

Food and Fitness

Start Up, Start Anew, Start Over!

Web sites of interest:

- sba.gov
- sbdcwv.org
- business4wv.com
- wvu.edu/~exten

January always seems like a good time to begin anew or to begin again! Whether it's a diet, an exercise program, a new job, a new relationship, or a new business it usually takes some planning.

Maybe 2009 will be the year you decide to have more fun, to take better care of yourself, or to

learn a new skill, a foreign language, or to become more computer savvy. There's a class for everything.

Start the planning process at your senior

center or with your county public library. At the library you can find classes, as well as references, assistance, and connection to the internet. Start planning now!



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Start Advocating for Your Health

Make 2009 your year of good health! Visit your doctor. In addition to

having your blood pressure checked ask to have blood work done to check

lipids, blood sugar, and vitamin D level. Ask to have these ad-

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Start a Business—Sell Your Home-Canned Goods

Did you grow and can more than enough last year? Even after enjoying and giving as many

jars as you could, do you still have to store them in every nook, cranny, and crevice of your home?

It's time to make extra money from the fruits of your labor. This year you may want to consider starting a business selling your fabulous pickles, jams, and relishes!

You'll want to contact the WV Small Business Development Center

(WVSBDC) and/or the US Small Business Associa-



tion. You'll need help and advice about business planning and management, marketing and sales, customer relations, accounting, tax planning, and legal issues.

The WVSBDC conducts a number of low cost 2-hour

workshops (a fee of approximately \$30) throughout the state. Examples of these workshops include "Small Business Start-up", "How to Start a Business", and "Be Your Own Boss".

You may need special training or equipment to use in your canning process so your products can be sold. The WVU Extension Service can advise you on this.

Perhaps you have knitted scarves and have quilting that you'd like to sell, too!

It's time to make extra money from the fruits of your labor.



More Tips for Healthy Eating on a Budget

Until the global economy improves we'll have to continue to squeeze the dollar! Here are some tips from the American Dietetic Association to get more bang for your buck:

- Decide when you need to shop by taking inventory of how long you can make what you have last.
- Make a list and stick to it—no impulse buys.
- Check out store brands rather than national brands.
- Compare costs—in place of a \$2.59 bag of potato chips you could buy 4# of red potatoes or 3# of fresh carrots.
- Buying canned or frozen produce may be cheaper than fresh unless the fresh is local and/or seasonal.
- Buy lean cuts of beef like round.
- Use smaller portions of meat (3 oz. per person) with vegetables and rice in a stir fry.
- Buy whole chickens and skin and cut them up yourself.
- Beans are still cheaper than meat.
- Eat at home.



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Start Advocating for Your Health (cont'd from page 1)

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ditional tests scheduled for you:

- Mammogram
- Colonoscopy
- Bone Density
- Make an appointment to discuss the results in detail
- Visit your doctor. Know your numbers and have a copy of all test results.
- Visit your dentist.
- Have a dilated eye exam.
- Carry a list of the medications you take, the dosage, and why you take them.
- Carry a list of persons to call in case of emergency and their phone numbers.

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Recipe Corner

Prepared Horseradish

1 cup horseradish root
3 Tbs. vinegar
1/4 tsp. salt

Scrape horseradish root as you would a carrot. Chop and place in a food processor.

Puree all ingredients in the food processor and use in following recipes.

Horseradish Glaze

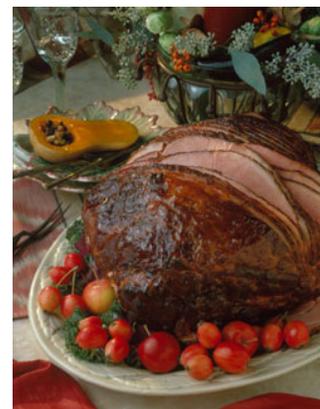
2 tbsp. Prepared Horseradish
2 tbsp. Worcestershire sauce
1/2 c. orange marmalade
1/2 cup prepared mustard

Mix all ingredients. Add to roasting meat or chicken during last 10 minutes for a tasty glaze.

Horseradish Dip

6 oz. reduced fat cream cheese
3 Tablespoons prepared horseradish
1/4 cup reduced fat mayonnaise
2 Tablespoons bacon bits

Mix all ingredients and serve with crackers or fresh vegetables.



Herb of the Month—Horseradish: A Healthy Root

Horseradish is a member of the mustard family and is cultivated for its thick, fleshy white roots. The 3,000-year-old plant has been used as an aphrodisiac, a treatment for rheumatism, a bitter herb for Passover seders and a flavorful accompaniment for

beef, chicken, seafood or vegetables.

The bite and aroma of the horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as

isothiocyanates are released. These oils pack a punch against *Listeria*, *E. coli*, *Staphylococcus aureus* and other food pathogens.

Horseradish receives high marks from the National Heart, Lung, and Blood

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January 2009

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Horseradish: A Healthy Root (cont'd)

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Institute (NHLBI) for its low-fat, high-flavor qualities. Here are a just a few ideas from the Horseradish Information Council you can use in the kitchen:

- Add a splash of horseradish to tomato juice for an early morning eye opener.
- Use horseradish instead of butter and salt to top vegetables.
- Add horseradish to mashed potatoes, meatloaf, or fat free sour cream on your baked potato.
- Give meats a new taste twist with Horseradish glaze. See recipe p. 4.