

Family ❖ Issues

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TREASURE VALLEY
EXTENSION EDUCATORS

Family & Consumer Sciences

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Family Issues is published six times a year. This newsletter provides current information in the areas of nutrition, food safety, money, and time management.

Long Live Idaho Campaign Promotes Healthy Eating and Active Lifestyles

HEAL Idaho network and Eat Smart Idaho initiative provides health education for Idaho families.



The Healthy Eating, Active Living (HEAL) Idaho partners, powered by the University of Idaho's Eat Smart Idaho program, have launched a statewide campaign aimed at inspiring Idahoans to eat healthier, lead more active lives, and help their children do the same.

Called "Long Live Idaho," the campaign runs through 2017 and builds on the national "5-2-1-Almost None" platform, which recommends five servings of fruits and vegetables a day, two hours or less of "screen time," one hour or more of physical activity, and almost no sugary drinks.

"Parents and caregivers play a major role in children's health, as role models for healthy eating and activity. If children see their parent or caregiver making healthy choices, they will follow their lead," said Nikki Telford, Community Nutrition Advisor, Eat Smart Idaho. "This campaign was developed to inspire and encourage adults to make healthy choices for their families."

Informal studies showed participants understood the importance of physical activity and nutrition, but were less clear on specific guidelines. Most indicated they are interested in maintaining a healthy lifestyle, but would appreciate environmental support to help make the healthy choice the easy choice.

"Families are faced with tough decisions every day when it comes to nutrition and physical activity. It is the aim of this campaign to provide Idahoans with user-friendly and supportive messaging to help them make the healthy choice more often in these situations" said Angie Gribble, Physical Activity and Nutrition Program Manager (IPAN) for the Idaho Department of Health and Welfare.

The HEAL network is comprised of multiple statewide agencies, prominent Idaho organizations, businesses, and individuals. In collaboration with Eat Smart Idaho, the HEAL Idaho Network creates a strong infrastructure of partners working together throughout the state to distribute this consistent healthy lifestyle messaging for greater impact.

Source: Loftus, B. (2016)

A handwritten signature in black ink that reads "Joey Peutz".

Joey Peutz
Payette County Extension Educator



Feed Your Kids a Rainbow--5 Fruits and Vegetables a Day!

Eating a variety of fruits and vegetables provides vitamins and minerals important for growth, development, and a healthy immune system. A diet rich in fruits and vegetables may lower rates of diseases like high blood pressure, stroke, heart disease, diabetes, and some types of cancer. Fruits and vegetables may also help your kids reach and maintain a healthy weight. Following are tips that will help you and your family reach and maintain the goal of eating 5 fruits and vegetables a day.

- **Be prepared.** Keep washed, ready-to-eat produce on hand so it's always available. Seasonal fruits and vegetables cost less and are packed with flavor.
- **Be creative and colorful.** Add diced tomatoes, carrots, spinach, broccoli, onions, and mushrooms to sauces, pizzas, soups, and casseroles.
- **Be a role model.** Other family members are more likely to eat fruits and vegetables if they see you eating them. Fresh, frozen, canned or dried are all nutritious.
- **Don't give up.** Kids may need to see or taste a food 7 to 10 times before they like it.

Source: *Eat Smart Idaho Southern District Team*

Black Bean Salad

This simple, no-cook salad recipe contains a rainbow of vegetables and can be served in a variety of ways (*see suggestions below*).

- 1 can black beans, drained and rinsed
- 1/2 cup diced orange bell pepper
- 3/4 cup diced fresh tomato
- 1/2 cup corn kernels
- 1/3 cup diced English cucumber
- 3 green onions, sliced thin
- 1 jalapeno, deseeded and minced
- 2 tablespoons finely chopped cilantro
- the juice of 1 lime
- 1/2 teaspoon canola or grapeseed oil
- 2 – 3 dashes cumin
- 2 – 3 dashes coriander
- salt and pepper to taste

Combine beans, bell pepper, tomato, corn, cucumber, green onion, jalapeno, and cilantro in a medium bowl. Stir until ingredients are well distributed.

In another bowl, combine the lime juice, oil, cumin, coriander, salt and pepper. Pour over the bean mixture, tossing to combine. Chill until serving time.

USES FOR BLACK BEAN SALAD

- A salsa with tortilla chips
- A topping for grilled meats
- Inside steamed tortillas with cheese and avocado or guacamole for no-cook tacos
- On top of a bed of mixed greens for a simple, Mexican-inspired salad
- Inside an omelet or on top of scrambled eggs
- Tossed with chilled couscous or quinoa; sprinkle with feta or other cheese of choice



Source: <http://www.simplebites.net/what-to-eat-on-hot-summer-nights-recipe-versatile-black-bean-salad/>



What Does “Healthy” on a Food Package Mean?

Which of the following foods can put the word “healthy” on their package — a sugary fortified cereal or a package of almonds? If you selected almonds, you’re wrong.

