our newsletter reminds us that we need to select dairy but we also need to make sure and select low-fat items. Which fluid milk would have the least amount of fat? (*fat-free skim or 1%*)

Hold up the oatmeal box.

Did anyone have this for breakfast? Oatmeal is an excellent example of whole grain. DASH eating plan suggests that you eat most of your servings from whole grain. How do you incorporate whole grains into your diet? (ex. Whole grain cereal flakes, whole wheat pasta, popcorn, barley, brown rice)

Hold up the bottle of oil.

DASH recommends you limit fat and if you use a fat product choose oil if you can. Do you have any examples of substituting solid fat for oil? (*Popcorn- used to put butter in a popper and add the corn—now using a small amount of oil is better*)

Get The News

Props:

- Pencil for each participant

Key Recommendations for Older Adults

The 2010 Dietary Guidelines have special recommendations for older Americans. Over the next months, Chef Charles will help you think about how to use the recommendations to improve your diet.

- **Reduce daily sodium** intake to less than 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease. This recommendation applies to about half of the U.S. population, including children, and the majority of adults.
- Adults ages 65 years and older who are overweight are encouraged to not gain additional weight. Among older adults who are obese, particularly those with heart disease, **planned weight loss can be beneficial and result in better quality of life.**
- **Consume foods fortified with vitamin B12**, such as fortified cereals, or dietary supplements.
- Calorie needs **generally decrease for adults** as they age.
- Older **adults should strive to have 150 minutes a week of activity** with 75 minutes of vigorous to moderate. Aim for at least two days of strength training a week. When older adults cannot meet the guidelines, they should be as



- physically active as their abilities and conditions will allow.
- Older adults should do exercises that maintain or improve balance if they are at risk of falling.
 - Older adults with chronic conditions should understand whether and how their conditions affect their ability to do regular physical activity safely.

Activity

Make sure everyone has a pencil. Say to the group:

I would like everyone to turn to page 3. Do you see the Get the News article? Reports like the 2010 Dietary Guidelines provide recommendations for different groups. Chef Charles will concentrate on the recommendations for older adults. Just what are those recommendations? I am going to read each recommendation and emphasize the message (Message is highlighted in yellow). I would like you to use the pencil to put a check mark before the recommendation(s) you know you would like to personally focus on. You can then use the list to make a goal to improve your health. After all, that is what the 2010 Dietary Guidelines are all about. Raise your hand if you found at least one goal that you would like to work on. Ask one or two volunteers to share the goal they selected?

Be Active

Props:

- Chair for each participant



Copyright VHI 1993

Exercises

Balance exercises build leg muscles and this helps prevent falls. There are over 300,000 hospital admissions for broken hips each year. For those over the age of 65, falls are the leading cause of injury deaths with the highest rate in those over the age of 84. Falls are not a natural consequence of aging. Fall prevention interventions can make a difference in the health and quality of life for older adults.

Balance exercises will help you avoid falls and help you stay independent by helping you avoid the disabilities that could result from falling.

Alternating Steps (Marching in Place)

Stand behind your chair. Use the chair for support. Place your feet about shoulder width apart and lift up your heels, rising up on to your toes. Pause, then return your heels to the floor. Repeat 5-10 times. Add a set or practice on one foot, if appropriate.

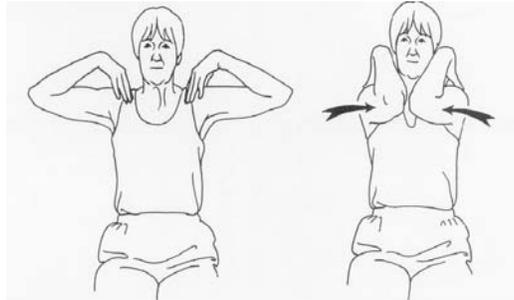
Touch Elbows Stretch (Front and Back)

Stretch Front: Place your fingertips on your shoulder. Raise elbows to shoulder level. Gently move your elbows together (toward your body's mid-line). Try to get them as close as possible, while still remaining comfortable. Hold for 3-5 seconds.



A Matter of Balance classes are taught in many locations across Iowa and in other states. To find a location close to you visit

<http://www.iowahealthylinks.org> or search the web for locations in your state



Copyright VHI 1993

A Matter of Balance Volunteer Lay Leader Model, MaineHealth's Partnership for Healthy Aging

Activity

Practice the two exercises before class and lead the exercises with the group. Remind the group that these exercises improve balance and if they put a check mark in front of the next to last bullet on the last activity, the exercises will help them meet the goal.

Food Safety

Props:

- Write each of the 5 statements on a slip of paper, or use the ones provided on page 6
- Easter basket with grass

Keep Eggs Safe

Eggs go well with spring vegetables like spinach and asparagus. Check out the snack recipe for a new idea. Eggs need to be handled properly.

