Iowa State University Extension and Outreach: Nutrition and Wellness

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United States Department of Agriculture
Cooperative State Research, Education, and Extension Service

Land-Grant Colleges and Universities

IOWA STATE UNIVERSITY
Extension and Outreach

ISU Extension and Outreach Mission

- ISU Extension and Outreach builds **partnerships** and provides **research-based** learning opportunities to improve quality of life in Iowa.

- ***Useful and Relevant Information***

Human Sciences Extension and Outreach

- Housed in College of Human Sciences

- Offers education for families, professionals, and volunteers to build healthy family environments through meaningful behavior change.

Human Sciences Extension and Outreach

- Focus Areas:
  - Family Life
  - Family Finances
  - Nutrition and Wellness

Nutrition and Wellness Goals

- Encourage Iowans to engage in dietary and other health practices that promote health and well-being.

- Help citizens understand risks/benefits of specific food components, food handling processes, processing technologies and food production.

State Nutrition & Wellness Specialists

Sarah Francis, slfranci@iastate.edu

Associate Professor, Food Science and Human Nutrition (FSHN)

Focus Area: aging, limited resource audiences

Ruth Litchfield, litch@iastate.edu
Professor, FSHN
Focus Area: youth, childcare training

Christine Hradek, hradek@iastate.edu
Expanded Food & Nutrition Education Program/Family Nutrition Program Coordinator

Cathy Strohbehn, cstrohbe@iastate.edu
Professor, Hospitality Management Program
Focus Area: food safety

Shannon Coleman,
scoleman@iastate.edu

Assistant Professor FSHN

Focus area: food Safety (microbiology), value added agriculture

Program Specialists (Western Iowa)

- **Barb Fuller:** Adair, Adams, Cass, Clarke, Decatur, Fremont, Harrison, Mills, Montgomery, Page, East Pottawattamie, West Pottawattamie, Ringgold, Taylor, Union

- **Katie Knobbe**: Audubon, Buena Vista, Calhoun, Carroll, Cherokee, Crawford, Greene, Guthrie, Ida, Pocahontas, Sac, Shelby

- **Renee Sweers:** Clay, Dickinson, Lyon, Monona, O'Brien, Osceola, Plymouth, Sioux, Woodbury

- **Holly Van Heel:** Boone, Hamilton, Hardin, Humboldt, Marshall, Story, Webster, Wright




Program Specialists (Central Iowa)

- **Sara Sprouse:** Appanoose, Davis, Jasper, Jefferson, Lucas, Mahaska, Marion, Monroe, Poweshiek, Van Buren, Wapello, Wayne

- **Nancy Clark:** Cerro Gordo, Emmet, Floyd, Franklin, Hancock, Kossuth, Mitchell, Palo Alto, Winnebago, Worth

- **Mary Krisco:** Dallas, Madison, Polk, Warren

Program Specialists (Eastern Iowa)

- **Cindy Baumgartner:** Delaware, Dubuque, Jackson
- **Patricia Steiner:** Des Moines, Henry, Lee, Louisa
- **Vera Stokes:** Cedar, Clinton, Muscatine, Scott
- **Rachel Wall:** Benton, Iowa, Johnson, Jones, Keokuk, Linn, Washington
- **Jill Weber:** Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Fayette, Grundy, Howard, Tama, Winneshiek





Older Adult Focused Programs

- Nutrition Education With Seniors (NEWS You Can Use)

- Stay Independent: A Healthy Aging Series; https://www.extension.iastate.edu/humansciences/stay-independent

- Wellness and Independence through Nutrition (WIN) https://www.extension.iastate.edu/humansciences/food-assistance-outreach

Nutrition Education With Seniors (NEWS You Can Use)

- Monthly nutrition newsletter and taste-testing for the Polk County Commodity and Supplemental Food Program

- Newsletter made available for state use

JUNE 2017

Nutrition Education with Seniors

News You Can Use

What does "local food" really mean?

A common nutrition buzz-word is "local food." If a food is termed "local," it generally means that it was produced within a limited distance. For us, that includes a food that has been grown in Iowa.

