

October 2017

Volume 183



WEST VIRGINIA BUREAU OF SENIOR SERVICES

Food and Fitness

Reducing Food Waste At Home

Food waste occurs when food is left uneaten or is discarded. Food waste happens in any location of production or distribution. Think about an apple. An apple orchard produces a number of apples, but some apples do not make the cut of getting chosen to be consumed. The apple might be shaped a little differently, could be that the apple is already starting to rot, maybe a worm wiggled its way in or it got damaged during processing. No matter which case, that apple is less likely to be eaten which increases the potential for food waste. Once these apples are placed on the shelf at a grocery store, the consumer then can pick and choose the apples they want to purchase. Apples that have less than perfect spots or bruises are the ones that get left behind increasing the amount of food waste. Now, once the apples are in the home, they also can get wasted. When you core an apple and leave some behind, that's a part of food waste. When you make an apple pie and no one eats the last piece, that is food waste. So how can we at least control the food that is wasted within our homes?

Reducing food waste can be a task when learning how to reduce the amount of food one discards. However, there are some steps that can be taken to help guide the amount of waste in one's home. We are not going to be (Continues on Page 2)

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Reducing Food Waste At Home

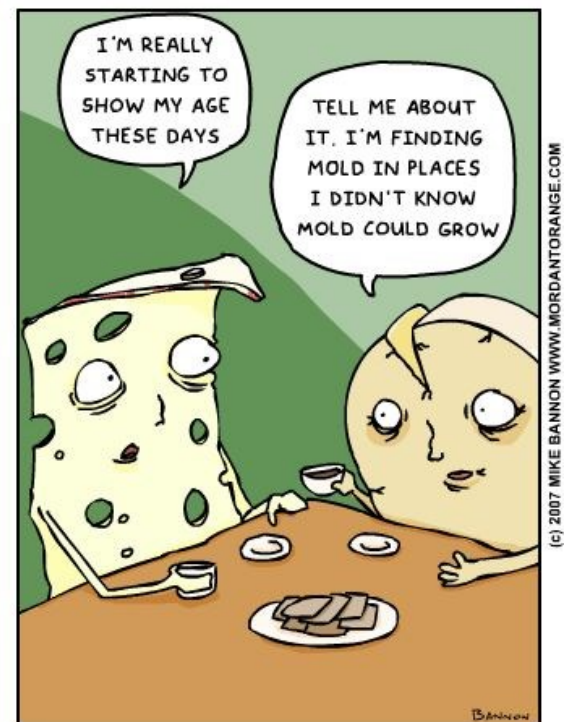
(Continued from Page 1)

able to control the food wasted beyond our reach. So let's focus on ways that food waste can be reduced which can also help our grocery budget.

There are eight key steps to help reduce food waste within our control (reference page 4).

- ♦ **Plan & Save** – Plan a menu and grocery list. Find the items in your home that need to be used first. Plan a meal that will use up that item that way it won't be wasted.
- ♦ **Be Food Safe** – Keeping food at the proper temperatures to prevent early spoilage.
- ♦ **Check for Quality** – Pick the product that has the best quality and don't forget to look at the dates.
- ♦ **Set Storage Reminder** – Buying products that are not going to be used right away can lead to waste. If you don't have the ability to set reminders, check these foods often to insure they are still in good quality.
- ♦ **Be Organized** – Knowing what foods are the oldest or needing to be used up first. When you are clean and organized, it is much easier to keep track of the foods that need to be used.
- ♦ **Re-purpose** – Find different ways to use the foods to make sure it gets used up. Freezing is a great way to prolong the life of some foods for repurposing at a later time.
- ♦ **Donate** - Donating is always a great way to help the hungry and reducing food waste.
- ♦ **Recycle & Compost** – Don't throw food away. Find the option that is best for you. If you are a gardener, composts are a great option for you.

Food waste will never go away entirely but we can reduce the amount contributed within our own homes. Buying only what you need and not because it is a good deal is the best practice. Buying one cantaloupe for ninety-nine cents and knowing that it will get eaten entirely instead of buying two. Chances are the second one may rot before the first one is fully eaten. Unfortunately, we created food waste because our intentions to eat it fell through the cracks. Planning and mindfully purchasing goes a long way to lessen the amount of food that gets wasted.





United States Department of Agriculture

Let's talk trash.

Cut back on **food waste and loss** to save money, improve access to food, and protect natural resources.