- (1) When shopping, take eggs straight home and store them immediately in the refrigerator set at 40°F or lower.
- (2) Keep them in their carton and place them in the coldest part of the refrigerator, not in the door.
- (3) Eggs can be stored up to three weeks in the refrigerator.
- (4) Do not leave shell eggs, or eggs in any form, at room temperature for more than two hours, including preparation and serving.
- (5) Promptly after serving, refrigerate leftovers in shallow containers so they will cool quickly.



Why Do Hard-Cooked Eggs Spoil Faster than Fresh Eggs?

When shell eggs are hard cooked, the protective coating of the egg is washed away, leaving bare the pores in the shell for bacteria to enter and contaminate it. Hard-cooked eggs should be refrigerated within 2 hours of cooking and used within a week.

Source: USDA Food Safety and Inspection Service



Activity

Say to the group: There is a holiday near the end of this month. Any guess what I am talking about? (*Easter*)

I have an Easter basket. What do you put in this basket? (*many answers but you are looking for eggs*)

This is a good opportunity for us to review how to keep eggs safe. I will ask for volunteers to pull out a slip of paper and read to us the safety information.

The snack recipe has a hard cooked egg. Which of the safety statements relate to the recipe?

1. Safe and prompt storage after purchasing eggs
2. If the eggs are cooked ahead to save time, make sure to refrigerate them until you are ready to make the recipe
3. Refrigerate any leftovers

When shopping, take eggs straight home and store them immediately in the refrigerator set at 40°F or lower.	Keep them in their carton and place them in the coldest part of the refrigerator, not in the door.
Eggs can be stored up to three weeks in the refrigerator.	Do not leave shell eggs, or eggs in any form, at room temperature for more than two hours, including preparation and serving.
Promptly after serving, refrigerate leftovers in shallow containers so they will cool quickly.	

Chef Charles Asks the Questions

Props:

- Basketball or a ball to bounce
- A chair
- 3 volunteers

How Many Calories Do I need?

The challenge for older adults is to meet the same nutrient needs as when they were younger, yet consume fewer calories because of less activity and needing fewer calories. The answer to this problem is to choose foods high in nutrients in relation to their calories. Such foods are considered "nutrient-dense." For example, low-fat milk is more nutrient dense than 2% or whole milk. Nutrient content is the same among the different milks, but fat-free and 1% have fewer calories because they contain less fat, which is very concentrated in calories. Reducing the overall fat content in the diet is an easy way to cut calories and will help you reduce or control weight.



Estimated Calorie Needs for Adults Age 51+		
Gender	Female	Male
Sedentary	1,600	2,000-2,200
Moderately Active	1,800	2,200-2,400
Active	2,000-2,200	2,400-2,800

2010 Dietary Guidelines

Activity

Say to the group: Controlling weight has two sides—taking in calories and using calories during activity. The pace of your movement determines the calories that you use when exercising. I need three volunteers. I would like the first volunteer to just sit down in this chair and relax. *(Now, (s)he is being sedentary.)*

My next volunteer will walk in place like you are taking a walk around the block. The pace should be fast enough for you to walk and talk. *(This is moderately active.)*

And the last volunteer will be pretending to play basketball. *(This is active.)*

While our volunteers are moving you can imagine that the three levels of activity require different amounts of calories. Which needs the most calories? *(active)*

And which needs the least? *(sedentary)*

The message, if you are mostly sedentary, selects foods that are nutrient dense—have few calories and lots of nutrients. The chart in the newsletter provides suggestions for calories by activity level for adults after the age of 51.

Pick a Better...

Props:

- One white paper plate per participant
- Orange, red, green, orange crayons or
- Construction paper in same colors (optional)
- Tape (optional)
- Scissors (optional)

Healthy Plate

One of the hardest things for people when it comes to eating right is figuring out, or remembering, how big or small our portions should be. Here is a solution that does not require measuring cups or counting calories because it is all visual. Fill half your plate with fruit and vegetables and then fill the other half with other foods.

Why is this good advice? It helps you to reach your daily goal of fruits and veggies and keep calories in check. Want seconds? Use the half-plate guide. It's simple and it works.



Activity

Say to the group: I am going to share with you the newest way to count the servings of fruits and vegetables you need every day!!
DON'T

Please take a pencil and draw a straight line down the middle of your paper plate. Draw some of your fruits or vegetables you like on half of the plate. Keep all the fruit and vegetables on one side of the line, and fill the half completely with fruit and vegetables you like. Now, on the other half draw an entrée and a slice of bread.

The message is fill half your plate with fruits and vegetables. No counting; no measuring, just half of your plate full of fruit and vegetables. To help you remember this message, look at the first page of Chef Charles. Do you think the Healthy Plate will help you eat all of the fruits and vegetables you need daily?