Buying locally-grown and produced food may have many benefits, both for the consumer and the community.

- **Local food is packed with flavor.** Local crops are harvested closer to when you buy them, most of the time at their peak ripeness.
- **Local food boosts the local economy.** When you buy local food, the money supports businesses in your community.
- **You can know more about your food.** Ask the farmers you buy from about their growing and harvesting practices.

For the next few months, farmers markets and farm stands will be bursting with fresh, local foods! Take advantage of the wonderful opportunity while it lasts!

Adapted from http://msue.anr.msu.edu/news/7_benefits_of_eating_local_foods.

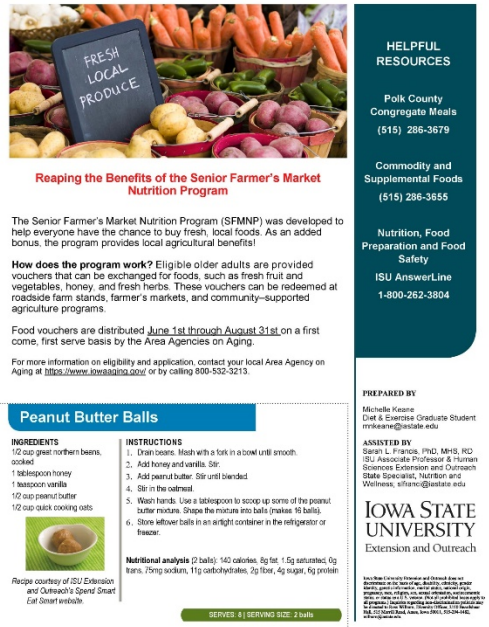
Selection:
- Choose packages without rips or tears, which could mean the **great northern beans** are unsafe to eat.
- Check the "Best by" or "Best if used by" date on the package.

Storage:
- Store unopened packages of **beans** in a cool, clean, dry place.
- After opening, keep great northern beans in a resealable plastic bag or a tightly covered non-metal container for up to one year.
- After cooking, keep **great northern beans** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to six months in the freezer.

Nutrition: 1/2 cup beans, cooked:
- Provides 105 calories, 6 grams of fiber, and 7 grams of protein.
- Counts as two ounce equivalents from the MyPlate protein group **OR** the MyPlate vegetable group.

Uses:
- Include in soups, salads, stews casseroles, and chili, or as a side dish.
- Combine with piece of lean meat or poultry, brown rice, a glass of milk, and a piece of fruit for a complete MyPlate meal.

Prepared for Polk County Congregate Meal Sites and Supplemental Foods Program



Reaping the Benefits of the Senior Farmer's Market Nutrition Program

The Senior Farmer's Market Nutrition Program (SFMNP) was developed to help everyone have the chance to buy fresh, local foods. As an added bonus, the program provides local agricultural benefits!

How does the program work? Eligible older adults are provided vouchers that can be exchanged for foods, such as fresh fruit and vegetables, honey, and fresh herbs. These vouchers can be redeemed at roadside farm stands, farmer's markets, and community–supported agriculture programs.

Food vouchers are distributed June 1st through August 31st on a first come, first serve basis by the Area Agencies on Aging.

For more information on eligibility and application, contact your local Area Agency on Aging at https://www.iowaaging.gov/ or by calling 800-532-3213.

Peanut Butter Balls

INGREDIENTS
1/2 cup great northern beans, cooked
1 tablespoon honey
1 teaspoon vanilla
1/2 cup peanut butter
1/2 cup quick cooking oats

Recipe courtesy of ISU Extension and Outreach's Spend Smart Eat Smart website.

INSTRUCTIONS
1. Drain beans. Mash with a fork in a bowl until smooth.
2. Add honey and vanilla. Stir.
3. Add peanut butter. Stir until blended.
4. Stir in the oatmeal.
5. Wash hands. Use a tablespoon to scoop up some of the peanut butter mixture. Shape the mixture into balls (makes 16 balls).
6. Store leftover balls in an airtight container in the refrigerator or freezer.

