

Together We STRIDE Family Classes

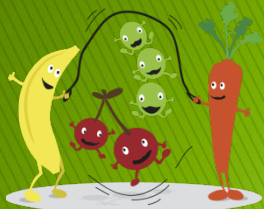
Modules 1–8

(English)

*These modules are available in PowerPoint format upon request. If interested, please contact Emily Brown at evbrown@fredhutch.org or (206) 667-7421.

Our Values: Our Health

Module 1 of 8



Together we STRIDE
Juntos, pasos adelante

ICE BREAKER!



I am here because...

- ▶ **Q:** What are the reasons that led your family here today?
- ▶ Let's talk about the things that we value in our lives and how they relate to our health



Let's Talk About Our Values!

- ▶ Values are very important because it is very close to our beliefs and our emotions
- ▶ Values shape how we live our lives
- ▶ Pick 2 values that are important for your family





OUR VALUES

- ▶ Achievement
- ▶ Balance
- ▶ Community
- ▶ Family
- ▶ Friendship
- ▶ Health
- ▶ Love
- ▶ Partnership
- ▶ Peace
- ▶ Self worth
- ▶ Spirituality
- ▶ Stability
- ▶ Responsibility
- ▶ Affection
- ▶ Communication
- ▶ Courage
- ▶ Creativity
- ▶ Discipline
- ▶ Drive
- ▶ Flexibility
- ▶ Forgiveness
- ▶ Honesty
- ▶ Knowledge
- ▶ Organization

Values + Healthy Eating

Values + Physical Activity

- ▶ Please connect the 2 values with
 - Healthy Eating
 - Physical Activity



- ▶ Example: “How can I use **organization** to help me plan a weekly menu of **healthy meals**?”
- ▶ *As we go through the program, remember those awesome values for your family and keep going...*

This is what my family eats and does to stay active now...

Let's share!

- ▶ What we eat at home...
 - ❖ Breakfast, Lunch, Snack and Dinner
- ▶ What we do to stay active...



The *Together we STRIDE* Family Program – Nutrition

- ▶ Fun 8 week family program to learn how to eat and cook healthy using a number of resources:
 - ❖ MyPlate
 - ❖ Bringing color to our plate
 - ❖ How much food is too much
 - ❖ How to understand nutrition labels
 - ❖ When to choose organic
 - ❖ How to grow exciting fruits and veggies
 - ❖ How to budget for healthy meals



The *Together we STRIDE* family program - Physical Activity

➤ Fun activities to stay physically active together:

- ❖ Strength training
- ❖ Aerobics
- ❖ And more!

➤ We will learn about:

- ❖ How much physical activity we need to stay healthy
- ❖ The benefits of aerobic and muscle strengthening exercises
- ❖ How physical activity burns calories
- ❖ Keeping ourselves hydrated



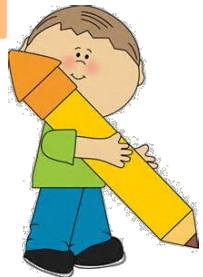


My Family Can...



- ▶ **Q:** What is the **1** thing that you and your family can do to eat more healthy and stay active?
- ▶ Keep it **simple** and **easy to do**
- ▶ **EXAMPLE:** “We decide to add an apple for breakfast and take a walk after dinner once a week”






My Family Can...

- ▶ Write down your goal for either healthy eating or physical activity
- ▶ On days you meet your goals, put a sticker in the box
- ▶ Bring your forms next week




My Family Can...




My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday




My Family Can...



My Family's Physical Activity Challenge is: To be physically active as many days as possible!
Write down what physical activity you did on the day of the week you did it and record the number of minutes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Total Minutes: _____



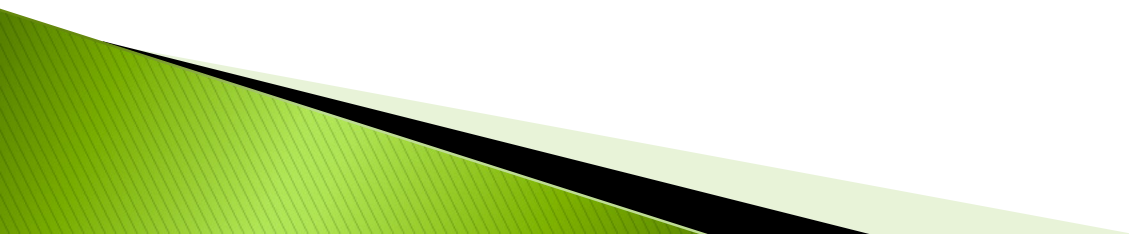
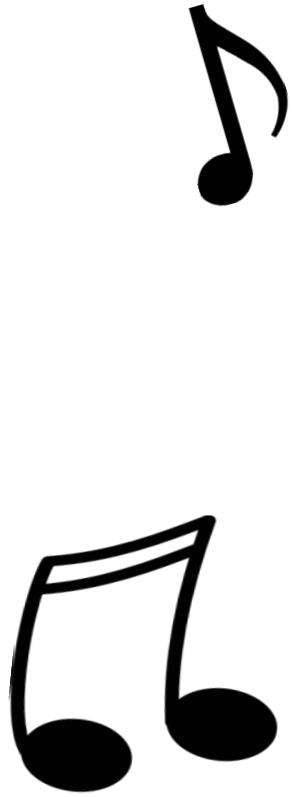
Let's Get Cooking!



- ▶ Today's menu: Chicken Tacos (tacos de pollo)
 - ☆ Use **whole grain tortillas**
 - Whole grains have more fiber, protein, and important vitamins & minerals!
 - ☆ **Low-fat cheese**
 - Choosing low-fat dairy helps us cut calories from our diet!



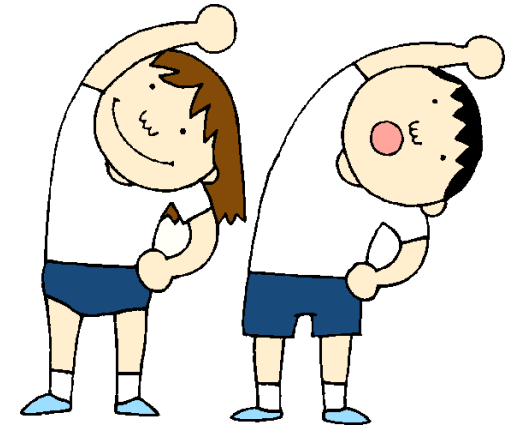
Let's Get Moving!





Cool Down Tips

Delayed Muscle Soreness



- ▶ You may feel sore muscles in the next couple of days – this is normal
 - ❖ Muscle soreness can occur **1-3 days** after exercise
 - ➔ **Q:** Why? Our body is in “repair” mode, which happens when our body is not used to a type of physical activity
 - ❖ Stop the exercise if you experience a lot of pain during the exercise/activity
 - ❖ Best relief = **stretching and light exercise** like walking and proper cool down

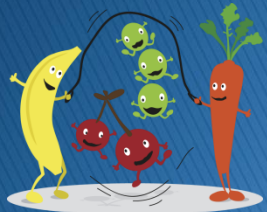
Let's Wrap Up!

☆ Don't forget your My Family Can Form



Physical Activity is Key to Living Well

Module 2 of 8



Together we thrive
Juntos, pasos adelante

ICE BREAKER!

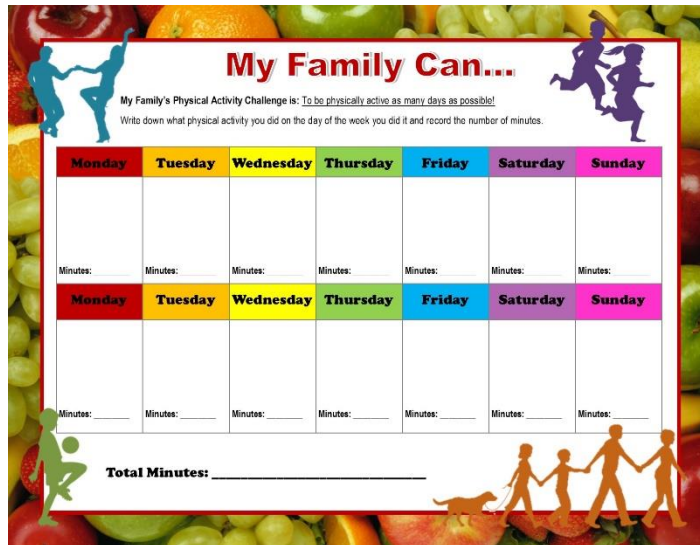


Find Someone Who...

- ▶ Let's get to know each other!
- ▶ Take your sheet around to others, and learn which physical activities you like to do, or would like to try.
- ▶ Kids → Kids, Parent → Parent

“My Family Can” Review

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Let’s talk about our success!



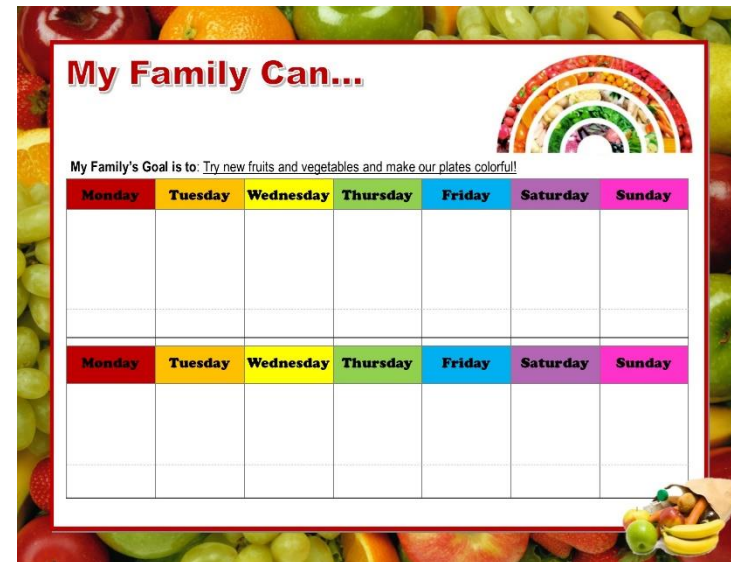
My Family Can...

My Family's Physical Activity Challenge is: To be physically active as many days as possible!
Write down what physical activity you did on the day of the week you did it and record the number of minutes.

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Total Minutes: _____

The worksheet features a colorful border of various fruits and vegetables. It includes illustrations of people exercising (a person doing a kick, a person running, and a family walking a dog) and a family silhouette at the bottom.



My Family Can...

My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

The worksheet features a colorful border of various fruits and vegetables. It includes a rainbow made of fruit slices at the top right and a bowl of fruit at the bottom right.

It's Good to be Physically Active Because...



- ▶ **Q:** What are the benefits to being physically active?
- ▶ **Q:** Why do you want to be physically active?

