



Nutrition News

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August is National Sandwich Month!

by Hanna Laskow CNE

Hi all! I'll first by starting with introducing myself, I am Hanna the new CNE in the FNS department. I will be starting this newsletter to get clients and staff excited about what being healthy can mean throughout each month. Every year, every month, even every day, there is always something to celebrate and I am going to tell you how you can do this through Nutrition!

August is National Sandwich Month!

Sandwiches make easy, fast nutritious meals that you can take when you're on the go, or even when you're not.

Tips for nutritious and delicious sandwiches:

Choose whole grains: Whole grains provide you with nutrients that are vital to your health such as B-vitamins, fiber, vitamins and minerals.

Try different fillings: Instead of making tuna and chicken salad with mayonnaise, try using fat-free or low-fat yogurt. You can also kick up a peanut butter and jelly sandwich by adding sliced banana too it!

Sandwich Spreads: Instead of using margarine, butter, mayonnaise, and cream cheese, try using mustard, honey mustard, or hummus.

First full week in August is Farmers Market Week!

Farmers markets are important for agricultural producers nationwide, providing a variety of fresh, affordable, healthful, and locally sourced products. In order to recognize the benefits of farmers markets for producers and consumers, the USDA proclaimed next week August 7th-13th 2016, National Farmers Market Week.

August 3rd is National Watermelon Day!

Watermelon is always a hit during the summer with its cool and refreshing taste, but there is a lot more to the fruit that you might not have known. Watermelon is fat-free and low in calories! 2 whole cups of diced watermelon provides only 80 calories! Watermelon may help prevent or reduce asthma, high blood pressure, cancer, dehydration, inflammation, indigestion and muscle soreness.

August 4th is National Chocolate Chip Cookie Day!

Life's short, eat the cookie. Celebrate the holiday by sneaking a healthy addition into a long time favorite. Although veggies don't make too many appearances in our favorite cookies, adding zucchini in place of butter can make the cookie soft and moist. Taking out the butter cuts down on the fat making these cookies easier on the body!