Nutritional analysis (2 balls): 140 calories, 8g fat, 1.5g saturated, 0g trans, 75mg sodium, 11g carbohydrates, 2g fiber, 4g sugar, 6g protein

SERVES: 8 | SERVING SIZE: 2 balls

HELPFUL RESOURCES

Polk County Congregate Meals
(515) 286-3679

Commodity and Supplemental Foods
(515) 286-3655

Nutrition, Food Preparation and Food Safety
ISU AnswerLine
1-800-262-3804

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Funded by the Department of Community, Family and Youth Services' Senior Services and Commodity Supplemental Foods Programs in Polk County

Stay Independent Lessons

- 3 Meals a Day
- Feast on Fruits and Vegetables
- Power Up with Protein
- Exercise Your Independence

Stay Independent Options

	MINI MODULES	IN-PERSON LESSONS
DURATION	• 20-30 MINUTES	• 45-60 MINUTES
DELIVERY METHOD	• Group viewing of pre-recorded lessons with discussion afterwards	• Interactive group education session
CONTENT	• Short overview	• In-depth explanation
EDUCATOR	• Any Extension employee who has been trained by a Nutrition and Wellness Specialist	• Nutrition and Wellness Specialists only

INTERACTIVE ACTIVITIES	• Taste testing (optional)	• Critical thinking:
		  • Games
		  • Application activities
		  • Taste testing
		  • Physical activity

Supplemental Materials	• PowerPoint slides	• PowerPoint slides • Extension publications