- ▶ Helps you feel better about yourself
- ▶ Sleep better
- ▶ Strengthen your heart and lungs
- ▶ Builds bone strength
- ▶ Maintain a healthy weight
- ▶ Have more energy
- ▶ Improve concentration and memory
- ▶ Lower your blood cholesterol and blood pressure
- ▶ **HAVE FUN!**


What Kind and How Much Physical Activity Do I Need?



- ▶ Engaging in PA is easier than we think!
- ▶ **Q:** How many times a week do you think we should be physically active?



Moderate vs Vigorous Physical Activity



I CAN TALK
WHILE I DO
THEM,
BUT I CAN'T SING

moderate

I CAN ONLY
SAY A FEW
WORDS WITHOUT
STOPPING TO
CATCH MY BREATH

vigorous

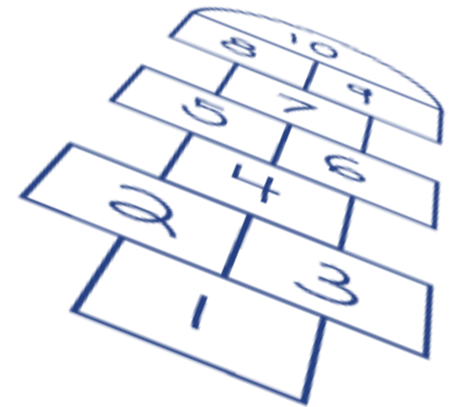
Let's Learn the Terms!



Let's Learn the Terms!

► Moderate Level Activity

- Your heart will beat faster than normal and breathing will be harder than normal.
- When you do moderate activities, you can talk while you do them, but you can't sing.
- EXAMPLES: brisk walk, hopscotch

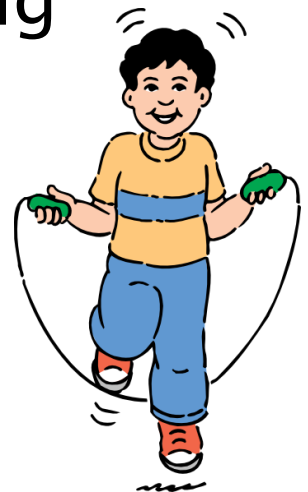




Let's Learn the Terms!

▶ Vigorous Level Activity

- Your heart will beat much faster than normal and breathing will be much harder than normal.
- When you do vigorous activities, you can only say a few words without stopping to catch your breath.
- **EXAMPLES:** running, jumping rope



Let's Review!

- ▶ Examples of different types of moderate and vigorous activities

Physical Activity Tip Sheet

<u>Moderate Activities</u> (I can talk while I do them, but I can't sing)	<u>Vigorous Activities</u> (I can only say a few words without stopping to catch my breath)
Dancing (Ballroom or Line Dancing)	Aerobic Dance & Fast Dancing (Zumba & Salsa)
Bicycling - Moderate (level ground or few hills)	Bicycling - Fast
Walking Briskly	Race Walking, Jogging or Running
General Gardening (raking, trimming shrubs)	Heavy Gardening (Continuous Heaving Digging/Hoeing)
Sports Where You Catch & Throw (Baseball, Softball, Volleyball)	Sport With a lot of Running (Basketball, Soccer)
Leisure swimming	Swimming Fast or Swimming Laps
Canoeing or Kayaking	Jumping Rope

Healthy Guidelines

Moderate Activity: For adults at least 30 minutes, on at least 5 days per week. For a total of 2 hours and 30 minutes per week.

Vigorous Activity: For adults at least 25 minutes 3 days a week. For a total of 1 hour and 15 minutes per week.

For Kids at least 60 minutes a day.





Aerobic and Strength Training...

Let's Learn the Terms!

▶ Aerobic Activity

- Sometimes called “cardio”
- Gets your heart pumping blood to deliver oxygen to your working muscles
- EXAMPLE: walking, dancing, swimming, bicycling, running...any activity that gets your heart pumping!
- Let's try it! (dance video)





Aerobic and Strength Training...

Let's Learn the Terms!

▶ Strength Training Activity

- Resistance makes your muscles contract, which builds strength.
- Strength training is important! It improves your **bone health and muscle mass.**
- **EXAMPLE:** Jumping rope, push-ups, sit-ups, squats
- Let's try it! **Everyone do 10 squats!**



Healthy Guidelines: How much Physical Activity do I need?

► For Adults, Moderate Level

- At least **30 minutes** of **moderate-level aerobic** activity **5 days per week** (goal = 2 hours 30 minutes per week)

AND...

- At least **2 days** of **muscle strengthening** activities that work all major muscle groups
- Activities can be performed in 10-minute increments
- Try to spread your activities throughout the week

Healthy Guidelines: How much Physical Activity do I need?



▶ For Adults, Vigorous Level

- At least **25 minutes** of **vigorous aerobic** activity **3 days** a week (goal = 1 hour 15 minutes per week)

AND...

- At least **2 days** of **muscle strengthening** activities that work all major muscle groups
- Activities can be performed in 10-minute increments
- Spread activities throughout the week!



Healthy Guidelines: How much Physical Activity do I need?



► For Children/Youth Moderate Level

- Strive for **60 minutes** (1 hour) or more **daily**.
- Most of the 60 minutes should be **moderate or vigorous** aerobic physical activity
 - Include **vigorous** intensity activities at least **3 days** per week
 - Include **muscle strengthening** exercises **3 days** per week
- You can break up the activity into 10-minute pieces if 60 minutes seems like a lot



Healthy Guidelines:

Less screen time, more physical activity!

▶ Screen time trends

- ▶ Kids age 8–10 spend ~6 hours/day in front of a screen using entertainment media
 - ~4 of these hours are in front of a TV



▶ What can you do kids?

- ▶ At least 1 hour of physical activity every day
- ▶ Limit screen time to no more than 1–2 hours per day
- ▶ Keep TVs out of your rooms
- ▶ Spend more time doing other fun things: riding a bike, dancing to favorite songs, or playing a sports game!



SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE
GROUP

8-10

11-14

15-18

CHILDREN AGES 8-10 SPEND ABOUT

6 hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY
4
OF THESE ARE
SPENT WATCHING
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

jump rope



and...

ride their bike



How can
parents help?



1 Ensure kids have 1 hour of physical activity each day.

2 Limit kids' total screen time to no more than 1-2 hours per day.

3 Remove TV sets from your child's bedroom.

4 Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

Create a Screen Time Pledge for Your Family

▶ Parents:

- Talk with your kids that it's important to sit less and move more
- Set screen time limits to 2 hours every day
- Create screen-free bedrooms (no TV or computer in your kid's bedroom)
- Make meal time = Family time
- Don't use TV or computer time as a reward
- Set a good example and be a good role model

My Family Can... Let's MOVE!

- ▶ Let's make a plan that can help your family be more physically active
- ▶ Pick an activity that your family likes or fits your lifestyle
- ▶ Find the time that works best for your family
- ▶ **Kids – remember to be active at recess!**

My Family Can...

My Family's Physical Activity Challenge is: *To be physically active as many days as possible!*
Write down what physical activity you did on the day of the week you did it and record the number of minutes.

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Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____

Total Minutes: _____

Let's Get Cooking!

- ▶ Today's menu: Picadillo



Let's Get Moving!



Let's Wrap Up!

- ▶ Don't forget your My Family Can Form



Catch a Rainbow Everyday

Module 3 of 8





ICE BREAKER!



What are the colors of our rainbow?

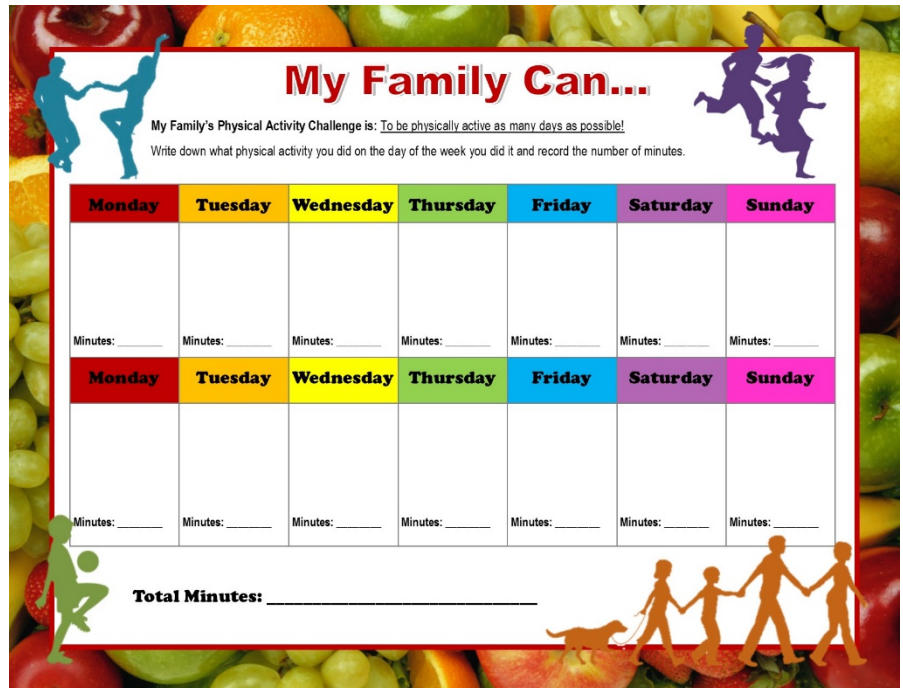
- ▶ Think of the fruits and veggies you eat during breakfast, lunch, and dinner (NOT snacks)
- ▶ Write down the fruits and veggies you eat most in the blank squares
- ▶ **PARENT-CHILD work together!**

What are the colors of our rainbow?

Fruits	Vegetables

“My Family Can” Review

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Let’s talk about our success!



My Family Can...

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Total Minutes: _____

The form is decorated with silhouettes of people exercising and a family walking a dog, set against a background of various fruits.

Eating fruits and vegetables is good for my family

- ▶ Q: Why is it important to eat colorful fruits and vegetables?



Putting a variety of colors on your plate...



- ▶ Fruits and veggies have natural vitamins and minerals
- ▶ They are like the good guys who help fight the bad chemicals from our body
- ▶ The deeper the color, the stronger they are to fight the bad chemicals
- ▶ Let's learn more about them today!






Let's Learn the Terms!

Good Guys

- Antioxidants
- Phytochemicals
- Fiber

- Found in fruits and veggies!