According to the Food and Drug Administration (FDA), foods labeled as “healthy” must be low in fat, saturated fat, sodium, cholesterol and contain beneficial nutrients like vitamin C or calcium. In addition, snack items can’t have more than 3 grams of fat per serving. Most nuts contain more than this amount.

In 1994 when the FDA defined “healthy,” many healthcare professionals promoted low fat foods, and sugar content wasn’t considered. While recent nutrition research has proven the benefits of consuming healthy fats, getting the FDA regulations to change occurs very slowly. Changing the definition of healthy requires the FDA to first propose updating the definition of “healthy.” This is followed by a comment period during which food makers and the public can submit their ideas and suggestions on what the definition of “healthy” should be. Look at the Nutrition Facts label and the ingredient list to determine if foods labeled as “healthy” are truly healthy.

Source: <http://www.wsi.com/articles/fda-seeks-to-redefine-healthy-1462872601>; <http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/ucm064908.htm>

Keyword: *healthy*

Because You Asked:

Q. How long can you store tea before it starts to lose its taste and nutritional benefits?

A. Black, oolong, green and white teas all come from the same plant, *Camellia sinensis*. They differ in how the leaves are processed after harvesting and before drying, and will eventually lose their flavor, and the phytochemicals (*primarily flavonoids*) they contain will degrade.

Dried tea leaves that are kept dry will not spoil, however, and as long as they are stored away from heat, water, light and air, the flavor and phytochemical content can be maintained for up to two years.

The more fermented and intact the dried leaves are, the longer they will last. Black tea leaves are more fermented than green or white, and oolong is somewhere in between. Measures of intactness vary from leaf, to broken leaf, to fannings (*small pieces of leaves*), and dust (*tiny particles left at the bottom of the barrel*). Tea bags most often contain fannings and dust because they brew quickly.

To keep your tea flavorful and flavonoid-rich for one to two years, transfer your tea bags or leaves to an airtight container as soon as possible after purchase, and store it away from the stove and sink.

Source: Adapted from McKay, Diane L. (February 2016) *Tufts Health & Nutrition Newsletter*



Q. Do raw and cooked spinach provide the same nutritional benefits?

A. Spinach is rich in many nutrients, including carotenoids such as beta-carotene and lutein, vitamin K, folate, minerals and dietary fiber, regardless of whether it is raw or cooked. The bioavailability of carotenoids in spinach tends to be higher after cooking; however, for most people the difference is minor. What’s important is for people to enjoy eating spinach so they should eat it in whichever form (*cooked or uncooked*) they prefer.

Cooking does cause a loss of heat-sensitive nutrients such as vitamin C; but does not result in the loss of other nutrients. However, boiling spinach for as little as a minute and discarding the cooking water reduces the amount of **oxalic acid, which can inhibit the absorption of calcium** from spinach and foods consumed around the same time.

Source: Adapted from Lichtenstein, Alice H. (March 2016) *Tufts Health & Nutrition Newsletter*





Retirement and Parenting

The U.S. Department of Agriculture estimates that the cost to raise a child born in 2013 to the age of 18 is slightly over \$245,000. Other sources report that figure is an average of costs across the country and actual costs could range up to \$340,000 in different locations. These estimates include the cost of housing, food, transportation, clothing, health care, education, child care and miscellaneous expenses like haircuts and cell phones. Unfortunately, the figure does not even include the cost of college.

As a parent you likely feel that your children are the people you love most in life—they are literally a part of you. Why wouldn't you want to give them everything they need? One very important reason would be your own future retirement needs. An additional quarter of a million dollars would go a long way to bolster anyone's retirement account and that is the cost for raising just one child.

It is very important for people to plan and prepare for retirement while their children are growing up. If you do not, "...you're actually doing yourself and your children a disservice in the long run because you won't have the ability to provide for yourself in old age," says Mary Beth Storjohann, certified financial planner and author of *Work Your Wealth: 9 Steps to Making Smarter Choices with Your Money*.

Your children do not need to live an austere life, but it is important to achieve a balance. Storjohann suggests four ways to balance raising well-rounded children while still accumulating retirement savings at various stages of life:

1 Consider how much baby equipment you really need and will use before you give it away or sell it at a yard sale for pennies on the dollar.

2 Wisely consider your child's number of extra-curricular activities. The cost for lessons, equipment, travel and even injuries can add up quickly. "Determine how much you can spend only after you've put aside savings for retirement to ensure you remain on track with your financial goals," advises Storjohann.

3 Teach your children about money. Discussing money early and encouraging practice of managing money will improve financial literacy and skills. "They may ask to tap the bank of mom and dad less frequently."

4 Prioritize retirement over college savings. There are no loans to fund your retirement, but there are many options for funding your child's education. Consider the long-term implications for your retirement that might last 20 or more years.

Source: Storjohann, M. B. (May 12, 2016). Are your kids ruining your retirement plans? U.S. News and World Report.

<http://money.usnews.com/money/blogs/on-retirement/articles/2016-05-12/are-your-kids-ruining-your-retirement-plans>