



Chef Charles Says...

A newsletter for congregate meal participants for the month of July

Please read carefully.

We have new information in this section for July 2011.

The 2010 Dietary Guidelines for Americans were released January, 2011. The guidelines continue to encourage people to eat better, exercise more and make both a part of everyday life.

In June, 2011, the new nutrition icon was introduced, named **My Plate**. Over the next few months, we will look more closely at the My Plate. If you would like to know more about the icon, check out the resource in the July, newsletter. What do you think of the new icon?

In July, the local farmer's markets are going strong. This month we are emphasizing how to shop at markets. If you are lucky and have a market in your location, ask the market master to be a special speaker. The guide provides some open-ended questions for the visitor. Or, if that is not possible, option B will help you introduce the topic. This quarter, the incentive is a shopping bag. Just a perfect item to support shopping at farmer's markets. Farmer's Market coupons are available the first week of June. Are the participants using the coupons?

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. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

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.



Chef Charles Says Hints and Tips for Farmer's Market Shopping

Props:

- Large clock or watch
- Incentive for July, August and September: shopping bags
- Gardening hat
- Basket
- Unusual fruit or vegetable

Summer is prime time for farmer's markets. Iowa has more farmer's markets per capita than any other state. If you qualify for Farmer's Market Senior coupons, remember to bring them along. Coupons can be used at certified food stands. Just ask the farmer if they participate. You benefit by supplementing your meals with more fruits and vegetables, and local farmers benefit too.

When Shopping Try These Tips

- ◆ **Take your time and have fun browsing! (large clock/watch)**
Walk around the market, making note of stands of special interest, before buying.
- ◆ **Bring containers and shopping bags. (Chef Charles shopping bag-give one to each participant)** Although some farmer's market vendors have bags and boxes, it is easiest if you bring your own reusable bags with handles.
- ◆ **Ask questions. (unusual fruit or vegetable)**
Ask questions when you see unfamiliar produce. Farmers love to share their knowledge and can even give you recipes and cooking tips.
- ◆ **Go early, or (large clock/watch)**
There is nothing better than strolling through a fragrant and colorful farmer's market early on a summer morning. You will find the best selection if you show up early.
- ◆ **Go late. (large clock/watch)**
Just before closing time, you will find some of the best deals, because vendors do not want to take the food home. But remember that the selection will be limited at this time, and some vendors may be sold out.
- ◆ **Bring coolers. (small cooler)**
Make sure to have coolers with ice packs in your car, or take the produce straight home to keep it fresh and at its peak.

Activity

- A. If your location has an organized farmer's market, ask the market master to come to your site to share how the market works. Topics you could ask to be covered are:
- History of the market
 - Who started the market
 - Why is the market located at this site
 - How many vendors come to the market
 - Do vendors accept Senior Farmer's Market coupons



- B.** If A is not possible a second option is:
Put on the hat or carry a garden tool and the basket full of props.
With each prop share the information from the newsletter.

Chef Charles Asks the Questions

Props:

- Watermelon
- *Make before class*
Nutrition cards for vitamins
C & A and lycopene

I Love To Eat Watermelon In The Summer. Is It Good for Me?

Watermelon is a popular summer picnic food. We eat it because it tastes good and refreshing. But there is more. Watermelon is full of vitamin C, vitamin A and lycopene. Watermelon has a higher concentration of lycopene than any other fresh fruit or vegetable. Lycopene is an antioxidant that helps reduce certain kinds of cancer, cardiovascular disease, and macular degeneration. One cup serves up to 21 percent of Daily Value for vitamin C, and 18 percent of the Daily Value for vitamin A. The most favorable melon has deeply colored seeds and flesh. If you are choosing a whole melon, choose one that is heavy for its size with a smooth rind that is not too shiny or too dull.

Activity

Use 3 x 5 cards to make nutrition cards before the class. On one side write the nutrient, vitamin C, vitamin A and lycopene. On the second side, write the information from the newsletter about the watermelon nutrition.

Say to the group: I need some stories. I need some watermelon stories. Does anyone have one they would like to share? (let participants share stories such as watermelon seed spitting contests, growing up and family gardens, etc.)

We like watermelon because it tastes good and is refreshing. But, it also provides good nutrition. Watermelon has at least three very strong nutrition features. Let me share those with you.

Pick a Better...

Props:

- Bottle of vegetable oil
- Picture of bacon
- Tub or stick margarine with *trans* fats (look at the nutrition facts label to find an example)

Fat

If you have high LDL (bad) cholesterol and/or low HDL (good) cholesterol, you are at higher risk of heart disease. You probably know that what you eat can affect your cholesterol levels, but it is not the cholesterol you consume that is the major villain, it is the fat. The type of fat you eat has the biggest effect on your cholesterol level. Eat healthful, unsaturated fats to raise the HDL and limit saturated and trans fats to lower the LDL.