- Protect against diabetes
- Improve heart health 
- Strengthen immune system

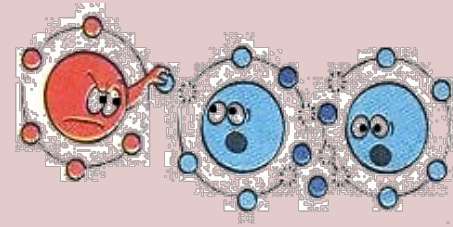
Bad Guys

- Free radicals



- Produced naturally in the body

- Damage cells



Caution About Supplements

- ▶ Don't assume phytochemical supplements are natural
- ▶ Check with your doctor and pharmacists before consuming any phytochemical supplement!





Learning the Rainbow!



- ▶ 5 colors in the rainbow stand out (**RED**, **ORANGE/YELLOW**, **GREEN**, **TAN**, and **BLUE/PURPLE/BLACK**)
- ▶ Different colors of fruits and veggies = different nutrients
- ▶ **All we need to remember is what is helpful about the color group and then select our fruits and veggies based on their colors**



Time for a brain break!

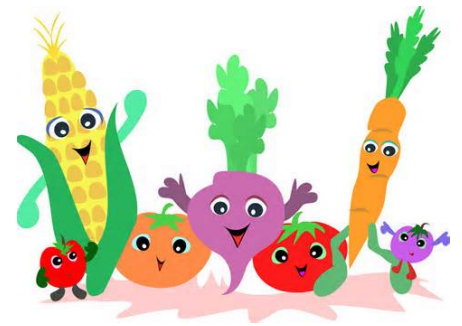


Learning the Rainbow!

Color Group	Fruits/Veggies	Examples of health benefits
Red	Cranberries, tomato	Heart health
Orange/Yellow	Carrot, squash	Eyesight, immune system
Green	Avocado, spinach	Reduce cancer risk
Blue/Purple/Black	Blueberries, eggplant, blackberries	Antioxidants
White/Tan/Brown	Pinto beans, white corn	Healthy heart & immune system



Let's Review!



- ▶ Incorporating a variety of **COLORFUL** fruits and veggies into our diets is important!
- ▶ Include a great variety of fruits and veggies in traditional cultural dishes
- ▶ It's fun to include different types in different tasty dishes!
- ▶ Include them at every meal – breakfast, lunch, dinner and snack!
- ▶ **EAT THE RAINBOW!**





My Family Can...Eat a Rainbow!

- ▶ Let's make a plan that can help your family eat more colorful fruits and veggies not tried before
- ▶ In the fruits/veggies column, write down the new fruit/veggie that you've tried
- ▶ If there is one that you tried and liked, you can stick with that one for a few more days

My Family Can...

My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



Let's Get Cooking!

- ▶ Today's menu:
Mexican-style tomato salad





Let's Get Moving!



Let's Wrap Up!

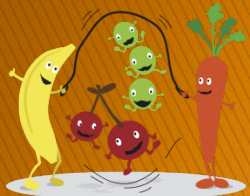
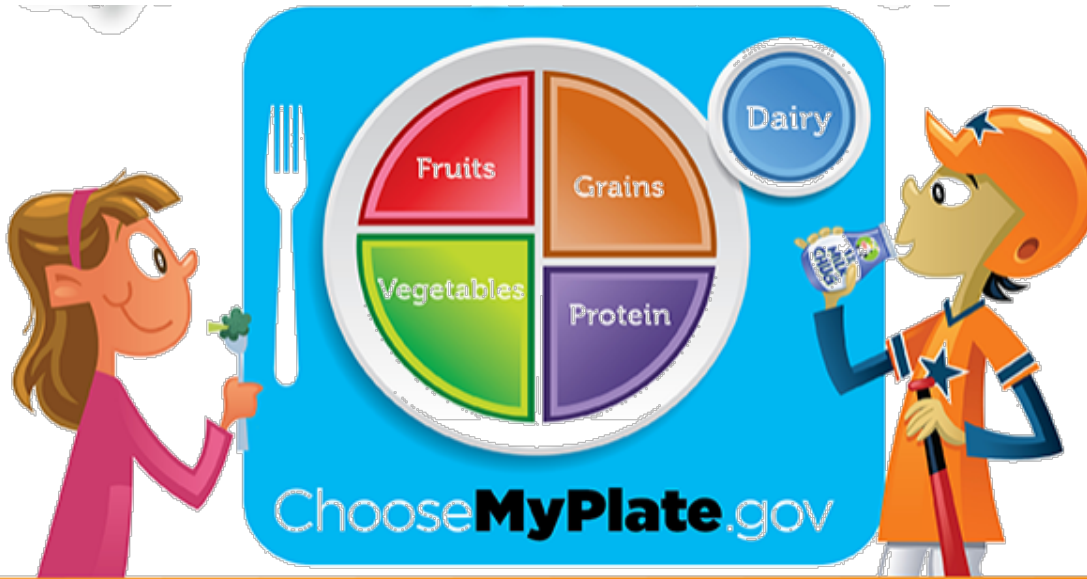
- ▶ Don't forget your My Family Can Form



What is on Your Plate?

Part 1

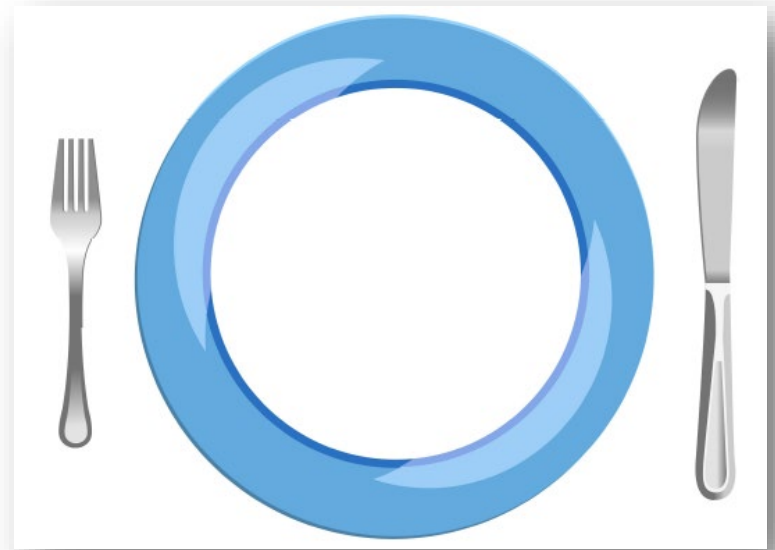
Module 4 of 8



Together we STRIDE
Juntos, pasos adelante

ICE BREAKER!

Our Plate Looks Like This...



- ▶ Let's be artsy today!
- ▶ Take a few minutes to draw and color what your family's plate looks like on most days
- ▶ Choose to draw breakfast, lunch or dinner – NOT snack






“My Family Can” Review

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Eat a Rainbow Goal – Success? Did you try a new fruit or vegetable?

My Family Can...



My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Portion Distortion



1/2 lb. cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

DID YOU KNOW?

■ Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
■ 61 percent of Americans are overweight.

■ Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
■ Every gram of carbohydrate or protein equals 4 calories.

■ The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
■ With each decade as we age, we need 100 fewer calories per day.

■ Every gram of fat equals 9 calories.
■ 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program, The University of Illinois at Chicago, Northwestern University, the Illinois State Board of Education, the U.S. Department of Health and Human Services, the U.S. Department of Agriculture, and the U.S. Department of Education. © L.S. Dean

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- Which shows a portion and which picture shows a serving?
- How do you know?



Portion Control

▶ Serving vs Portion

- Serving = size or amount you should eat
- Portion = what people actually eat and is usually bigger than the serving size

Portion Distortion

<p>What you're served</p>  <p>1/2 lb cheeseburger, French fries, 3/4 cup ketchup, tomato slice and lettuce. 1,345 calories 53 grams fat</p>	<p>What's one serving</p>  <p>1/4 lb cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce. 685 calories 33 grams fat</p>
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DID YOU KNOW?

<p>■ Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.</p> <p>■ 61 percent of Americans are overweight.</p>	<p>■ Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.</p> <p>■ Every gram of carbohydrate or protein equals 4 calories.</p>	<p>■ The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.</p> <p>■ With each decade as we age, we need 100 fewer calories per day.</p>	<p>■ Every gram of fat equals 9 calories.</p> <p>■ 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.</p>
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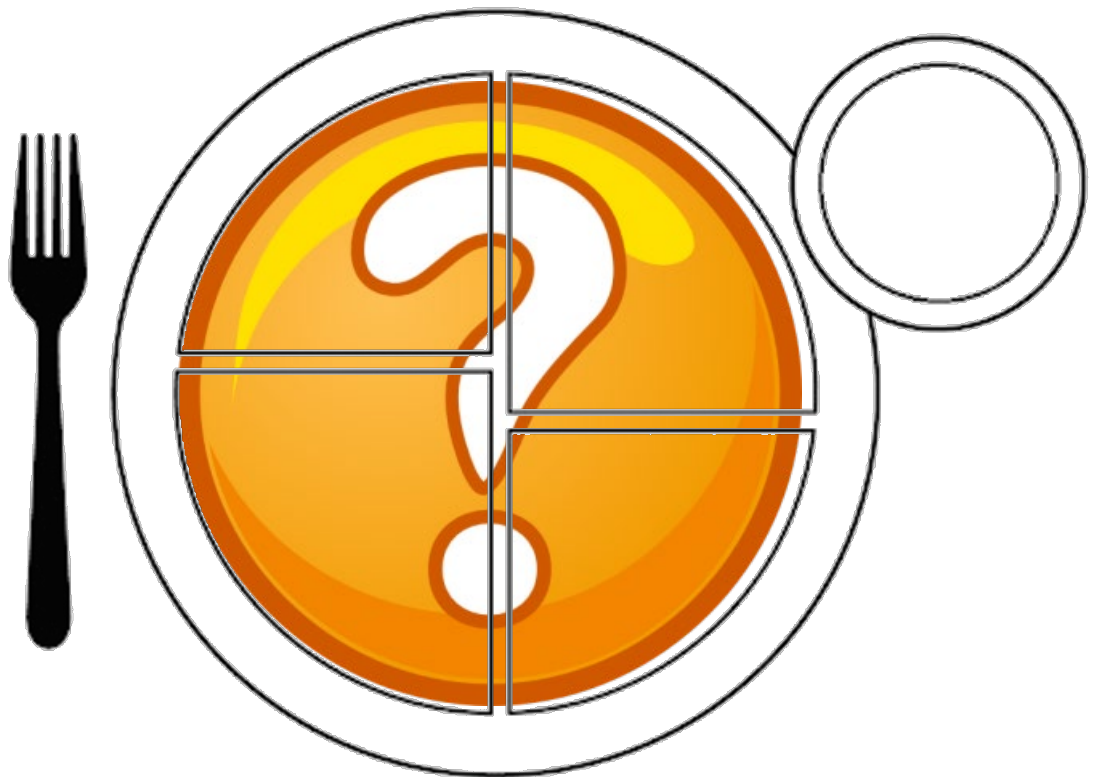
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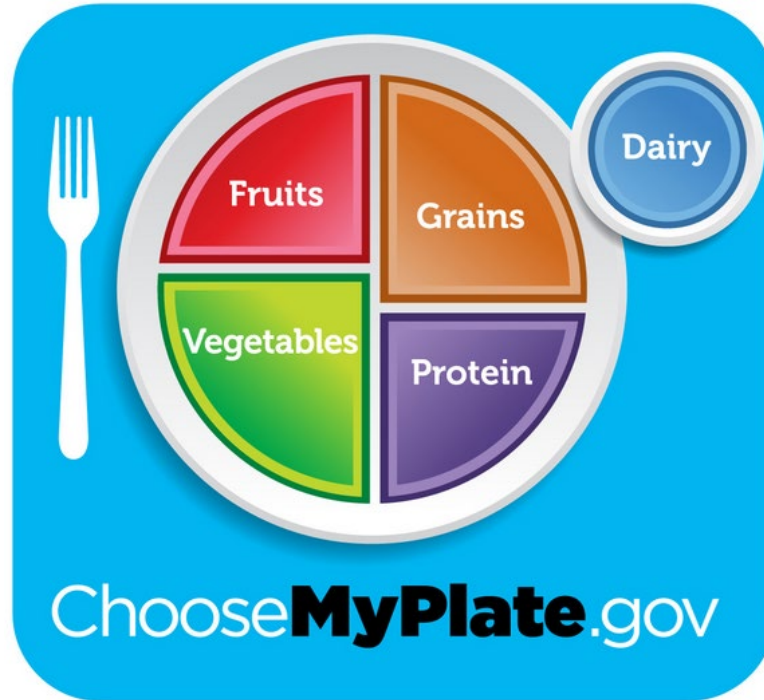
What is MyPlate?