Resources

Props:

- None

Spread the good news to your family, friends and neighbors. They might be eligible for food assistance.

The Iowa Department of Human Services has changed two important eligibility requirements for Food Assistance (formerly known as Food Stamps). The first change removes the need to count any resources such as savings, cars, or the value of other personal property. The second change expands the amount of income a household can receive and be eligible to \$1,444 a monthly for one person and \$1,943 for two people. Many people who may not have been able to get Food Assistance before may now be eligible. The best way to know if you would be eligible for the program is to apply.

Often older adults choose not to apply for Food Assistance believing that they will receive an insignificant amount of benefits. This is just not true because the average older adult in Iowa receives around \$100 a month. Even a small monthly amount of Food Assistance can help buy more good food you otherwise wouldn't be able to afford or be saved for a special meal. Food Assistance can help you fill half your plate with healthy fruits and vegetables.

If you do not currently get Food Assistance, this might be a good time to apply. Application can be made on line at www.oasis.iowa.gov or in person at your local Human Services office.

For more details on this program call 2-1-1 to find out how to contact your local office, or ask your Chef Charles leader. Information also can be found at www.yesfood.iowa.gov.



Activity

Say to the group: The Iowa Food Assistance program (formerly known as food stamps) has some new eligibility requirements. More people could be eligible. The newsletter gives some examples of who could be eligible but the best way to find out is to do an application. *If you have a computer in the senior center, suggest that they visit the website to complete an assessment or application. No computer in the center, suggest they visit the local library.*

If you know anyone that could use help purchasing food, spread the word. Share with friends and family that the application process is easy. And the changes in Iowa could make a difference in the lives of families you know.

Please use your pencil and circle the web address that you can use to apply. You can also call our local county office. *Before teaching the class look at the website in the article, click on Find your local DHS.*



Snacks

Teaching Points:

- The incentive this quarter is an orange peeler. Demonstrate use with this recipe.
- Note that the recipe uses oil, just like the 2010 Dietary Guidelines recommend.
- Make sure to store cooked and uncooked eggs properly.
- This snack has both a vegetable (spinach) and a fruit (orange).
- While red onions are sweet, other onions may be used.
- Chop remaining onions, place in a plastic bag and freeze to use in other recipes.

Spinach Salad with Eggs, Orange & Nuts

- 3 cups fresh spinach
- 1 small orange
- 1 tablespoon chopped red onion
- 1 hard cooked egg
- 1 tablespoon of your favorite unsalted nuts
- 2 teaspoons olive oil
- 2 teaspoons orange juice
- 1/2 teaspoon lemon juice

In a bowl combine the spinach, orange (peeled, sliced and seeded) red onion, egg shelled and sliced. For dressing combine the olive oil, orange juice and lemon juice in a small bowl mix and drizzle over salad.

Makes two servings as a side salad.

Each serving contains: 231 Calories; 15g fat; 122 mg sodium; 14 g carbohydrates; 3 g fiber; 120 mg calcium; 507 mg potassium; 148 mcg folate



Instructors' Guide April 2011



Did You Learn Any New Ideas?

1. How much of a dinner plate should be filled with fruits and vegetables?
2. The new name for food stamps in Iowa is?
3. Store fresh eggs in their original carton in the refrigerator. T or F
4. Which 2010 Dietary Guideline will you use for setting a personal goal?
5. When selecting dairy make sure to choose_____.

Your Answers

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

Contact Name _____

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter. _____

Address _____

City, State and Zip _____

Phone Number _____

Month	# Newsletters	# Incentives
April, 2011	_____ Congregate Meal Site Participants	The incentive for April-June is an orange peeler. Indicate how many are needed. _____

Return to: Marilyn Jones,
IDPH, Lucas Building, 4th Floor,
321 E. 12th Street,
Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.



Instructors' Guide April 2011



Did You Learn Any New Ideas?

1. How much of a dinner plate should be filled with fruits and vegetables?
2. The new name for food stamps in Iowa is?
3. Store fresh eggs in their original carton in the refrigerator. T or F
4. Which 2010 Dietary Guideline will you use for setting a personal goal?
5. When selecting dairy make sure to choose_____.

Your Answers

Half

Food Assistance

T

Varied answers

Low-fat

Chef Charles Says...

Written By:

Susan B. Klein

Retired Family Nutrition & Health Field Specialist

Designed By

Laura MacManus

Technical & Creative Assistance:

Carlene Russell, MS RD LD, Iowa Department on Aging

Doris Montgomery, MS RD LD, Iowa Department of Public Health

Marilyn Jones, Administrative Assistant, Iowa Department of Public Health

This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with low income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202)720-5964. USDA is an equal opportunity provider and employer.