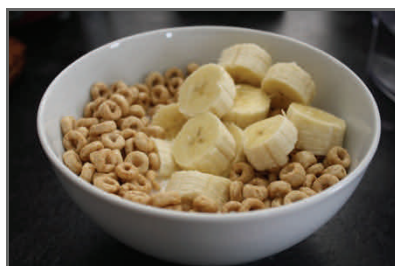


Food and Fitness



Calling All Grandparents!

Now that school is out are you called upon to help with the day to day care of the little darlings? Are you worried about giving them good nutrition? Are you worried about the cost involved? It could be quite a task knowing what to feed them and where to get help!



The Healthy
Hunger-Free Kids
Act of
2010 nutri-
tion stand-
ards for



school meals recom-
mend fruits, vegeta-
bles (dark green, red/
orange, beans and
peas), low fat or fat
free dairy and lean
protein for children's
meals and snacks.
You can accomplish
this at home in a va-
riety of ways:

- Cheerios, banana, skim milk
- Low fat cheese on whole grain crackers
- Fresh grapes, frozen
- Fresh strawberries, blueberries, and cherries
- Baby car-

rots, zucchini slic-
es with low fat
dip

- Celery stuffed with peanut butter
- Toasted sandwich with low fat cheese on whole wheat bread
- Broccoli florets, grape tomatoes with low fat ranch dressing
- Fresh orange and



apple slices
(Continued on page 8)

Volume 123

June 2012

Websites of interest:

- fns.usda.gov/cnd/Governance/Legislation
- wvde.state.wv.us/nutrition/cacfp
- wvde.state.wv.us/nutrition/sfsp
- choosemyplate.gov

Inside this issue:

Swimsuit Time	2-3
Water, Water Everywhere	4-5
Cool Summer Soups	6-7

Swimsuit Time!



Oh no! It's swimsuit time again!

Do thoughts of wearing a swimsuit make you feel attracted to the mountains rather than the beach for summer vacation? Do you find yourself more interested in a new swimsuit cover-up than a new swimsuit? You are not alone. But, rather than



fleeing from or dreading the idea of swimming, let's look at swimming from a different point of view.

Swimming is great exercise.

Whether you enjoy swimming laps, jumping and splashing in the waves, or sitting on the edge of a pool

kicking your feet in the water, these activities get your heart pumping and burn calories.



Water exercise offers many benefits. In addition to burning calories, water exercise improves

fitness, is low impact which reduces the risk of injury, and provides resistance to help improve strength.

Water helps to support your joints and ease the stress on mus-

cles and bones. It's a great exercise choice for persons with arthritis.

For people who swim, swimming laps is a great aerobic workout.

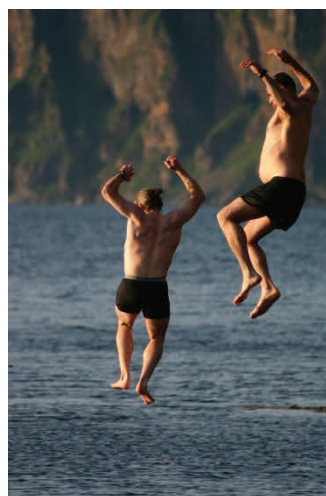
You can use any swimming stroke you like--crawl, backstroke, breast

stroke, side stroke, or you can use a combination of any of the above.

It is recommended that

everyone get 30 minutes of aerobic exercise on most days of the week. Those minutes can be performed all at once or in intervals to total 30 minutes duration. If you

are not in the best of shape, start with short intervals and increase gradually.



(Continued on page 3)

Swimsuit Time!

(Continued from page 2)

If you are not a swimmer, you may enjoy walking or jogging in water. You can use a floatation device, like a noodle or a life jacket, if that makes you more comfortable. You can also hold on to the side of the pool, extend your legs behind you, and kick. Make the intensity so it feels like you



are working "somewhat" hard, but neither "very hard" nor "easy". Try to keep moving for at least 30 minutes.

Another option for wa-

ter exercise is a water aerobics class. These classes are available at most health clubs and recreation centers. Check your local club for class schedules. Water aerobics classes include a cardiovascular workout plus strength and flexibility exercises.