<p>Fats Best to Eat Hint: Liquid at room temperature Mono and poly unsaturated fats</p>
<p>Olive oil Vegetable oil Nuts such as walnuts Fatty fish like salmon, tuna, and sardines</p>
<p>Fats to Avoid Hint: Solid at room temperature Saturated fats</p>
<p>Fatty meats Butter Fats Palm, palm kernel, coconut oils</p>
<p>Hint: Eat as little as possible <i>Trans</i> fats</p>
<p>Synthetic fat such as partially hydrogenated oils</p>

Activity

Say to the group: The type of fat you eat has a large effect on the cholesterol in your body. Some fats are better for your heart than others. So, when you eat fat, how do you know which one to choose?

The best fat for heart healthiness is liquid at room temperature or oil.

Saturated fats are like the visible fat in bacon and are solid at room temperature. They are not the best fat choice for your heart.

Trans fats are solid at room temperature as well but, we usually do not buy *trans* fats and add to a recipe. *Trans* fat can be used to make stick margarine out of oil. This is done through a hydrogenation process. To make sure of the ingredients, check the ingredient list to see the word hydrogenation. If you find it, then it does have *trans* fat. *Trans* fats are commonly found in processed, prepared foods such as cookies, donuts and in some margarines. To know the *trans* fat content, read the nutrition facts label and avoid *trans* fat whenever possible. Nutrition scientists recommend that we remove all *trans* fat from our diets.

Oh, and don't forget, all fats have the same amount of calories by weight. That means a gram of fat, no matter the kind of fat, provides 9 calories.





Get The News

Props:

- Print a copy of the Supplemental Page
- Or, bring an example(s) of food with the Nutrition Keys

Nutrition Keys Program

A voluntary, front-of-pack nutrition labeling system called 'Nutrition Keys' has been developed by the food and beverage industry. Nutrition Keys is intended to help consumers make informed food choices in the supermarket aisle. The labeling program was introduced in January 2011, and is beginning to show up on packaging. The white and black icons will be placed on the front of packages and will include information on calories, saturated fat, sodium and total sugar content. Other nutrient information such as potassium, fiber; vitamins A, C and D; calcium; iron and protein may be included if the nutrient product is required to be on the Nutrition Facts label and provides at least 10% of the daily requirement. However, you should continue to use the Nutrition Facts label and the ingredients list on the package for a total understanding of the product.

Activity

Say to the group: Earlier this year, food manufactures introduced a new label meant to help consumers select nutritious foods. It is called the 'Nutrition Keys'. Have any of you seen these on foods in the grocery store? What foods have the label? How are the labels different than the Nutrition Facts Label?

- They are on the front of the package.
- They list only four nutrients

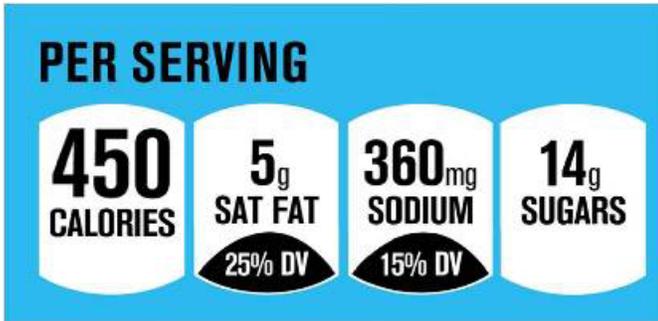
Let's look at the Chef Charles article to learn more about the label. Share the most common three different ways a nutrition keys label will appear. Use the supplemental sheet to guide your presentation.

This month, I would like you to look for the 'Nutrition Keys' labels in the grocery store and we will share what you found next month.



Nutrition Keys Supplemental Page

Four basic icons, for calories, saturated fat, sodium and sugars, represent key nutrients for which dietary guidance recommend limiting consumption in the diet. The four basic icons are always presented together as a consistent set:



On small food packages, one icon may be used, representing calories in a serving of the food.



“Nutrients to encourage” or nutrients that we should eat more of, such as potassium and fiber, can only be placed on a package if the product has more than 10 percent of the Daily Value per serving of the nutrient and meets the FDA requirements for a “good source” nutrient.



Source: Grocery Manufacturing Association & Food Marketing Institute, January, 2011



Be Active

Props:

- Items in red in a box or basket

Healthy Summer Walking

Walking is arguably the best form of exercise for people of all ages. It is something we all know how to do, it is easy to do, it can be done almost anywhere, and it is the activity with the least chance of injury.

Walking is an excellent physical activity for older adults. Walk around the block, walk to and from the grocery store, walk around a shopping mall – it is so easy and convenient for those healthy enough to be walking.