About

90 billion

pounds of edible food goes uneaten each year.*



That weighs

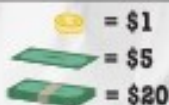
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the Empire State Building.

This cost consumers **\$370** per person each year.

\$ amount of each food group wasted

KEY:



Grains

\$22

Fruits

\$45

Protein Foods**

\$140

Vegetables

\$66

Dairy

\$60

Added Fat
& Sugar

\$37



Reduce **wasted food** in your home with simple shopping, storage, & cooking practices.

WHAT YOU CAN DO



Plan & Save

Plan your weekly menu and make a grocery list. Does the list include food that you already have at home? Buy only what you need and stay within your budget.



Be Food Safe

Shop refrigerated or frozen foods just before checking out. Transport items that spoil easily in a cooler or thermal bag and refrigerate or freeze within two hours of shopping.



Check for Quality

The date on a food package helps the store determine how long to display the product for sale. It can also help you to choose a product at its best quality.



Set Storage Reminders

Track storage times for different foods using The FoodKeeper Application. This tool will remind you when foods are near to the end of their storage date.



Be Organized

Foods are less likely to go bad when you use the older items first. Keep your pantry and refrigerator clean and organized so you can see what needs to be eaten first.



Re-purpose

Give leftovers a makeover when you reuse them in recipes. Add broccoli stems to a salad or blend overripe fruit into a low-fat smoothie. Freeze extra food.



Donate

Many shelters, food banks, and faith-based organizations will accept food donations to feed others who need a meal.



Recycle & Compost

Instead of throwing out food, create a compost bin. Don't have a yard? Your city may help you find composting or recycling options that are right for you.



*In homes and away from home eating places.

**Protein foods includes meat, poultry, fish, eggs, and nuts.

Sources:

All sources are available at ChooseMyPlate.gov/lets-talk-trash.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.
September 2015



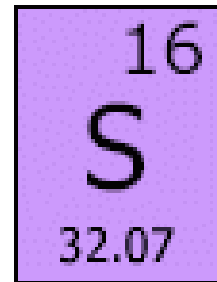
Mineral— Sulfur

Functions

Sulfur is important for synthesis of sulfur-containing compounds. It is also important for the formation of collagen which is the main structural component for the skin and connective tissue. Sulfur is needed for the production of insulin.

Recommendations

Recommended Dietary Allowances (RDA): No specific RDA



Food Sources :

Meat/Fish/Poultry

Egg (yolk)

Milk

Legumes

Nuts

Deficiency symptoms are not clear.

Deficiency is typically minimal however can occur in instance where sulfur is depleted from the soil food is grown in, in low-protein diets, or lack of intestinal bacteria.

Toxicity
are not

Foods High in Sulfur

symptoms
clear.



Meat and fish



Eggs



Cheese



Tea



Cocoa



Dried apricots

PUMPKIN CHOCOLATE CHIP OATMEAL COOKIES

Ingredients:

- 1/2 cup pumpkin puree (not pie filling)
- 1 large egg
- 1 tsp vanilla extract
- 3/4 cup whole wheat flour (or all purpose)
- 1 1/2 cup old fashioned rolled oats
- 1/4 cup granulated sugar
- 1/4 cup packed brown sugar
- 1/4 tsp baking soda
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/4 tsp ground cloves
- 1/2 semi-sweet chocolate chips
- 1/2 dried cranberries



Directions:

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat. Set aside.
2. In a mixing bowl whisk together pumpkin, egg, and vanilla until well combined. In a separate bowl, combine flour, oats, sugars, baking powder, baking soda, salt, spices, chocolate chips, and dried cranberries. Fold together the wet and dry ingredients until just combined - do not overmix. The cookie dough will be very thick. Taste the dough and add a pinch of salt if needed.
3. Drop by spoonfuls onto cookie sheets and slightly flatten to the shape you want your cookie. Bake for 12-14 minutes until lightly browned. Allow to cool on the cookie sheet for at least 3 minutes and transfer to a wire rack. Cookies stay fresh at room temperature for 3 days in an airtight container.

