



Chef Charles Says...

A newsletter for congregate meal participants for the month of October

**Please read carefully.
We have new information in
this section.**

The Chef Charles program has printed a great pamphlet with tips on choosing healthy nutrition and physical activity. The free handout can be ordered this month for each participant. The ideas are a good summary of recommendations to live a healthier life. If participants want to make a change to improve their health but it seems like an overwhelming task, the pamphlet provides specific ideas cut into small steps. It is a great reference for you and the participants.

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 understand that the SNAP program can make a 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. To help you discuss the use of Food Assistance with your participants, we have created a feature article in the newsletter. Please share with your participants.

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**.

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.

Pick a Better...

Props:

- Low-fat cheese stick or slice of cheese
- Label from package

Cheese Snack

Good news! More cheese selections are available at the supermarket today. Many varieties of cheese are available in individually packaged servings. The individually wrapped servings may cost a little more but they may save money if you find that a bigger block of cheese goes bad before you use it.

String mozzarella, light cheddar cheese sticks, and low-fat herb cheeses are examples of individually wrapped cheese that are also lower in fat. The single-serving feature provides a moderate portion



that limits the amount of calories, fat, and saturated fat for you. The individual portion size is not only handy but it makes it less likely that you will eat too much cheese at one time.

Is cheese a healthy snack? Cheese provides a healthy dose of important nutrients, such as calcium. A single serving of string cheese contains 10 to 20 percent of the calcium you need daily. Cheese also provides protein, vitamin A, vitamin B12, and riboflavin.

Activity

Say to the group: Cheese is a popular snack with children. How often do you eat cheese for a snack? *Answer: not often.* Why? 1. Cost could be a reason. 2. The packages of cheese could be too big for one person to eat before the cheese spoils.

The cost of cheese is determined by the ingredients and by the process. If it is a cheese taking a long time to create, it will cost more. If the cheese takes less time to manufacture, it will be less expensive.

When you buy cheese, look for small individually wrapped products. *Hold up cheese stick you will use in the snack.* The small package can help you control the amount of cheese you eat and keep the rest of the package fresh. These packages were first created for children, but can be a great choice for adults as well.

Now cheese is part of the dairy food group. What does dairy food do for us? *Answer: Provides calcium.* On a Nutrition Facts label, the calcium is a percentage. Each day you need 1200 mg of calcium. To calculate the amount of calcium in a food, add a zero to the percentage number. On the cheese stick label the calcium is 15%, so the calcium would be 150 mg of calcium.

Be Active

Props:

- Watch with second hand

Ever Feel TV Commercials are a Waste of Time?

Make good use of watching TV by exercising during the commercials. Standing up and stepping in place during commercials may burn as many calories as you would if you took a walk.

One hour of stepping in place during the ads will give you 21 minutes of activity, or roughly 2,100 steps. You will burn about 150 calories, nearly double the 80 calories you would burn during the hour of sitting on a couch. The average person burns 150 calories walking for a half hour at a moderate pace (3 mph). You would burn fewer calories at a slower pace.

A typical half-hour TV show has 8 to 12 minutes of commercials, and American adults spend three to five hours a day watching TV. Does this sound like you? If you stood up and stepped in place during the commercials, you could burn an extra 200 to 350 calories a day.



Activity

The goal of this activity is to demonstrate how easy it is to walk 8 to 12 minutes during a TV program. Begin the presentation with the participants walking in place for one minute. Part way through the presentation, stop and announce 'commercial time'. Ask the participants to walk in place for another minute. If some are unable to walk, suggest they sit and raise legs alternately to strengthen leg muscles.

Ask the group: What is your favorite TV show? How long is it? 30 or 60 minutes? Does that include commercials? Let's look at the newsletter and find out how many minutes in a 30 minute show are commercials. *Answer: 8-12 minutes of commercials.*

The Chef Charles article states that if you walk during commercials you will burn 150 calories compared to the 80 calories you burned just sitting.

Which TV show will you choose to watch AND walk this next week?