- **Q:** What is **MyPlate**?





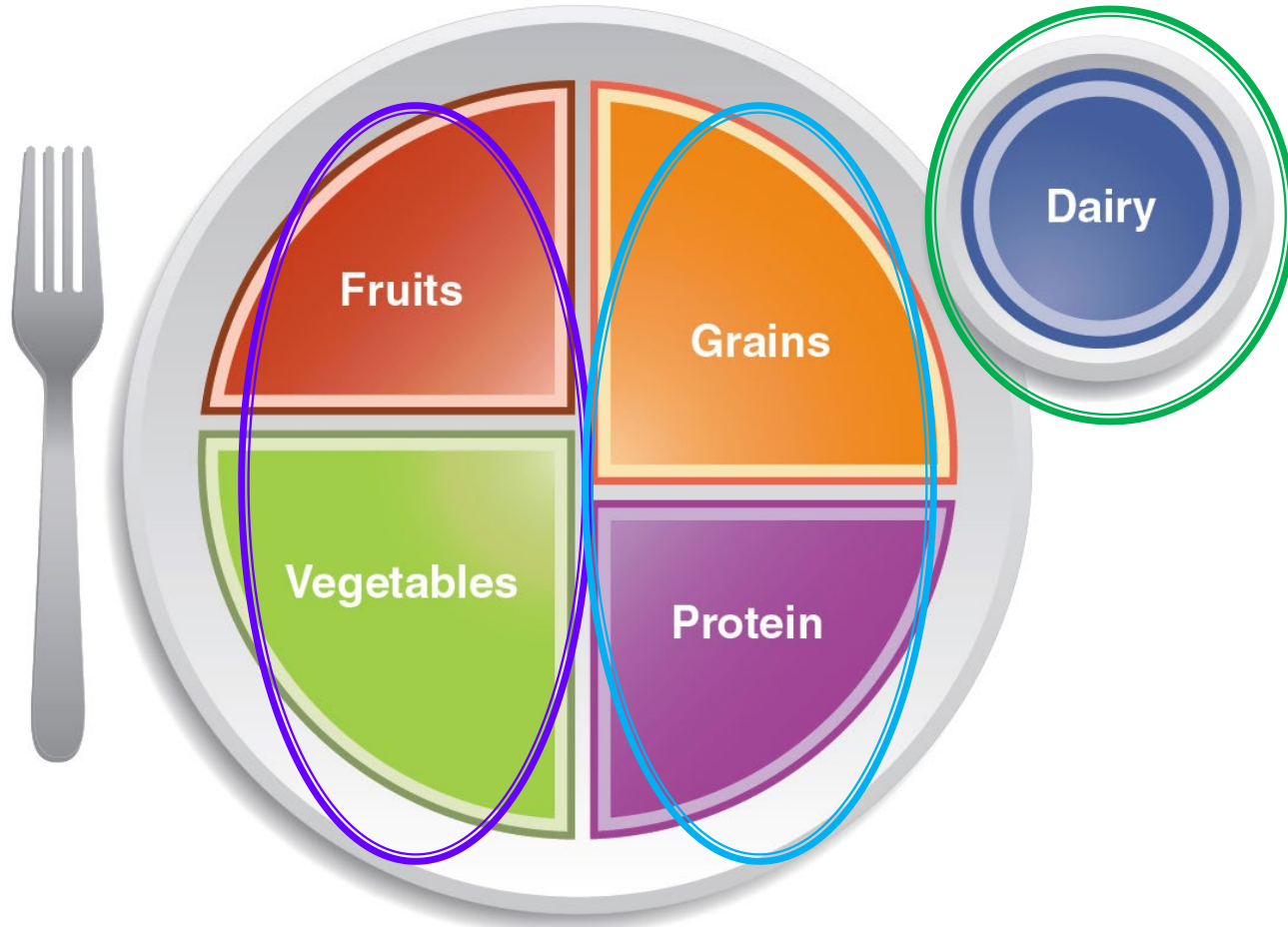
What is MyPlate?



- ▶ Designed to help people make **better food choices** for more **balanced meals**
- ▶ 5 groups: **fruit**, **vegetables**, **grains**, **protein**, and **dairy**



What is MyPlate?



Choose **MyPlate**.gov

Portion Sizes - Adult vs. Kids

- ▶ Both kids and adults should follow MyPlate guidelines
- ▶ The **portion sizes** for kids should be **less** for each food group.
 - *Use smaller plates for kids!*





Recommendations for creating a healthy plate...



1. Make half of your plate fruits and vegetables
2. Make at least half of the grains you eat whole grain
3. Vary your protein intake as much as you can – include poultry and fish as much as possible
4. Eat low-fat milk and cheese



My Family Can...

Add Physical Activity!

- ▶ Family goal to replicate today's recipe, with exact same ingredients. The goal is to have *everyone participate* in the cooking!
- ▶ Let's make a physical activity plan for this week!

My Family Can...

My Family's Physical Activity Challenge is: To be physically active as many days as possible!

Write down what physical activity you did on the day of the week you did it and record the number of minutes.

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Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____

Total Minutes: _____

Let's Get Cooking!

▶ Today's menu: Chicken Tostadas

Chicken tostadas contains the 5 food groups of My Plate:

1. **Grain** (corn tostadas)
2. **Protein** (chicken)
3. **Fruits** (avocado and tomato)
4. **Veggies** (lettuce, onions),
5. **Dairy** (cheese)





Let's Get Moving!



Let's Wrap Up!

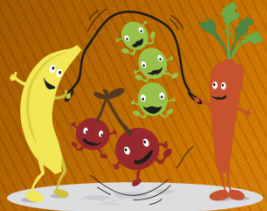
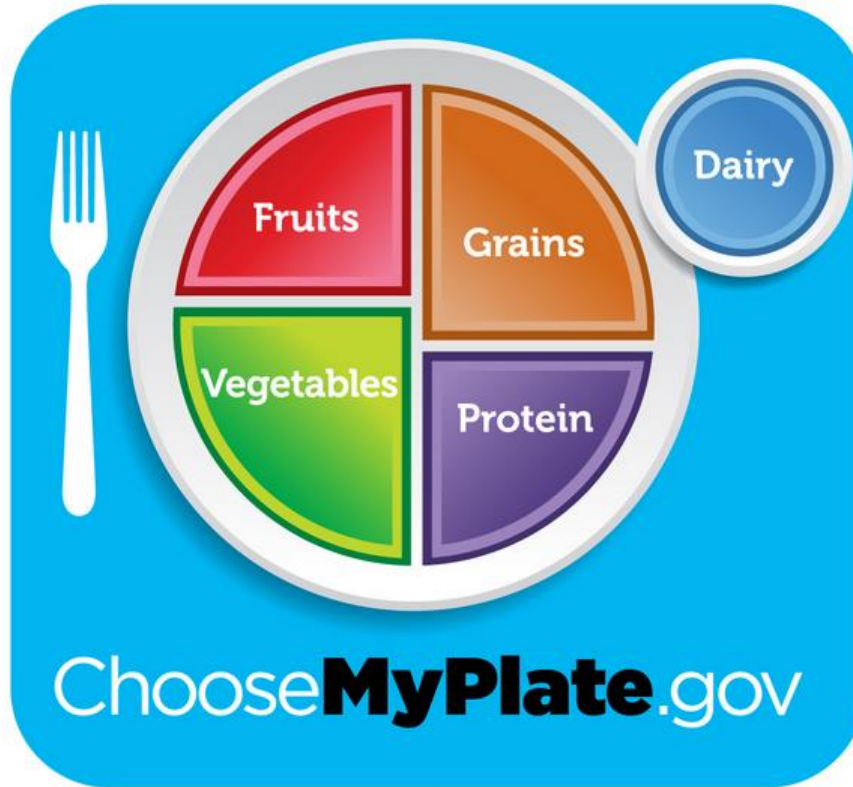
- ▶ Don't forget your **FOOD BASKET!**
- ▶ Don't forget your My Family Can Form



What is on Your Plate?

Part 2

Module 5 of 8



Together we STRIDE
Juntos, pasos adelante

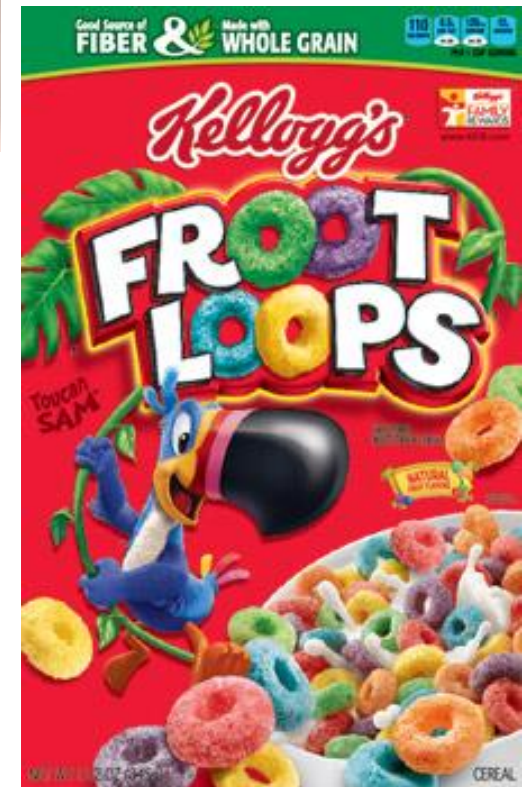
ICE BREAKER!



