

Well in the West

choose to live bravely.



Volume 2, Issue 1

Healthy Eating

August 2017

Healthy Snacks during the Work Day

Tanner Kingery, Health Educator, Ouray County

If you're eating once in the morning right after you wake up, then in the middle of the workday, and then again when you finally get home at the end of the day and scrape together a meal, you may want to do it another way. You need to eat frequently, ideally every 2-3 hours. This doesn't mean you need a super-sized burger meal several times during the workday.

Eat a snack that's high in protein and complex carbohydrates between your regular meals. Cottage cheese, fruit, yogurt, tuna, hard-boiled eggs, protein-bars, an apple with peanut butter, and trail mix (heavy on the nuts, not the dried fruit and candy) are all great high-protein snacks.

In addition, try to eat low glycemic index (GI) foods. You don't need to commit the index to memory, but it helps to read it over and be aware of where foods fall. High GI foods like white bread, white rice, and most cereals, are easily converted into glucose in your body. Lower GI foods like most vegetables, whole grains, meat, milk, nuts, and eggs, are converted much slower. Steer yourself towards Lower GI foods and you'll iron out most of the bumps in your daily blood sugar. It's all about healthy choices.

Link to the glycemic index information: www.gisymbol.com

Step 1: Swap high GI foods for lower GI foods. Not sure which foods are high or low? Look out for the GI Symbol on foods in your supermarket.

Step 2: Eat at least one serving of a lower GI carbohydrate food at each meal, and choose low GI snacks.

Step 3: Keep your eye on serving sizes. Eating too much food, even if it's a healthy choice, isn't good for you.



Staff participating in bike to work day on June 28th!

Wellness Program Updates



Lunch time yoga!



Employee shared recipe!

Peach and Raspberry Cobbler

Ingredients

- 8 peaches
- 2 cups of raspberries
- Sugar
- Brown sugar
- 1 stick of cold butter
- Cinnamon
- Nutmeg
- Salt
- Flour
- Oats

Directions

1. Preheat the oven to 350 F
2. Slice 8 peaches.
3. In a large mixing bowl combine peaches, raspberries, 1 teaspoon cinnamon, 1/2 teaspoon nutmeg, 1/2 cup sugar, 3 table spoons of flour, and a pinch of salt . Mix until peaches and raspberries are evenly coated.
4. Pour mixture into a 9" by 13" baking dish.
5. In a separate mixing bowl combine a stick of butter, 1 cup brown sugar, 1 cup of oats, and a 1/2 teaspoon of cinnamon. Mix until the mixture is crumbly.
6. Spread the mixture evenly on top of the peaches and raspberries.
7. Bake for 1 hour or until the peaches and berries are bubbly and the top is browned.
8. Serve with vanilla ice cream!

Benefits BOX!

Smokeless Tobacco Products: Good To Know

If you or a loved one chew or dip and have any of these signs...

- ⇒ red or white patches that does not go away
- ⇒ sore that bleeds easily and does not get better
- ⇒ lumps anywhere in your mouth or neck
- ⇒ soreness or swelling that does not go away
- ⇒ trouble chewing, swallowing, or moving your tongue or jaw

...see your doctor or dentist.

August is World Breastfeeding Month—take the time to support your coworkers who are moms too!



We know its not the healthiest but it sure is delicious. Head to you local famers market to get fresh peaches and raspberries!

Thanks Marilyn Cheever, Gunnison County HHS, for sharing this recipe with us!

What's in season?

cabbage
green onion
chard
kale
lettuce
spinach
beets
carrots
radishes
green beans
cucumber
summer squash
peaches
strawberries
blackberries
raspberries
tomatoes
broccoli
leeks
tomatoes

Add Local Your Farmers Market Info:



Contact (name) if you have any questions, comments, or suggestions at (contact info).

Q&A with San Miguel County Commissioner and local organic farmer, Kris Holstrom and San Miguel County Health Educator Sara McKee:

Sara: What are the benefits of eating seasonally?

Kris: Eating what is available in season in your region keeps you in tune with your surroundings. We've all had the disappointing experience of purchasing a tomato in midwinter (usually from Chile or someplace far south) with no taste and the texture of cardboard. The carbon footprint involved in having everything available all the time is huge. While we do have to have some food preservation to keep up going in the high country through winter, expecting summer time goodness in mid-winter is a disappointing quest.

Sara: What are the benefits (to the individual and to the community) of eating locally?

Kris: Fresh food with all the goodness of the local 'terroir' (much like wine). Local honey is said to be good treatment for allergies as the honey is made with nectar from local flowers. There are health benefits for sure, but the economic and community benefits are even better. Spending money on local products gives a big multiplier effect (the number of times the dollar circulates within the community). And knowing who produces your food and that your food dollars are supporting community members helps create a strong community.

Sara: Why do you choose to farm organically? Does organic mean healthier?

Kris: I choose not to use poisons on the food I eat and grow for others. Initially those of us in the organic movement were really focused on food and soil health. We look at our farms as part of a system. We are aiming to improve our soil health - which then improves plant health. Most pests are a result of an imbalance in a system. Some pest damage is natural and for many of us, okay. In aiming for a healthy soil it doesn't work to try and kill one or two things in the system. We look at why are they there, what is out of balance, etc.

I do believe organic is healthier in general, but with big business getting involved I believe it means less than it used to. Any corporation can grow something to organic standards yet not embrace the philosophy of improving soil health. One can strip mine the soil with an organic production system just as one can with a chemical agricultural system.

Sara: What is the difference between conventionally grown produce versus organic?

Kris: Organic is a term now owned by the government. To claim your product is 'organic' you must either be certified (quite a process) or if very small (under \$5000 in sales per year) you still have to keep records. The standards include specifics on how compost can be created and used, what 'chemicals' can be used. Many 'natural' pesticides can still be toxic. And it seems there is a constant push to weaken the regulations and allow more questionable products to be used under the organic standards. So while there was a need to define the term and probably a need to regulate growers using the term, it has become something different than the concept in the early stages.

Quality-wise I do believe that organic produce (especially if purchased locally) tastes better.

Sara: How can we best utilize our local farmers markets?

Kris: By participating! Buying products there. Talking to your local producers to get to know them a bit and to understand the challenges of food production. Take part in any demonstrations - and give us feedback on what you'd like to see at our markets!

Sara: How can we continue to support local farmers in the colder seasons?

Kris: Some markets have gone year round. Those with greenhouses can produce through the colder seasons. And encourage growers to produce in the winter by understanding that prices will be higher and challenges are greater. Manage expectations too so you're not expecting a delicious ripe tomato, grown locally in January!