In addition to all of these benefits, swimming is also a good way to stay cool while exercising in hot summer temperatures. It is refreshing to get into

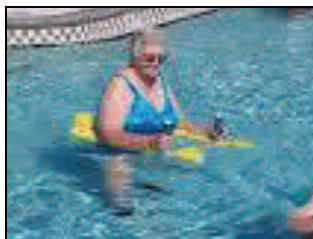


cool, comfortable water. Going to an exercise class also gives you the opportunity to meet up with friends and socialize

while you workout. Before you know



it, you will all be shopping for brand new swimsuits. Have fun in the water!



“Water, Water Everywhere.....

.....and not a drop to drink!”

Mother Nature seems to go from one extreme to an-



other. In April and May of 2011 seven US states experienced flooding. This year the weather trend has been just the opposite for a variety of reasons.

West Virginia has been suffering from lower-than-average amounts of rainfall.



It's bad when farmers and gardeners have to help Mother Nature along by watering their crops. But don't let your own body experience a drought as well!

Of course there's a difference between dry weather and dry bodies or dehydration. Your body needs water for many reasons. Water makes it possible for every organ, in fact, for each and every cell to do its job. It is recommended that we drink about 2 quarts of water or fluid daily.

We need water/fluid to:

- Digest our food
- Carry waste products from the body
- Provide a medium for biochemical reactions to occur
- Send electrical messages between cells
- Regulate body temperature, especially in the summer heat
- Lubricate our moving body parts

(Source:

www.dummies.com/how-to/content/why-your-body-needs-water.html)

Water comes in so many packages and from so many sources, it's sometimes difficult to figure out the easiest way to get it. Juices, milk, coffee and tea are mostly water and can go toward satisfying our fluid needs. Even fruits and vegetables



provide water for us.

One thing, remains constant. Our bodies need water to cleanse, refresh and maintain cells. So each individual must figure what works best in order to get in enough fluid.

Having a convenient source of water and learning to drink adequate amounts

(Continued on page 5)

Water, Water Everywhere.....

(Continued from page 4)

daily will ensure that your body does not become dehydrated or overheated in the hot days of summer. It is a habit that for some must be learned. However, our thirst usually tells us when we are in need.

If you have water out where it can be seen it is easier to remember to drink it. And that's why those little plastic bottles are so popular! They go everywhere and come in different sizes according to different needs and tastes.

But other ways of getting water are equally successful: a water cooler at work, an outdoor dispenser, or just a pitcher of clean and pure water from the faucet chilled in the refrigerator will do the job. Water from the faucet works very well at one

cent per gallon while bottled water is one dollar or more per 17 fluid ounces!!

Drinking water is especially important for both young people and the elderly during the summer months. The young may not stop to drink while older people may not have as sharp a thirst signaling the need to drink.

When exercising it is a good idea to hydrate the body by drinking water before, during and after the exercise.

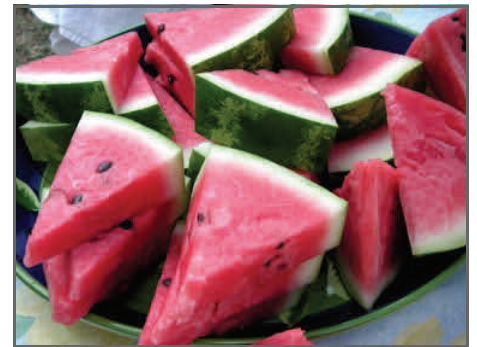
A very simple way to get more water in the diet is to include plenty of fresh fruits and vegetables in your diet. Fresh fruits and vegetables

have lots of water...that's why they are crispy. The water in the plant's cells help to maintain the structure of the

plant. We take in that water when we eat the produce.

Another good source of

water is unsweetened fruit juice. Be sure, however, to avoid juice with any added sugar and keep the portion to 1/2 cup. A cool and refresh-



ing way to enjoy juice is to take that 1/2 cup portion and add a touch of sparkling clear mineral water or diet soda.



This month's recipe corner includes three more ways to enjoy the benefits of water—served up in cool soups. The vegetables provide an additional boost of water, along with other important vitamins, minerals, antioxidants and fiber.



Cool Summer Soups

Chilled Asparagus and Spud Soup

Asparagus gives this vichyssoise soup a bright green color. For a lower saturated fat version you will use olive oil instead of butter and fat-free Half and Half instead of cream. Never fear! Just as tasty!