Hmmm...

Is this really healthy?

- ▶ Kids – What is a detective and what do they do?
- ▶ Today we will become food detectives
- ▶ Break into 4 groups
- ▶ Let's investigate and discover clues that show these products pretending to be healthy



ICE BREAKER!



What did you discover?



ICE BREAKER!



- ▶ Turn your food to the back or to the side
- ▶ You will see the nutrition label
- ▶ We will learn today how to read these labels, but first...

Nutrition Facts

2 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

Calories 240

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 430mg **19%**

Total Carbohydrate 46g **17%**

Dietary Fiber 7g **25%**

Total Sugars 4g

Includes 2g Added Sugars **4%**

Protein 11g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 6mg 35%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

“My Family Can” Review

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Replicating last weeks recipe – any success?
- ▶ Did your family maintain or increase physical activity?

My Family Can...

My Family's Physical Activity Challenge is: To be physically active as many days as possible!
Write down what physical activity you did on the day of the week you did it and record the number of minutes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____

Total Minutes: _____

Nutrition Labels

- ▶ **Q:** Does anyone know how to read nutrition labels?

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Important things to know...

Serving Size and Calories

- **Serving size** = the amount of food listed on a product's Nutrition Facts label
 - A package can contain more than one serving
- **Calories** = measured by the amount of energy in food, which fuels our body

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Important things to know...

▶ Serving Size and Calories

- If you eat the whole package, you are eating?
- 2 servings
- $240 \times 2 = 480$ calories!

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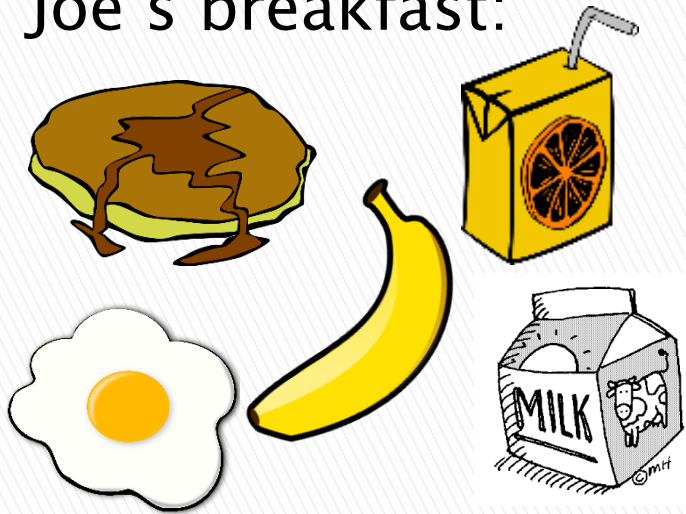


Let's Learn the Terms!

- **Q:** Does anyone know how many calories people need?
 - The amount of calories we need depends on:
 - **Age**
 - **Height**
 - **Weight**
 - **Gender**
 - **Daily activity level**

How Many Calories?

- ▶ Joe, Age 10
- ▶ Needs ~1600 calories
- ▶ Joe's breakfast:



600 calories =
38% of Joe's daily
calorie needs

- ▶ Nancy, Age 10
- ▶ Needs ~1400 calories
- ▶ Nancy's lunch:



633 calories =
45% of Nancy's
daily calorie needs



Let's Learn the Terms!

▶ % Daily Value

- It's the guide to the nutrients in one serving of food.
- EXAMPLE: 20% calcium = 20% of calcium you need each day.
- ❖ 5% or less = low in nutrient
- ❖ 20% or more = high in that nutrient

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Let's Learn the Terms!

▶ Fat Content

- Fat provides energy that helps maintain and protect our body
- Each gram of fat gives more calories than either protein or carbohydrates
 - Fat = 9 cal/gram vs. Carbohydrates and proteins = 4 cal/gram
- So, limit fat intake!

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GOOD FATS

Polyunsaturated fats

Monounsaturated fats

Sources: avocado, olive oil, fish, nuts

FATS TO LIMIT

Saturated fats

Cholesterol

Sources: butter, red meat, high-fat dairy products



Let's Learn the Terms!



▶ Sodium

- Sodium is found in table salt or processed foods.
- Your daily sodium requirement is 2400mg of sodium, ~1 teaspoon of salt.
- Eating less than less than 1 teaspoon of salt per day can reduce your risk of high blood pressure.
- 1 Maruchan Instant Soup has 1190mg of sodium or 50% of your daily sodium requirement.

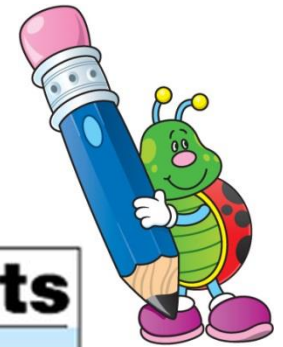


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Let's Learn the Terms!



▶ Carbohydrates

- A major source of energy for our bodies
- There are different kinds of carbs, which are listed on food labels under “Total Carbohydrate”
 - New label will show amount of added sugars – LOOK OUT FOR THIS!

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Let's Learn the Terms!

▶ There are 2 types of Carbohydrates

- Complex carbohydrates – foods like whole wheat tortillas and fideos
 - Dietary fiber is a complex carb and good for your health!
- Simple carbohydrates – sugary products like candy and soda
- **Limit sugary products!**



Let's Play a Game!

- ▶ Guess how much sugar is in:
 - Sunny Delight (16 oz)?
 - 15 teaspoons
 - Gatorade (20 oz)?
 - 9 teaspoons
 - Coca-Cola (16 oz)?
 - 14 teaspoons
- **We do NOT need this much sugar!**
- **Limit added sugars to less than 12 teaspoons (~50 grams) per day!**



Let's Learn the Terms!

► Protein

- Meats, poultry, fish, dairy products, eggs, whole grains, beans, rice, legumes, and corn
- Protein should make up about $\frac{1}{4}$ of our daily intake of food (as shown on MyPlate)



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Let's Learn the Terms!



▶ Vitamin and Minerals

- Fruits and veggies naturally contain the amounts of vitamins and minerals that we need
- More variety = more vitamins and minerals!



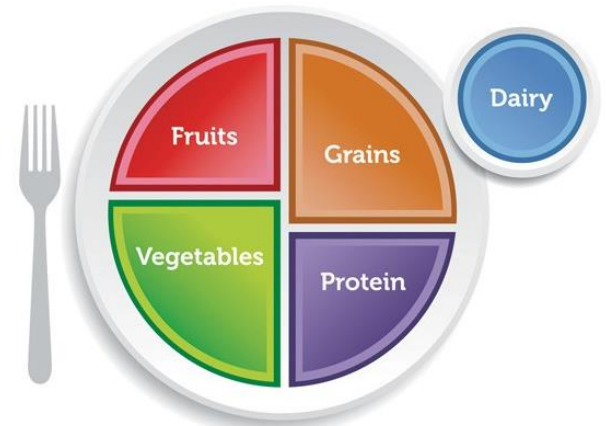
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Let's Learn the Terms!

- ▶ **Review – to attain a healthier diet we need to:**
 - Decrease the number of total **calories**
 - Limit unhealthy **fats** and eat more healthy fats (olive oil, canola oil, fish, avocado)
 - Limit the **sodium and sugar** we consume
 - Increase the quantities of dietary fiber, fruits and vegetables



My Family Can... Eat more Fruits and Vegetables, add Physical Activity!

- ▶ Let's make a plan for your family to eat more colorful fruits and vegetables. For this week try to make half your plate fruits and veggies.

My Family Can...

My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Let's Get Cooking!

- ▶ Today's menu: Enchiladas



Let's Get Moving!



Let's Wrap Up!

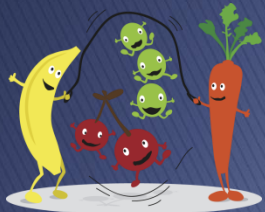
- ▶ Don't forget your My Family Can Form



To Be or Not to Be Organic



Module 6 of 8



Together we STRIDE
Juntos, pasos adelante

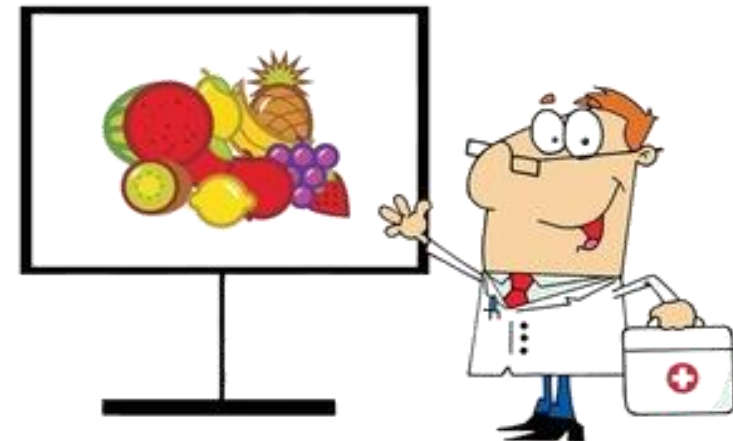


ICE BREAKER!



Do you know your fruits and veggies?

- ▶ Divide up the pictures into 2 piles
 - One pile with less pesticide residue
 - Another pile with more pesticide residue
- ▶ When done, put them aside
- ▶ **Work in groups!**



“My Family Can” Review

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Healthy eating – Success?

A worksheet titled "My Family Can..." with a red border. At the top right is a rainbow made of various fruits and vegetables. Below the title is the text "My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!". Below the goal statement are two identical weekly calendars. Each calendar has a header row with days of the week: Monday (red), Tuesday (yellow), Wednesday (green), Thursday (blue), Friday (purple), Saturday (pink), and Sunday (white). The calendars are empty for notes.

My Family Can...