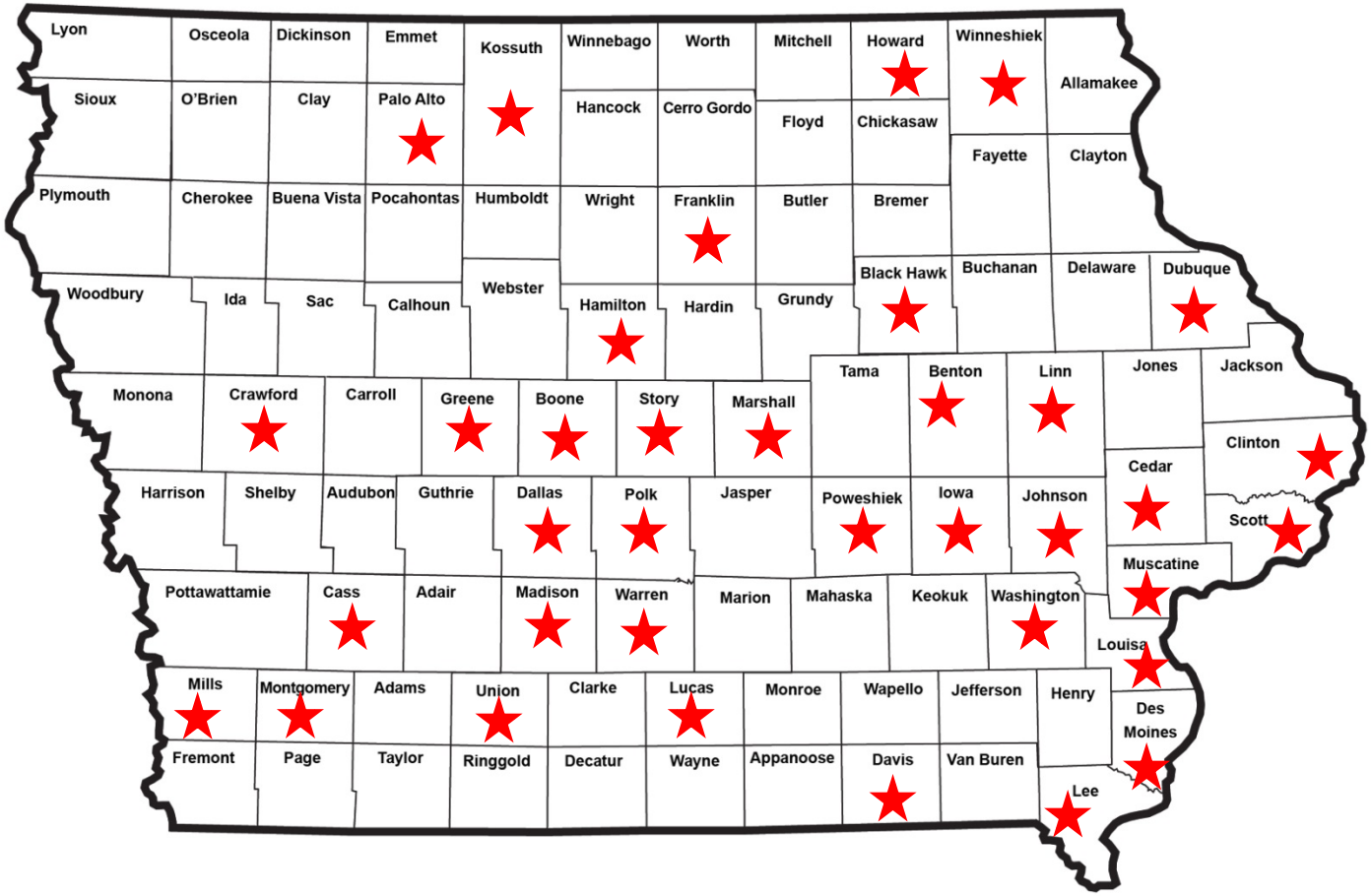
WIN Program Goals

- Increase awareness of food assistance in Iowa
- Increase Food Assistance enrollment among eligible Iowans age 50+ years
- Increase the number of WIN Volunteer Educators

Funded by USDA's SNAP Program, an equal opportunity provider and employer through the Iowa Department of Human Services and Iowa State University Extension and Outreach Services

WIN
Wellness and Independence through Nutrition

WIN Program Counties



Current WIN Program Managers

	County(ies)
Fuller, Barb	Cass, Mills, Montgomery, Union
Knobbe, Katie	Greene, Crawford
Krisco, Mary	Dallas, Madison, Polk, Warren
Lash, Joyce	Lucas
Lents, Catherine	Poweshiek
Schmitt, Brenda	Franklin, Kossuth, Palo Alto
Sprouse, Sara	Davis
Steiner, Patricia	Des Moines, Lee
Taylor, Susan	Dubuque
Vance, Kathy	Louisa
Wall, Rachel	Benton, Johnson
Weber, Jill	Black Hawk, Howard, Winneshiek
Weinand, Mary	Iowa, Washington
Wollan, Barb	Boone, Hamilton, Story, Marshall
Zalenski, Phyllis	Cedar, Clinton, Linn, Muscatine, Scott