One large Russet potato
3 medium leeks or 1/2 white onion and small bunch of green onions
2 Tablespoons olive oil
3 cups chicken broth
1 pound fresh asparagus
1/3 cup fat free Half and Half
Salt, black pepper and red pepper to taste

Peel and dice potato. Slice leeks or chop onions. Sauté onions in oil over medi-

um heat until translucent. Add potato and chicken broth. Bring to a boil, reduce heat, cover and cook until the potato is soft.

Meanwhile, steam asparagus in separate pot with about two cups water until tender.

Drain asparagus, and puree in food processor or blender. Add the potato mixture to asparagus and puree until just smooth. Stir in Half and Half. Then season to taste with salt and peppers. Chill for at least three hours before serving.



Chilled Corn Soup with Nutmeg

Take advantage of this season's fresh sweet corn, prepared in a new and different way.

3 ears fresh corn
2 cups water
2 cups chicken broth
2 tablespoons olive oil
1 cup chopped Vidalia onion
1 small bunch shallots
1 cup fat free Half and Half
1 teaspoon ground nutmeg, (or 1/4 to 1/2 teaspoon freshly ground*)

Clean corn and cut from cob. Pour water and broth into heavy pot; boil corn cobs in water and chicken broth for about thirty minutes.



Sauté onion and shallots in olive oil for about ten minutes. Add corn and cook another five minutes.



After thirty minutes remove corn cobs and reserve the broth. Stir vegetable

(Continued on page 7)

Cool Summer Soups

(Continued from page 6)

mixture into broth; then continue cooking for another fifteen minutes. Remove from heat and cool slightly. Pour half of this mixture into blender or processor, including some of the liquid. Puree for about five minutes or until smooth. Transfer to clean pot then repeat processing with second half. Add fat free half

and half and nutmeg, salt and pepper to taste.

This recipe is a version of one that

was adapted from Geoffrey Zakarian's book, "Town/Country." Another version appeared in the Wall Street Journal's Off Duty section, June 2011.

*Most grocery stores carry nutmeg in the section with small cellophane packets of spices. You usually get three or four nuts per package. These spices are generally less expensive than the

ground ones. Places like Whole Foods will sell the spice unpackaged and fresh.

Cool "Cauliflower Power" Soup

2 large red bell peppers, halved, seeds and stem removed

1 tablespoon olive oil

4 green onions, chopped

1/2 tsp salt

1/4 tsp. ground cayenne pepper

1 quart chicken broth, skimmed of fat

1 head fresh cauliflower, cut into florets

Freshly ground black pepper

Chopped fresh chives

Preheat broiler to high. Arrange bell peppers skin side up on baking sheet.

Broil, watching carefully, until skins are blackened, about 10 minutes. Remove peppers from oven and let cool. Peel away blackened skin over a bowl to collect juices, Set peppers and juices aside.

In a large pot over me-

dium-high heat, warm olive oil. Add green onion, salt, and red pepper and cook, stirring until soft, 3 minutes. Add broth and cauliflower. Bring

to a boil, then lower heat to a simmer. Cover and cook 20 minutes. Add peppers with juices and cook, cov-

ered, until cauliflower is tender, 10 minutes. Purée in small batches in a blender.

Collect contents in large bowl

or pot.

Add black pepper to taste.

Chill

this mixture for about three hours. Serve cold, garnished with a sprinkle of chives.



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vices, and is funded in part by
the West Virginia Bureau of Sen-
ior Services. Regular contribu-
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(Continued from page 1)

If it seems
that these ideas
might stretch your
budget you can get
help feeding your grandchil-
dren this summer. Call:

- National Hunger Hot-
line—1-866-3Hungry or 1
-866-348-6479 or
www.whyhunger.org



- WVU Extension
Service at
www.ext.wvu.edu/
county_offices to obtain
telephone number for
your local extension
service
- Supplemental Nutrition
Assistance Pro-
gram at
[www.dhhr.org/](http://www.dhhr.org/bcf/)
bcf/



family_assistance/fs.asp

- West Virginia Department
of Education Summer
Food Service Program at
[www.wvde.state.wv.us/](http://www.wvde.state.wv.us/nutrition/sfsp)
nutrition/sfsp

Watch for press releas-
es in your local newspaper
from sponsors
of summer
food service
programs.