My Family's Goal is to: Try new fruits and vegetables and make our plates colorful!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Natural vs Processed Foods

- ▶ Processed foods are packaged foods and often claim high nutritional value
- ▶ Help fill in the table with a **natural alternative**

FOODS	PROCESSED	NATURAL
Fruits and Vegetables	Fruit or vegetable juices, fruits canned in heavy syrup, fruit snacks/fruit roll ups, veggie or potato chips, salted/seasoned nuts	
Meats	Bacon, sausage, chicken fingers, fish sticks, hot dogs, deli meats, and spam	
Grains	Instant rice and beans, processed breads and cereals	
Dairy	Ice cream bars, processed cheese such as Velveeta, sweetened yogurt/parfaits	
Drinks	Packaged juices and diet soda	



FOODS	PROCESSED	NATURAL
Fruits and Vegetables	Fruit or vegetable juices, fruits canned in heavy syrup, fruit snacks/fruit roll ups, veggie or potato chips, salted/seasoned nuts	Fresh fruits and vegetables
Meats	Bacon, sausage, chicken fingers, fish sticks, hot dogs, deli meats, potted meats and spam	
Grains	Instant rice and beans, processed breads and cereals	
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Grains	Instant rice and beans, processed breads and cereals	
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Grains	Instant rice and beans, processed breads and cereals	Natural rice, beans, corn and other grains for meals, bread and cereals
Dairy	Ice cream bars, processed cheese such as Velveeta, sweetened yogurt/parfaits	
Drinks	Packaged juices and diet soda	



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Dairy	Ice cream bars, processed cheese such as Velveeta, sweetened yogurt/parfaits	low-fat milk (skim or 1%), plain yogurt, low-fat cheese and cottage cheese
Drinks	Packaged juices and diet soda	



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Fruits and Vegetables	Fruit or vegetable juices, fruits canned in heavy syrup, fruit snacks/fruit roll ups, veggie or potato chips, salted/seasoned nuts	Fresh fruits and vegetables
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Dairy	Ice cream bars, processed cheese such as Velveeta, sweetened yogurt/parfaits	low-fat milk (skim or 1%), plain yogurt, low-fat cheese and cottage cheese
Drinks	Packaged juices and diet soda	100% fruit juices, water, or Aguas Frescas



Natural vs Processed Foods

- ▶ Packaged/prepared foods may save time, but do not compare to natural foods!
- ▶ Processed food includes high amounts of sugar, salt or chemical additives to enhance flavors or to increase shelf life
- ▶ There are many frozen fruits and veggies and some meats and fish that are equally healthy
- ▶ Look at the ingredients label!

Try to limit the amount of processed foods eaten each week!



Organic Food Products

Q: What comes to your mind when you hear the word “organic”?

“Organic” – a labeling term that indicates that the product was produced through methods that promote recycling of resources, ecological balance, and biodiversity conservation



Organic Food Products

- ▶ Foods are called organic if:
 - No **pesticides** or **fertilizers** are used to grow crops
 - **Genetically-engineered** seeds (seeds made in a lab) are not used
 - **Antibiotics** are not used in farm animals for meat or milk production
 - No **artificial ingredients** or **chemical additives** are used



Why Organic Food is Important

- ▶ Products truly organically-produced are good for our health because we avoid:
 - Traces of pesticides
 - Chemical fertilizers
 - Additives and other chemicals that can make us sick
 - Traces of antibiotics or growth hormones

- ▶ Organically-produced foods also help protect the environment by:
 - Keeping chemicals out of the soil
 - Protecting nature from damage by added chemicals



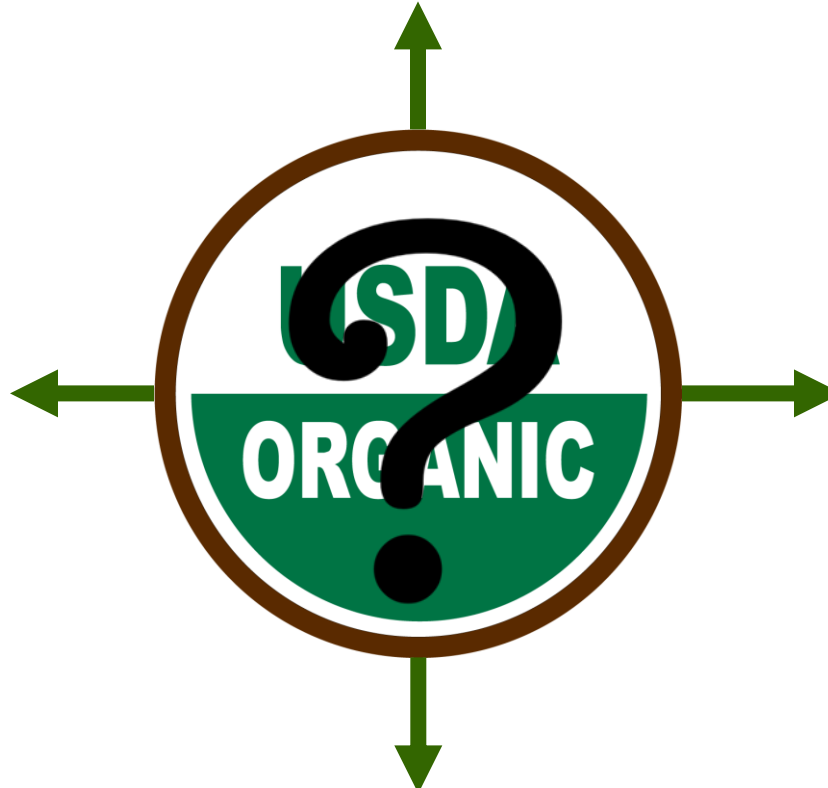
USDA Labeling – Organic

“100%” Organic

Means all ingredients are organic. The USDA Organic logo may be used on the packaging

“Ingredient Panel Only”

Means the food has less than 70% organic ingredients. “Organic” used on the ingredient panel/side of box.



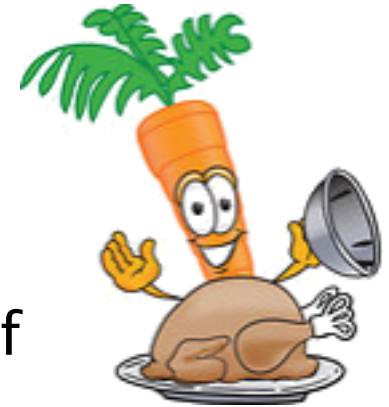
“Organic”

Means a minimum of 95% of ingredients are organic. The package may include the USDA Organic Logo.

“Made with organic ingredients”

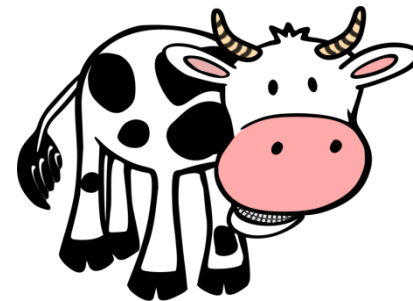
Means 70% to 94% of the product is organic. USDA logo cannot be used on the package.

Are Organic Foods for your Family?



- ▶ Let's talk about the benefits and drawbacks of **animal-based food products**.

Topic	Food Type	Process	Benefits	Drawbacks
Animal Products	Not organic	Use of hormones and antibiotics on animals	Higher meat and dairy yields; lower in cost	Traces of hormones and antibiotics
	Organic	Feed animals organic foods like grains	No risk of exposure on people	Less product yield, higher in cost



Are Organic Foods for your Family?

- ▶ Let's talk about the benefits and drawbacks of **plant-based food products**.



Topic	Food Type	Process	Benefits	Drawbacks
Plant Products	Not organic	Use of genetically - altered seeds	Higher in disease resistance; lower in cost	Traces of pesticides
	Organic	Use of natural seeds	No risk of exposure on people	Fragile and less abundant yield; higher in cost





Are Organic Foods for your Family?

- ▶ Non-organic food products are grown using:
 - **pesticides** and other **chemicals** to control insects
 - **irradiation** to control bacterial contamination
 - **preservatives** and **additives** to extend shelf life





Are Organic Foods for your Family?

- ▶ There are many health benefits of eating organic food products
- ▶ Organic foods can be costly, BUT you don't have to buy all your food organic
 - For foods that retain more pesticides, choose the organic option



Offenders vs. Cleanest

- ▶ Check your pile; how well did you sort?
- ▶ These are the food products that tend to retain highest pesticide residues!

The Dirty Dozen!



Apples	Blueberries	Celery	Cucumbers
Grapes	Nectarines	Peaches	Sweet Bell Peppers
Potatoes	Spinach	Strawberries	Tomatoes



Offenders vs. Cleanest

- ▶ Food products that retain the least pesticide residue!



The Clean 15!

Asparagus	Avocado	Cabbage	Cauliflower
Eggplant	Grapefruit	Honeydew	Kiwi
Mango	Onions	Pineapple	Sweet Corn
Sweet Peas	Sweat Potatoes	Watermelon	



Tips for handling food products

- ▶ Do not purchase produce with visible **mold, bruises or cuts** and buy only the amount you will use in a week
- ▶ Opt to buy fruits and veggies that are **in season**
- ▶ Use **cool running water and scrub and remove pesticides and dirt** immediately before you eat or cook the produce
- ▶ **Wash all produce**, even if you plan to remove the peel
- ▶ **Refrigerate fresh produce within 2 hours of peeling or cutting**
- ▶ **Discard cooked vegetables after 3–4 days**
- ▶ **Finally, read your food labels!**
 - Organic foods may still have high sugar, fat, or caloric content!



My Family Can...

- ▶ Add one organic food product to your meal
- ▶ Keep up the food detective work!

"I Spy With My Little Eyes"

Let's Get Cooking!

- ▶ Today's menu: Avocado Salad using organic tomato, bell pepper, and cilantro



Let's Get Moving!



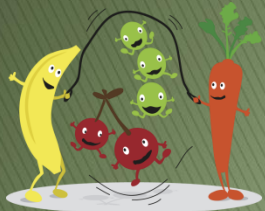
Let's Wrap Up!

- ▶ Don't forget your My Family Can Form



Kitchen Gardens

Module 7 of 8



Together we STRIDE
Juntos, pasos adelante

ICE BREAKER!



Name that Seedling

- ▶ Break into groups and take a few minutes to view the seedling images – Guess what type of fruit or vegetables it might be.
- ▶ A gardening expert? – It's your time to shine!