Recipe Received From: <https://sallysbakingaddiction.com/2012/10/24/healthy-pumpkin-chocolate-chip-oatmeal-cookies/>

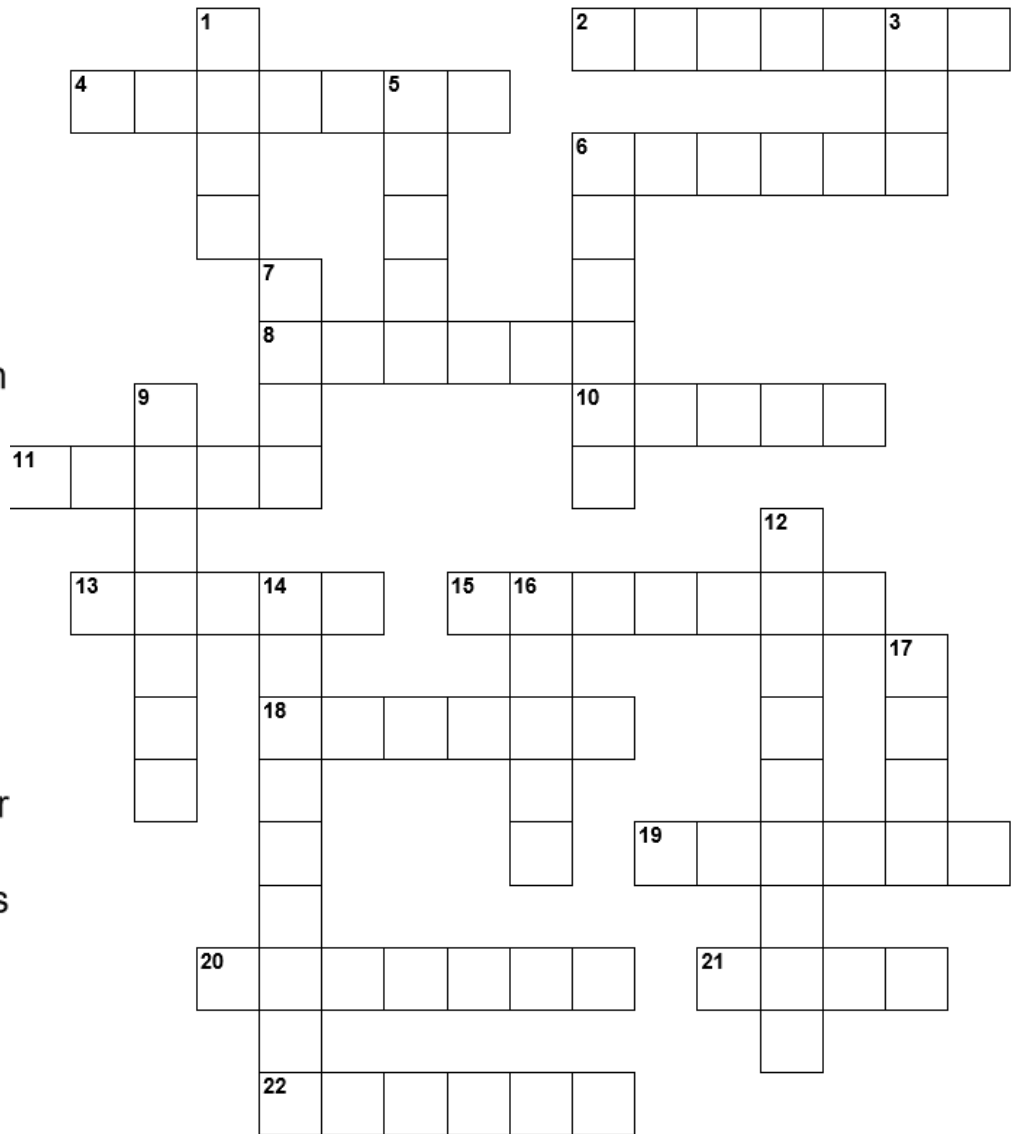
Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

AUTUMN

ACROSS

- 2 Anything used to provide color
- 4 Gathering of ripe crops
- 6 Container made of straw or wood strips
- 8 Season of the year between summer and winter
- 10 White or gray mass of fine drops of water
- 11 Nut of an oak tree
- 13 Having a great amount of wind
- 15 Tenth month of the year
- 18 Cool
- 19 Warmest season of the year
- 20 Large fire built outside
- 21 Flat part of a tree that grows from a branch
- 22 One of the four parts of the year