WIN Presentations

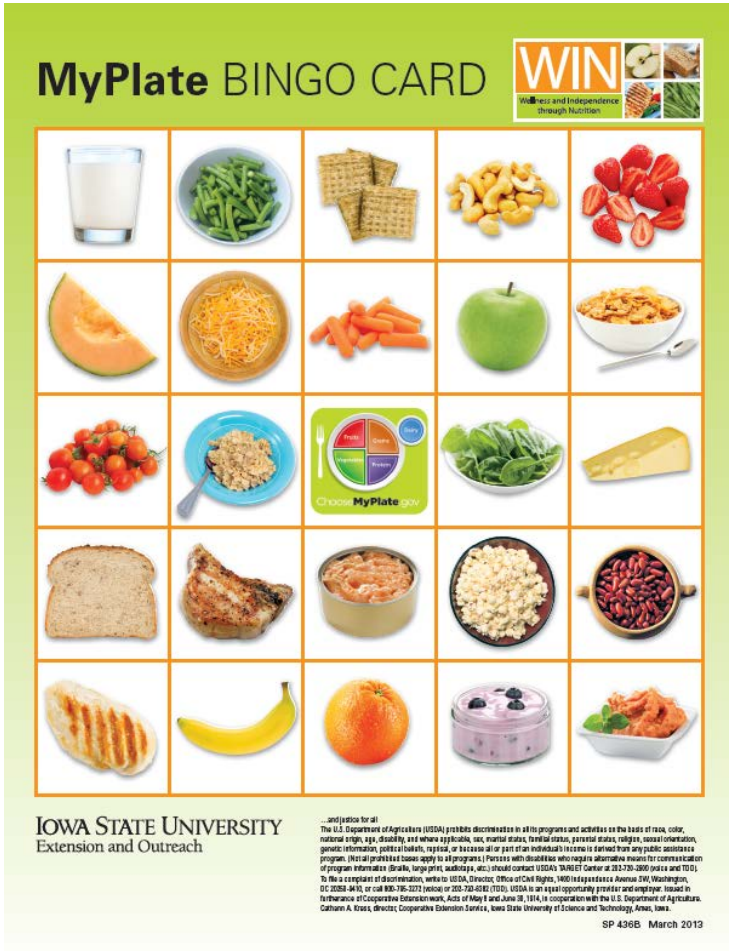
- Presentations:
  - Direct: Interactive session, led by WIN volunteer
  - Indirect: non-active session, facilitated by WIN volunteer

- Duration: 20-30 minutes

- Target Audience: adults age 50+ with low income

WIN MyPlate Bingo

- Discusses low-cost nutrition tips, health benefits of different foods, and how food assistance helps meet the MyPlate recommendations.



Gardening- How to Grow Your Wallet!

- **Gardening Game -** discusses how older adults can use food assistance to grow vegetables to supplement one's food supply.

- Low-cost recipe cards

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WIN
Wellness and Independence through Nutrition

Source: www.extension.iastate.edu/foodsavings/recipes/mexican-frittata

Mexican Frittata

Tips: If you don't want to chop onions or peppers, try using frozen varieties. These are sometimes cheaper than the fresh and come pre-chopped, helping save you time in the kitchen!

Nutrition Facts

Serving Size 1 wedge
Servings Per Recipe 4

Amount Per Serving	
Calories 210	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat	
Cholesterol 330mg	110%
Sodium 280mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 16g	
Vitamin A 15% •	Vitamin C 45%
Calcium 20% •	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Mexican Frittata
Serves: 4 **Serving Size:** 1 wedge

Ingredients:
- 2 1/2 small zucchini (about 1/2 pound)
- 1/2 medium green bell pepper*, seeded and chopped (about 1/2 cup)
- 1 medium onion, chopped (about 1 cup)
- 2 cloves garlic or 2 teaspoons bottled minced garlic
- 1 teaspoon vegetable oil
- 6 large eggs, beaten
- 1/2 cup shredded mozzarella cheese
- 1/4 cup shredded or grated Parmesan cheese
- 1/4 teaspoon black pepper

*Optional: 1 hot pepper, chopped

Directions:
1. Wash zucchini; trim and discard the ends. Cut each zucchini into 4 strips; cut again into ¼-inch pieces. In a bowl, combine the zucchini, bell pepper, onion, garlic, and hot pepper, if desired.
2. Heat the oil in a skillet over medium heat. Add vegetables and cook, stirring frequently, until the zucchini is crisp-tender, about 4 minutes.
3. While the vegetables cook, stir the eggs, mozzarella, and parmesan together in a bowl.
4. Shake the skillet to distribute the vegetables evenly. Pour egg mixture over vegetables and shake skillet again to help distribute the egg mixture. Put lid on pan and cook 5 to 7 minutes, until the egg on top is solid. Sprinkle with black pepper.
5. To serve, loosen edges of frittata with spatula. Cut into 4 wedges. Serve immediately.

... and justice for all
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WIN Indirect Presentations

- **WIN DVD-** discusses information about nutrition for OAs and food assistance
- **WIN Display Board-** interactive display about nutrition and food assistance
- **Container Gardening DVD -** discusses how food assistance can be used to grow vegetables to supplement one's food supply.


QUESTIONS