Tomato



Onion



Bell Pepper



Carrot

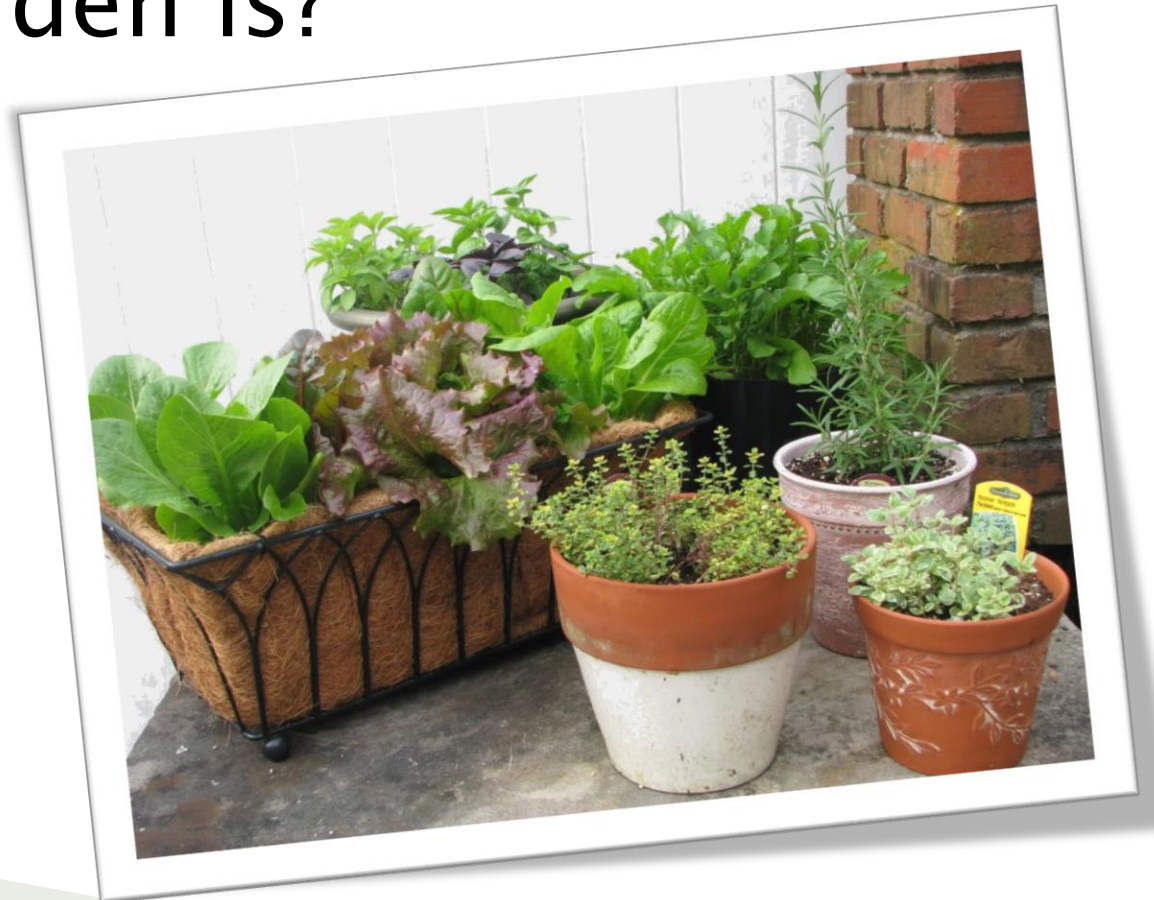
My Family Can...

- ▶ Be ready to share your *"I Spy With My Little Eyes"*
- ▶ Adding one organic product into your diet – success?

"I Spy With My Little Eyes"	
	

Kitchen Gardens

- ▶ **Q:** Does anyone know what a kitchen garden is?



Kitchen Gardens...

- ▶ Are gardens that produce food. A kitchen garden includes **fruits, veggies, and herbs** – things you would use in the kitchen for cooking
- ▶ Kitchen gardens don't have to be large! Gardening can be in the **ground or in containers**
- ▶ The key is to find something **easy for you and your family** to do!



Why Garden?

- ▶ The benefits of gardening are as abundant as the garden itself
 - Gardening burns calories
 - You'll try new tastes
 - Kids learn responsibility
 - Saves money
 - Healthy food right at your back door



Starting a Kitchen Garden

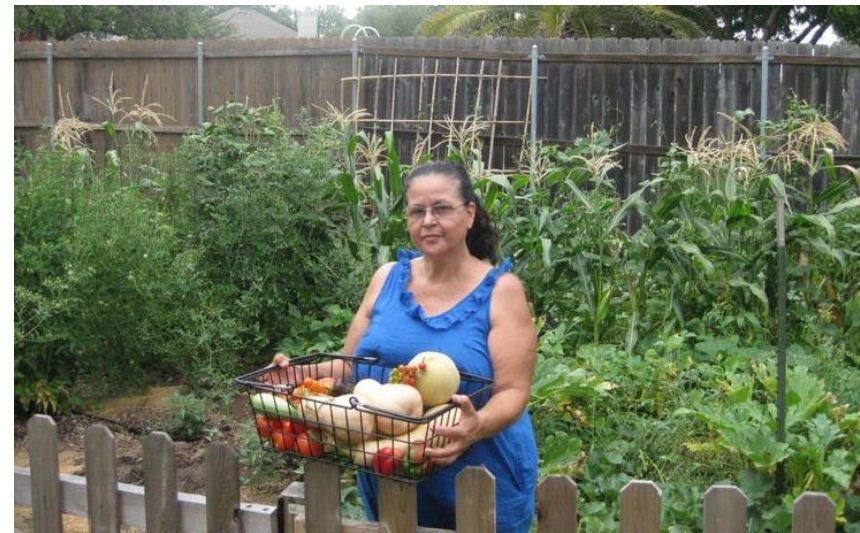


Choose your location

- ▶ Choose a location that gets full sun (at least 6 hours of direct sunlight per day)
- ▶ Make sure it drains well
 - ✓ Plants tend to dry/wilt more quickly in containers than in the ground so make sure to water with good drainage!

Define Your Kitchen Garden Goals

- ▶ If you're a first-time gardener, start small!
 - Use small pots and few seedlings
 - You can always add more, little by little
- Eventually your garden may be able to meet your family's produce needs!



Prepare Your Garden Site

Directly in Ground or Raised Beds

- ▶ Remove or compost sod/grass from location
- ▶ Make sure you don't have grass or weeds coming up in your garden



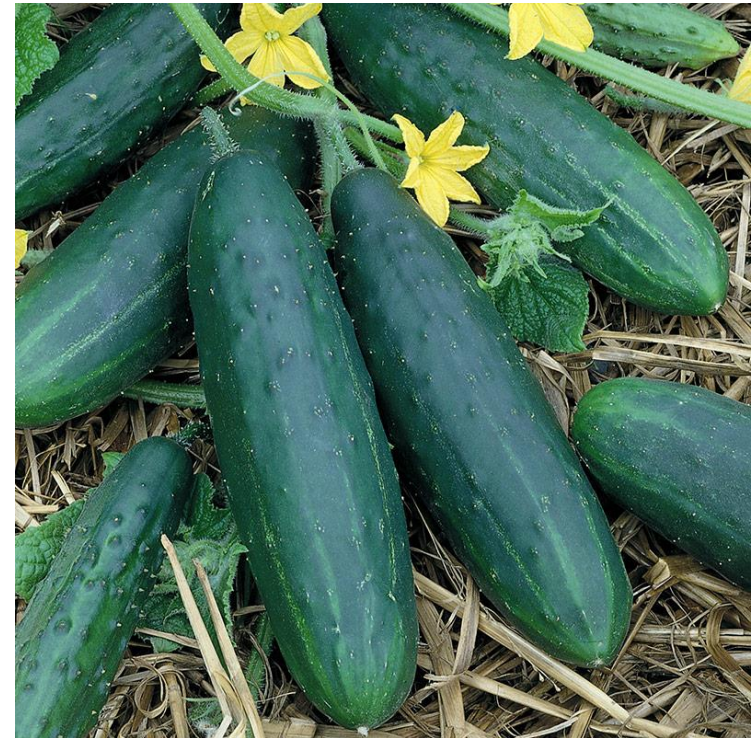
Containers

- ▶ Decide on your containers (repurposed items – coffee cans, buckets, kiddie pools, plastic sandboxes, storage bins, wooden crates etc.)
- ▶ Make sure you have good soil and ample drainage – drill or punch holes if necessary to allow drainage
 - **Over and under watering are the #1 causes of plant failure!**



Choosing the right plants/crops

- ▶ Start small with what you like to eat (simple salad garden)
- ▶ If using containers, tomato, zucchini, cucumber and pepper plants do well as “patio” varieties.



Share your ideas!

- ▶ Share what you would grow in your garden and what you would make with it!





How to Plant – Get Growing!

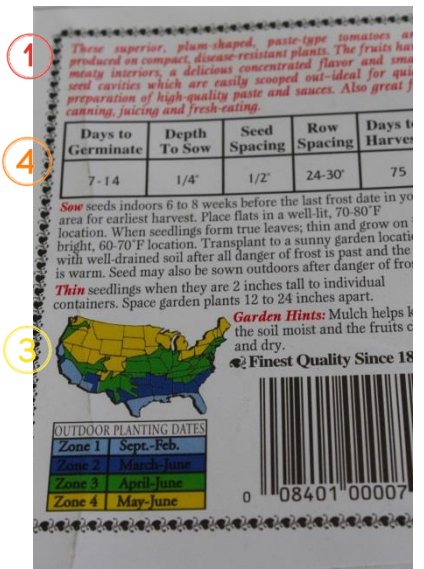
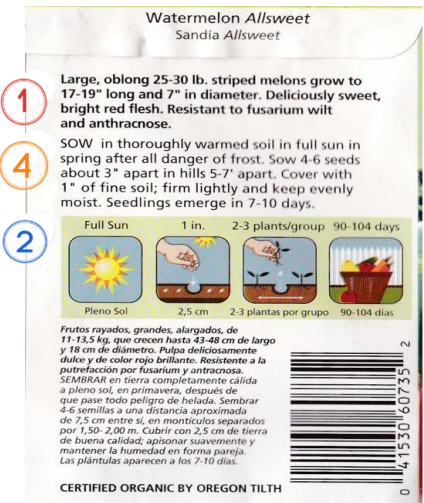
- ▶ 2 ways to plant – seeds or transplant seedlings
 - ❖ **Seeds:** plant directly into your garden soil, like peas and beans
 - ❖ **Transplant seedlings:** need to be started indoors and then transplanted outside, like tomatoes
- ▶ Hearty vegetables for growing = peas, beans, lettuce, melons, cucumbers, broccoli, peppers, onions, tomatoes and radishes
- ▶ Not sure to plant inside or outside?
 - Check the seed packet!



How to Read a Seed Packet

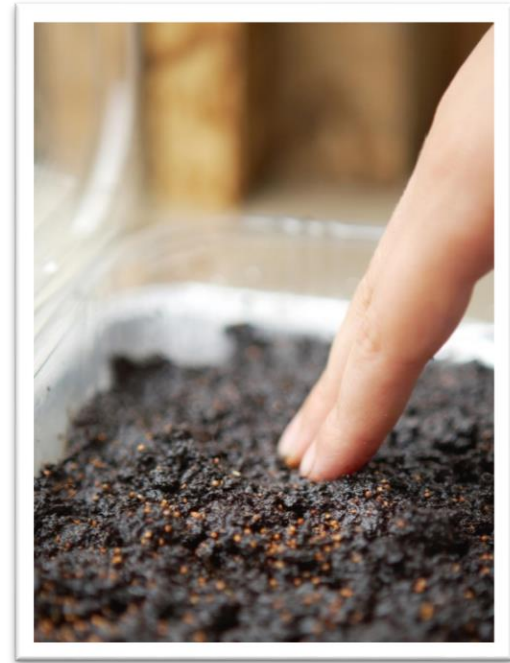
- ▶ Seed packets come in different shapes and sizes, but all provide same helpful information.