By Evelyn Johnson - www.qets.com


DOWN

- 1 Woody plant that has a long main trunk and many branches
- 3 Kernel or meat contained in a hard shell
- 5 Freezing rain
- 6 Woody part of a tree that grows out from the trunk
- 7 Drops of water that fall from the sky
- 9 Leaves on a tree or other plant
- 12 Ninth month of the year
- 14 Having leaves that drop off each year
- 16 Red, blue, yellow etc.
- 17 Yard tool with long handle that is used to gather leaves



Answers on Page 11

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>World Vegetarian</i>	2 <i>Name Your Car Day</i>	3 <i>National Boyfriends</i>	4 <i>National Kale Day</i>	5 <i>World Teacher's</i>	6 <i>Physician Assistant</i>	7 <i>Bald and Free Day</i>
8 <i>Octoberfest</i>	9 <i>Curious Events Day</i>	10 <i>Newspaper Carrier Day</i>	11 <i>Emergency Nurses Day</i>	12 <i>Cookbook Launch Day</i>	13 <i>World Egg Day</i>	14 <i>National Dessert Day</i>
15 <i>White Cane Safety Day</i>	16 <i>Bosses Day</i>	17 <i>National Pasta Day</i>	18 <i>No Beard Day</i>	19 <i>Evaluate Your Life</i>	20 <i>Brandied Fruit Day</i>	21 <i>Pumpkin Cheesecake</i>
22 <i>National Nut Day</i>	23 <i>TV Talk Show Host</i>	24 <i>United Nations</i>	25 <i>World Pasta Day</i>	26 <i>National Mincemeat</i>	27 <i>National Tell a Story</i>	28 <i>Make a Difference</i>
29 <i>Hermit Day</i>	30 <i>National Candy Corn Day</i>	31 <i>Carve a Pumpkin Day</i>				

October Monthly Observations

- Adopt a Shelter Dog Month
- American Pharmacist Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Eat County Ham Month
- International Drum Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month
- National Popcorn Popping Month
- Sarcastic Month
- Seafood Month



Give Your Brain A Rest

By Gwen Crum, WVU Extension Agent, Wood County and
Elaine Bowen, WVU Extension Health Promotion Specialist

Health Motivator Talking Points

Did you know . . . ?

- Sleep helps you learn, use your memory and creatively problem solve.
- During sleep, the brain is active, making pathways for new learning, memories and ideas.
- Lack of sleep slows down reactions and makes it harder to focus and make good decisions.
- How can you improve your sleep for a healthy brain?
 - ✓ *Be more active.*
 - ✓ *Limit naps.*
 - ✓ *Get morning sunshine.*
 - ✓ *Limit noise and light.*
 - ✓ *Have a bedtime routine.*
 - ✓ *Talk to your health care provider.*
 - ✓ *Limit caffeine and other stimulants.*

Quick Club Activity: Rise and Shine!

1. Let's stand, and rise and shine. Every morning, we s-t-r-e-t-c-h tall!
2. How will we practice healthy sleep habits today? Think of an important daily habit that will lead to quality sleep and a healthy brain. Without speaking, each person will take their turn to act out a habit. The rest of us will act it out, too, and try to guess what it is.
3. After everyone has had a turn, close your eyes briefly as if you're resting. Then, rise and shine again with a big s-t-r-e-t-c-h!

Learn More!

See the Healthy Extra on page 18.

www.ninds.nih.gov.

www.healthysleep.med.harvard.edu.

www.sleepfoundation.org.

October Health Extras

Checklist for Better Sleep for a Healthy Brain



By Gwen Crum, WVU Extension Agent, Wood County and
Elaine Bowen, WVU Extension Health Promotion Specialist

Keep this by your bedside.

☐ **Be active during the day.**

Daily physical activity helps you relax and raises your core body temperature, which supports falling and staying asleep. Exercise at least three hours before bedtime.

☐ **Get daylight.**

Get morning sunshine. Natural daylight helps your body regulate sleep. Try to get outside for at least 30 minutes each day.

☐ **Have a winding-down routine.**

Follow three or four activities (i.e., warm bath, a warm drink, brush your teeth, wash your face, change your clothes, read a book) every night at the same time and in the same order. Then, your body begins to relax and anticipate sleep.

☐ **Limit caffeine.**

Caffeine interferes with falling asleep and sleep productivity.

☐ **Limit naps.**

Excessive napping may keep you awake later at night. A power nap (resting for 15 to 20 minutes) may recharge your mind and body.