Food Safety

Props:

- Reusable grocery bag
- Paper bag
- Plastic grocery bag

Toss Your Cloth Grocery Bag in the Washer Now and Then

Reusable cloth grocery bags are convenient and environmentally friendly. They do require cleaning to avoid possible food poisoning. Here are some tips to keep your bags clean:

- Wash your cloth grocery bag frequently in the washing machine or by hand with hot, soapy water.
- When shopping, put meat, poultry and fish in separate plastic bags before placing in the tote. This will help prevent juices from leaking onto your reusable bags.
- Place fresh or frozen raw meat, poultry and fish in separate totes from produce and ready-to-eat foods. Use a permanent marker to label your bags to help keep them for separate foods.
- Store totes in a clean, dry location. Avoid leaving totes in the trunk of a vehicle.

Activity

Ask the group: Which kind of bag do you use when you grocery shop and why?

Cloth bags are reusable, good for the environment except....

Cloth bags should be washed regularly to remove germs that might get on the food.

Have any of you washed your cloth bags? How did you do it and how did the bags turn out?



Chef Charles Asks the Questions

Props:

- None

One Serving of Dairy
8 oz. low-fat milk
1 cup low-fat yogurt
1 1/2 oz. low-fat cheese

Activity

I've heard that eating dairy foods can help me control my high blood pressure. Is this true?

Yes. Scientists are still trying to understand how foods work together to keep us healthy but the evidence to date shows that eating low-fat dairy foods may help control or lower blood pressure. When you eat plenty of fruits and vegetables, whole grains and low-fat dairy products, your diet will be rich in calcium, potassium and magnesium – three minerals essential for controlling blood pressure.

Drink or eat three servings of low-fat dairy each day. Low-fat means the milk is either fat-free, skim or 1%. Who drinks skim milk? How did you get started drinking skim milk? Keep track of your dairy foods this week. Be sure to include the low-fat milk served at your meal site!

Say to the group: Dairy foods are good for your blood pressure. What kind of dairy foods do you like? Who drinks skim milk? How did you get started drinking skim milk? How you have another reason to drink skim milk; to control your blood pressure. By the way, you need to have two to three servings a day of low-fat dairy products daily. The message to remember is that these foods taste good, and are good for your health.

Chef Charles Says **Falling is for Leaves**

Props:

- Small bag of leaves

Planning lawn clean up this fall? Heed advice from the American Academy of Orthopedic Surgeons:

- Warm up with 10 minutes of stretching and light exercise,
- Wear non-skid shoes, and
- Bend at your knees when you pick up anything.

All these steps limit your risk of falling.

Activity

Say to the group: Before we finish, let's be aware of the steps to prevent falls while working in the yard. Drop a few leaves on the floor, do a couple of stretches, and bend at the knees to pick up the leaves.

It pays to prepare yourself for yard work.



Snacks

Teaching Points:

If possible have enough supplies for each member to make their own wrap.

- If you cannot provide supplies for everyone, follow the pictures in the newsletter to demonstrate the wrap.
- What are some other low-calorie condiments you could use instead of mustard? Salsa, relish
- What are some other combinations you could make into a wrap that would provide protein or calcium?
- A cucumber or bell pepper sliced lengthwise could be added to the wrap to add more vegetables.
- Why substitute the lettuce for bread in a sandwich? Some older adults, especially women, are careful about extra calories. This is an excellent way to get protein and calcium in a lower-calorie snack.
- If you have grandchildren, you could prepare this with them for a snack.

Lettuce Wraps

Slice of low-fat cheese or a low-fat cheese stick

Slice of turkey

1 lettuce leaf

Favorite mustard

Wrap a slice of low-fat cheese or a cheese stick, turkey and mustard into a lettuce leaf.

106 calories; 14g protein; 2g carbohydrate; 392 mg sodium; 15mg potassium; 180 mg calcium; 15mcg folate; 4 g total fat



Did You Learn Any New Ideas?

1. 15% on a Nutrition Food label is equal to how many milligrams of calcium?
2. T or F Cloth shopping bags need to be washed?
3. How can TV be an exercise coach for you?
4. Do dairy products help to control your blood pressure?
5. How will you prepare to do your fall yard work?

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 & Pamphlets	# Incentives
Oct., 2012	_____ Congregate Meal Site Participants	The incentive for October-December is an exercise band. Please indicate how many are needed. _____

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Instructors' Guide October 2012



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Your Answers

150 mg

True

It can be a reminder to exercise,
walk in place during
commercials

Yes

Stretch; non-slip shoes; bend
at knees

Chef Charles Says...

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