- 1 Plant Information
- 2 Where to Plant
- 3 When to Plant
- 4 How to Plant



When to Water – In Ground or Beds

- ▶ Water as soon as you plant your seeds
 - Water lightly! You do NOT want to water so much that your seeds start to show through the soil!
- ▶ Make sure the soil is moist every day
 - You want moist soil until sprouts appear, then only water as needed
- ▶ Need extra watering during dry periods (no rain)
- ▶ Most vegetables will benefit from an inch or more water each week



When to Water – Containers

- ▶ Wait for the plant to show very **slight signs of wilt**, then add **water**
- ▶ **Feel the soil**—poke your finger down about an inch; if it's dry to that depth, then water
- ▶ Pick up the pot when it's dry and **gauge its weight**; when the pot feels light, that's a clue that it's time to water
- ▶ **Top watering**: use a spouted watering can to apply water on the surface of the soil (not on the plant), until you see water pouring out the drainage hole at the bottom
- ▶ **Bottom watering**: set the container (or nursery pot) into a bucket or saucer of water, watering the root system through the drainage hole



When to Fertilize



- ▶ Not necessary when waiting for seeds to emerge from soil
- ▶ Compost and aged manure can supply nutrients to plant after they have sprouted
- ▶ Synthetic liquid fertilizer (Miracle Grow) can be applied after seeds have sprouted and developed 2 leaves

Unlike organic matter, synthetic fertilizers don't provide benefits to soil health so LIMIT SYNTHETIC FERTILIZER USE

When to Harvest

- ▶ **Type of fruit/vegetable** will determine when you will be ready for harvest
- ▶ Look at **days to harvest on seed packet** to know when to start getting ready to harvest
- ▶ Enjoy your harvest! When crops are ready, **plan a family dinner together**. Consider sharing extra with neighbors, friends and family!



Final Notes

- ▶ Gardening can be fun and doesn't have to be a lot of hard work. The key to gardening is:
 - ❖ Choosing your location – in ground or containers
 - ❖ Preparing your garden site
 - ❖ Choosing crops right for you and your family – start small!
 - ❖ Get planting
 - ❖ Harvest your yummy crops and enjoy!



My Family Can...

- ▶ Continue to make half your plate fruits and veggies. Plant your seedlings!
- ▶ Continue to make a physical activity plan, try to maintain similar levels as last week or try a little more in the coming week



My Family Can...

My Family's Physical Activity Challenge is: To be physically active as many days as possible!
Write down what physical activity you did on the day of the week you did it and record the number of minutes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____

Total Minutes: _____

Let's Get Cooking!

- ▶ Today's menu: Corn Salad



Let's Get Moving!



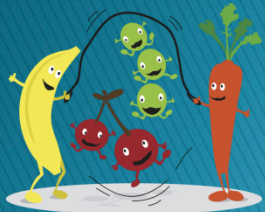
Let's Wrap Up!

- ▶ Don't forget your My Family Can Form



Eating Healthy on a Budget

Module 8 of 8



Together we STRIDE
Juntos, pasos adelante

ICE BREAKER!



Can you taste the difference?

- ▶ Try some fruit
- ▶ Try to guess which tasting of fruit was a store brand vs. name-brand product



My Family Can...

- ▶ Be ready to share your “*My Family Can...*” goals.
- ▶ Maintaining healthy and physical activity – Success?

My Family Can...

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____	Minutes: _____

Total Minutes: _____

Smart Shopping – Make a Plan

- ▶ Today's focus is making healthy choices while shopping on a budget
- ▶ With the right tips and a little planning, it's possible to enjoy healthy foods on a fixed or limited budget!



Step 1 – Plan ahead before you shop!



- ▶ Before heading to the grocery store or market, make a “game plan”
 - Take the time to think about your budget and your shopping needs before you go
- ▶ This allows you to:
 - ✓ Help get organized
 - ✓ Save money
 - ✓ Rethink your food choice and pick healthier options

Step 1 – Plan ahead before you shop!

- ▶ Things to think about while making your plan:
 - ✓ What is your grocery budget?
 - ✓ Figure out how much money you have available to spend on food
 - ✓ Plan snacks and meals for the week according to your budget and schedule
 - ✓ Choose meals you can prepare easily on busy days
 - ✓ Shop according to your weekly needs



Step 2 – Make a grocery list!

▶ Write down the meals you want to make for the week before making a list

1. Look in your freezer, cabinets and refrigerator. Make a note of what you have on hand
2. Use a worksheet to plan your meals and figure out what items you need to buy
3. Create a list of recipes to try. Include meals that will “stretch” expensive food items
4. If you have access online, find quick and easy healthy recipes online



Step 3 – Shop smart to fill your cart!

Shop to get the most value out of your budget!

- ▶ The smartest shoppers know that saving money is about having a game plan and making smart decisions about what to put in your cart
- ▶ Let's look at the best tips for smart shopping by food group...



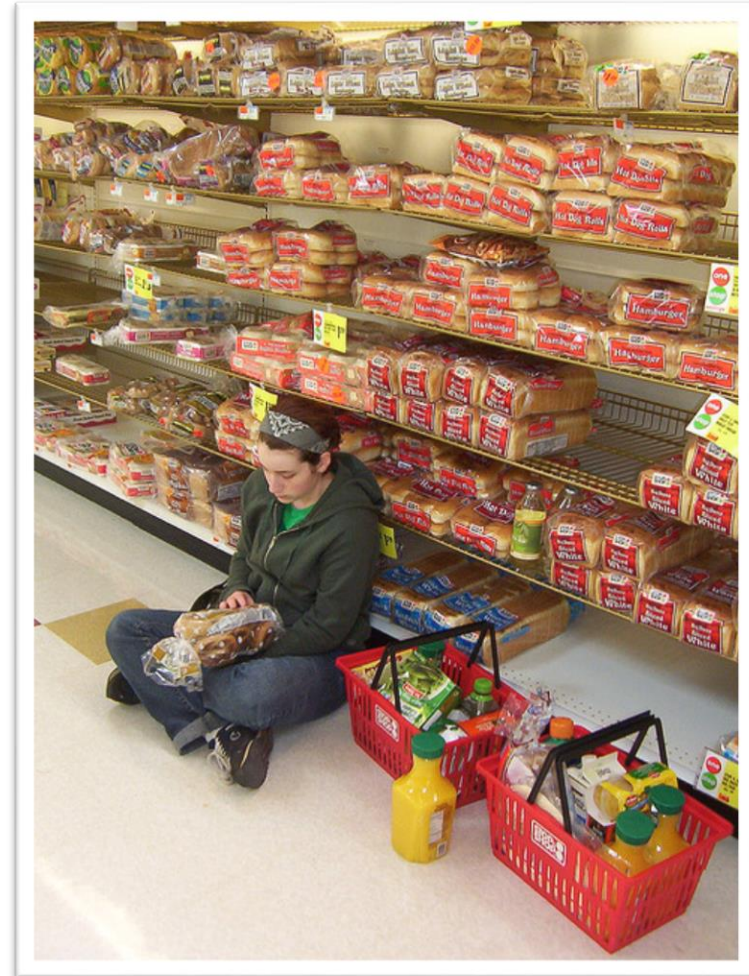
Fruits and Vegetables

- ▶ Buy “in season” produce – usually less expensive and at their peak flavor
- ▶ When buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low sodium” or “no salt added” on label. Canned is just as nutritious as fresh and often costs less
- ▶ If you have freezer space, buy frozen vegetables without added sauces or butter – they are as good for you as fresh and may cost less
- ▶ Canned and frozen F&V last longer than fresh
- ▶ Avoid pre-cut F&V because they usually cost more



Grains (bread, pasta, cereal)

- ▶ Make half your grains whole grains! Check ingredients and pick items that have whole grain listed first on the ingredients label
- ▶ Examples of whole grains include: whole wheat, brown rice, oatmeal
- ▶ Rice, pasta, hot cereals (oatmeal), and dry cereal are budget friendly whole grain options
- ▶ Try new whole grain snack ideas, like switching to whole-wheat crackers or popping your own popcorn



Protein Foods

- ▶ Low cost choices include beans (kidney and pinto beans), peas (split peas), and lentils. Use them in main or side dishes!
- ▶ Buy family sized/value pack of meats and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef make sure it's lean (92% lean 8% fat).
- ▶ Seafood doesn't have to be expensive. Try canned tuna, salmon or sardines – they store well and are low-cost options!
- ▶ Don't forget eggs! They are a great low-cost option and easy to prepare.



Dairy (milk, yogurt, cheese)

- ▶ Choose low-fat or fat-free milk – it provides just as much calcium, but fewer calories than whole or 2% milk
- ▶ Buy the larger size of low-fat plain yogurt instead of individual flavored yogurts. You can add your own flavors by mixing fruits
- ▶ When buying cheese, look for “reduced fat” or “low-fat” on the label
- ▶ Always check the sell by date to make sure you are buying the freshest products



Stores stock shelves back to front, placing newest items behind older ones. Reach in the back for the freshest items!

A Few More Tips!

- ▶ Drink water instead of buying sodas or other sugary drinks
 - Tap water is easy on your wallet and has zero calories!
- ▶ Infuse your water with fresh fruits – lemons, oranges or cucumbers for added flavor
- ▶ Use a reusable water bottle on the go!
- ▶ Save time, money and calories by skipping the chips and cookies aisles!



Final Tips – Keep 5 Rules in Mind!

1. Buy groceries when you are not hungry or too rushed
2. Use coupons – but only for items you know you will use
3. Look up and down for savings – stores stock the priciest items at eye level!
4. Shop the perimeter of the store first.
Filling your cart with healthy whole foods
[fresh produce/meat] leaves less room
for “junk food” and saves money!
5. Stick to your grocery list! The more prepared you are, the less impulse purchases you make.



Key Points to Take Home!



Make a Plan! Every lifestyle change can be successful with a game plan to help guide you to healthy eating choices



Make a list! Writing out a list before shopping and taking it with you is an anchor to help you stay focused and within budget



Take Time! It takes time to make a plan – write out a list and shop without being rushed



It may seem overwhelming at first, but like any lifestyle change, it takes a few weeks of trying before it becomes habit

Let's Get Cooking!

- ▶ Today's menu: Black Bean Quesadilla



Let's Get Moving!



Let's Wrap Up!

- ▶ Don't forget your My Family Can Forms