Since the weather changes, we must change with it. Below are walking tips for safe and healthy summer walking:

- ◆ Let someone know where you plan to go before you leave (even if you just leave a note). **(pencil and paper)**
- ◆ Walk early in the day or later in the evening, when the temperature is more mild. **(clock)**
- ◆ Carry a form of identification. **(driver license)**
- ◆ Start walking slowly and if you feel up to it, gradually increase your speed. **(take a few steps)**
- ◆ Wear well-fitted, supportive and moisture-wicking shoes and socks to keep your feet dry, cool and pain-free. **(socks)**
- ◆ Bring a bottle of water to stay hydrated. Know the signs of being over-heated or dehydrated. **(water bottle)**
- ◆ Always wear sunscreen and a hat (remember, even if it's cloudy outside, you can still get sunburned.) **(hat, sunscreen)**
- ◆ Be aware of your surroundings. **(map)**
- ◆ Walk with good posture (straight back, head facing forward, arms swinging). **(walk example)**
- ◆ Wear lightweight, light-colored clothing to repel the heat. **(light shirt)**

Activity

Ask the group: What has been the highest temperature this week? *(Check newspaper for answer.)* It is summer. When is the best time to exercise outside? *(Early and late in the day.)* Chef Charles has a list of ideas for you to feel safe when you exercise outside including walking. I am going to give you a hint from this basket and you tell me what idea that it represents. *(Pull out each item one at a time.)*

Ask if they or their friends use a walking stick. If yes, ask the group what they know about walking sticks. We'll learn more about them next month.



Food Safety

Props:

- Watermelon



Watermelon

Watermelon is a safe food choice, but you need to keep it clean and safe by following these suggestions.

1. Choose a firm watermelon, free of major cracks, dents or bruises. (Cracks or dents can be a place where bacteria can enter the melon.)
2. FDA recommends washing watermelon before cutting. (If your hands have germs on them, when you touch the melon as you cut it, the germs can be transferred from your hands to the melon and then eaten. Or the watermelon can have germs on the surface and can be transferred into the watermelon when cut.)
3. Wash your hands and wash all cutting surfaces, knives and other utensils. (This will make sure germs are removed from possible transfer of germs to the melon.)
4. Refrigerate after cutting the watermelon! Either place chunks in a bag or container, or place plastic wrap over the exposed part of the watermelon. (Once the melon is cut it becomes at risk for food borne illness. Refrigeration controls the growth of bacteria.)

The bottom line is: If you do accidentally leave the cut melon at room temperature for more than 2 hours, it is recommended that you not eat it. It might be tough to toss out the watermelon, but it is better to be safe in the long run. Besides, cold, crisp watermelon tastes great, so keep cut watermelon in the refrigerator.

Activity

Say to the group: Let's think about serving this watermelon and making sure we are doing it safely. You may think there is not much concern about the safety of watermelon, but anytime we have fresh produce there is concern about safe food handling. I am going to ask two volunteers to read the statements in the newsletter and I will give you a little more information. (The additional information is in red.)

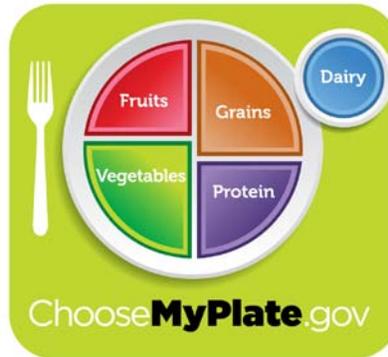


Resources

Props: None

A New Picture for Nutrition

In June, USDA introduced a new nutrition icon. MyPlate is designed to remind Americans to eat healthfully. MyPlate illustrates the five food groups using a familiar mealtime visual, the plate. Visit choosemyplate.gov to learn more about this change.



Activity

If your classroom has access to a computer center, ask participants to visit the new website to see all the different features.

Snacks

Teaching Points:

- There are varieties of watermelon that are available without any seeds-how easy is that!
- This is a perfect snack to use leftover watermelon that has been refrigerated after cutting. Remember food safety.
- Would this taste good after a morning walk?

Watermelon Kiwi Smoothie

- 1 cup seedless watermelon chunks
- 1 peeled and chopped kiwi
- 1 cup vanilla yogurt
- 1/2 cup ice

Place all of the ingredients in a blender and puree until smooth. Pour into glass. Makes 1 serving.

Calories 206; Fat 1 gm; Sodium 136 mg; Fiber 3 g; Carbohydrates 42 g; Protein 11g; Folate 45mcg; Potassium 851 mg

Source: www.watermelon.org



Did You Learn Any New Ideas?

1. The closest farmer's market to the Chef Charles class is held at _____
2. Which nutrient does a watermelon have in high concentration?
3. The best fat to choose for heart healthiness is in what form at room temperature?
4. Where is the Nutrition Keys label found on a food package?
5. How long can a sliced watermelon be at room temperature and not refrigerated?

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
July, 2011	_____ Congregate Meal Site Participants	The incentive for July-September is a shopping bag. Please indicate how many are needed. _____

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Instructors' Guide July 2011



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Your Answers

Varied answer according to location

Lycopene

Liquid

Front of package

2 hours

Chef Charles Says...

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