☐ **Create quiet darkness.**

Keep your bedroom dark. Have a noisy environment or sleep with a snorer? Use ear-plugs or white noise. Lights and distractions of televisions, computers and cell phones may keep you from sleeping productively.

☐ **Be technology-free.**

Turn off cell phones, televisions, computers and other electronics. Make your bedroom environment relaxing and technology-free.

☐ **Control the temperature.**

Cooler temperatures (around 65 degrees Fahrenheit) are best.

Before you turn off the lights, write a list of what you are grateful for.

WEST VIRGINIA BUREAU OF SENIOR SERVICES

This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

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Nutrition Consultant

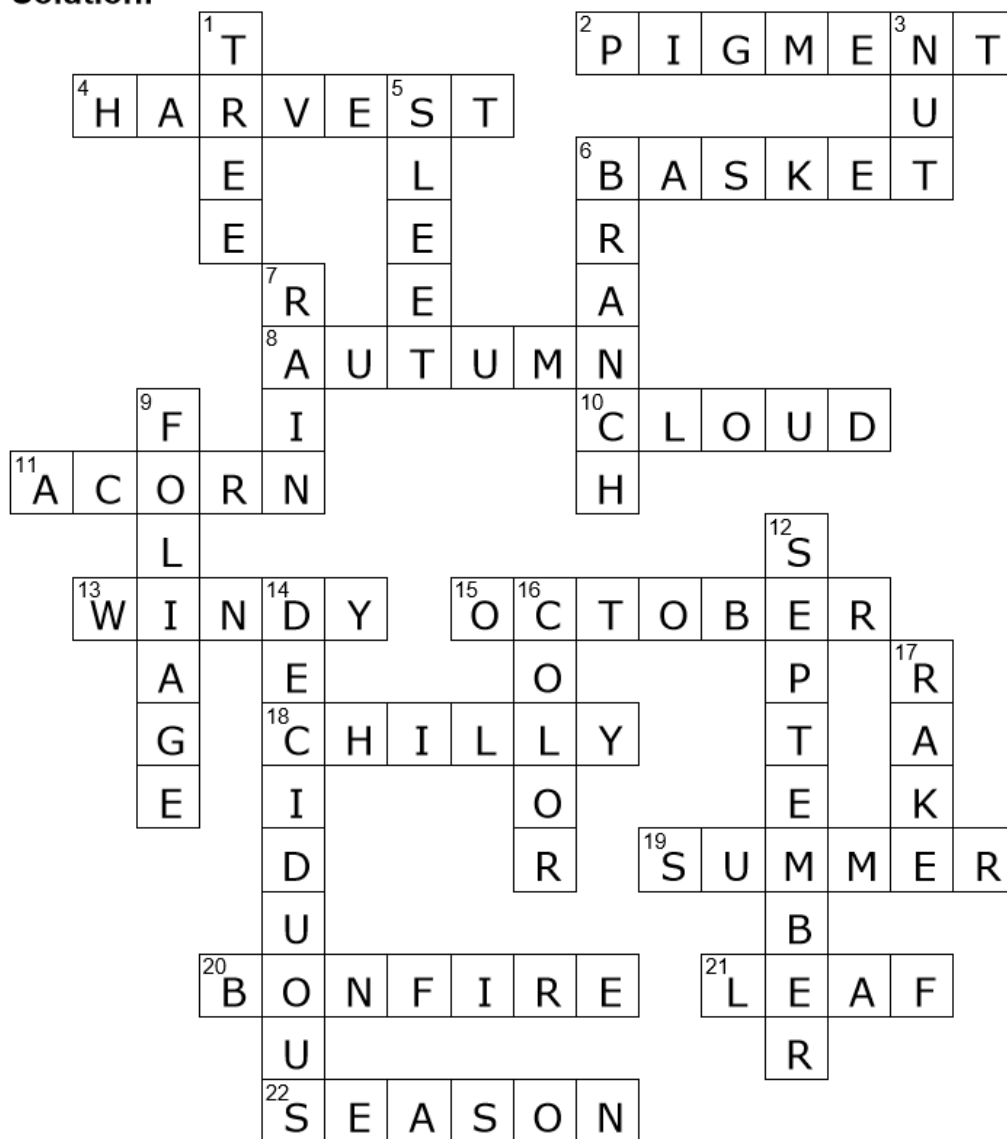
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Huntington, WV 25575



AUTUMN

Solution:



Brain Exercise Answers

