Do you want to eat healthy but do not have much time to cook healthy food? Do you know how beneficial fruits and vegetables are for you and your family but are always on the go? If you plan your food for the week, make smart choices when eating out, and pack snacks for on the go. With these tips, you and your family can eat healthy even with a busy schedule!

Eating Out and Staying Healthy!

Tip 1: Order healthier options or choose less healthy options in moderation

- **Learn** to spot words that tell you a food is healthy or unhealthy
  - DO: Grilled, baked, roasted, steamed
  - AVOID: Fried, crispy, creamy, breaded or cheesy
- **Do** order extra vegetables to fill you up!
  - Add a side of steamed vegetables, a side of fruit
  - Order a side salad with no croutons and the dressing on the side
  - Add extra vegetables on sandwiches or pasta
- **Do** order whole wheat bread or pita
- **Try** to avoid foods heavy with mayonnaise, butter and sour cream. Also try to avoid sauces like alfredo and full fat creamy salad dressing.
  - If you would like to eat these sauces, order them on the side.
  - Also make an effort to only eat part of the portion of butter or sour cream. You can also ask for a light version.

<table>
<thead>
<tr>
<th>Instead of This</th>
<th>Try This...</th>
<th>Calories Saved</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double cheeseburger</td>
<td>Hamburger</td>
<td>185</td>
</tr>
<tr>
<td>Large fries</td>
<td>Small fries</td>
<td>300</td>
</tr>
<tr>
<td>Baked potato with bacon and cheese</td>
<td>Baked potato with sour cream</td>
<td>200</td>
</tr>
<tr>
<td>Breaded chicken sandwich</td>
<td>Grilled chicken sandwich</td>
<td>190</td>
</tr>
<tr>
<td>Large soda (32 oz.)</td>
<td>Small soda (16 oz.)</td>
<td>170</td>
</tr>
</tbody>
</table>

Cancer.org
Agency Spotlight

Summer Food Service Program: Food that is in When School is Out!

This summer, Food Gatherers is sponsoring the Summer Food Service Program for four sites: Arrowwood Cooperative, Avalon Housing at Carrot Way, Bryant Community Center and Peace Neighborhood Center. Through this program, we will be helping our sites provide complete and nutritious meals that children may not be receiving at home.

Avoid filling up on bread and chips before receiving your meal!

Eating Out and Staying Healthy, Continued

Tip 2: Eat slowly and enjoy your food

Make a mindful effort to not eat all the food that is served to you on your plate. Plates at a restaurant can have 2-3 portions on them! When you are served your food, picture what half your food looks like. Try to only eat half of your plate, and bring the rest home for leftovers.

- Share the less healthy options with a friend! If you are craving French fries or dessert, ask the waiter to bring several forks and enjoy just a few bites!
- Eat slowly! It can take 20 minutes for your brain to get the message that you are not hungry anymore.

Healthy Snacks on the Go!

Tip 1: Bring healthy snacks with you!

Pack healthy snacks for when you are hurrying between work, play and errands and bring them with you! Eat a small snack when you get hungry in between meals. This way you will be less likely to stop for fast food when you are out, and overeat at your next meal. See the next page for a few healthy snack ideas to keep you full and moving!
Healthy Snacks on the Go

Snack Ideas:

Fruits and Vegetables:
- Fresh whole fruit like an apple, banana, orange or grapes
- No sugar added applesauce
- Dried fruit like raisins, apricots or cranberries
- Sugar snap peas, celery or chopped up bell peppers

Protein:
- String cheese
- To go packages of peanut butter or hummus
  - Kids will love to dip whole grain crackers and chips into it!
- Trail mix
  - Make your own trail mix at home with your kids’ favorite dried fruit, nuts and whole grain cereals!

Whole grains:
- Whole grain crackers, pita chips, no salt added pretzels
- Baked tortilla chips
- Popcorn
- Granola (try the recipe below!)

Honey Nut Granola

Ready in: 20 minutes

Ingredients:
- 4 cups whole oats (not instant)
- 1 cup sliced almonds
- 1 cup chopped pecans
- 1 cup raw sunflower seeds
- 1/3 cup canola oil
- 1/2 cup of honey
- 1 teaspoon vanilla extract
- 1 tablespoon ground cinnamon

1. Preheat oven to 300 degrees.
2. In a large bowl, stir oats, nuts and sunflower seedss together. In a separate bowl, mix together oil, honey, vanilla and cinnamon. Add to dry ingredients; mix well. Spread mixture onto two ungreased baking sheets.
3. Bake in preheated oven for ten minutes. Stir and return to oven. Let cool completely. before storing.

What’s New at Food Gatherers?

Our gardens are growing! The Gathering Farm at our warehouse on Carrot Way has already sprouted some great looking vegetables thanks to the work of Wendy, our Perishables Food Coordinator, Dan C., our farm manager and our volunteers. This year we are growing melon, broccoli, peppers and more. When these vegetables are ready to be harvested, you may see them at your agency!
Quick Food Prep at Home:
Make it easier to eat healthy at home by following these time saving tips!

Tip 1: Cook a meal on the weekend to eat on busy nights!
- When you have time over the weekend, **cook a healthy, make ahead meal** like turkey chili (see recipe on the last page!). Keep this meal in the refrigerator and eat it on busy nights when you do not have time to cook!
- Other good make ahead recipes are soups and stews.

Tip 2: Stock up your fridge with healthy pieces of meals!
- **Bake boneless, skinless chicken breast** and cook **brown rice** over the weekend. Keep the rice and chicken in the refrigerator. Add the chicken to salads, soups or pasta for a quick boost of protein!
- Keep **chopped and ready to eat vegetables** and fruit in the refrigerator
  - Great options include carrots, green, yellow and red bell peppers, cucumbers and sugar snap peas
  - Add them to lunch boxes and dinners.
  - Snack on these ready to eat vegetables while cooking dinner!
- Keep **frozen vegetables** in the freezer
  - These will be a quick and easy addition to a meal
    - Add to a stir fry, pasta or pizza!

Save time by keeping your fridge full of healthy pieces of meals!
Turkey Chili

Serves: 6

Ready in: 35 minutes

- 1 pound ground turkey breast (97% lean)
- 1 onion, chopped
- 1 green bell pepper, chopped
- ½ teaspoon minced garlic
- 3 (16-ounce) cans of navy beans, drained
- 2 (14.5 ounces) cans whole tomatoes, coarsely chopped
- 1 cup salsa
- 2 tablespoons of chili powder
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

Cooking Instructions:

- Coat a large saucepan with cooking spray. Add turkey, onion, bell pepper and garlic.
- Cook over medium-high heat for about 5-7 minutes or until the turkey is not pink at all. Stir the turkey occasionally to break it up into smaller pieces.
- Add the rest of the ingredients (beans, tomatoes, salsa, spices). Bring to a boil. Stir occasionally. Reduce heat to low, cover and simmer 20 minutes.

Look for more tips on eating healthy next month!

For more information, questions, comments or concerns,

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