

# Consortium Connection

## “Healthy Environment, Healthy Lifestyles, Healthy Community”

### March is National Nutrition Month!

Initiated in 1973 for one week, it became a month long event in 1980. Focus is on a lifestyle of nutritious eating and regular physical activity, which can improve and maintain one's health in a multitude of ways.

In 2011, the U.S. Departments of Agriculture and Health and Human Services developed ChooseMyPlate.gov, a website which utilizes the principles of the previous My Pyramid program. ChooseMyPlate focuses on basic tenants of a healthy eating approach.

One recommendation is to build a healthy plate. Nutrient-dense foods like vegetables, fruits and whole grains, low-fat dairy products and lean protein provide the necessary nutrients, without too many calories. Foods that have many calories with low nutritional quality are considered "calorie-dense."

Half of your plate should consist of colorful fruits and vegetables. A quarter of your plate should be a healthy protein, such as a baked, skinless chicken breast and the remaining quarter should be a healthy whole grain.

Use skim or one-percent milk twice weekly. Incorporate fish or seafood for your healthy protein servings. Beans, which are loaded with fiber, are also healthy protein sources.

Another My Plate recommendation is to cut back on solid fats, added sugar and salt. Most of us eat more than the recommended 2,300 milligrams of sodium, about a teaspoon, a day. Drinking water instead of sweetened drinks and choosing 100 percent fruit juice instead of fruit beverages can also cut calories.

Log on to ChooseMyPlate.gov to calculate your daily calorie needs and keep that number in mind each day as you choose your foods. Avoid oversized portions and use smaller plates, bowls and glasses. Eat slowly and stop eating when you are comfortably full. Cooking at home allows you to save money and control how your food is prepared.

Alcoholic beverages can contribute significant calories. Limit alcoholic drinks to no more than two daily for men and one for women.

Exercise helps our bodies burn excess calories we take in from food. Choose activities you enjoy and start small. As you exercise more and consistently, the health benefits continue to add up.

Consult with your physician or health care provider for any recommendations specific to you, especially if you have not been active for a while or have diagnosed conditions.

The Dietary Guidelines for Americans 2010 state that improving what you eat and being active will help to reduce your risk of chronic diseases such as diabetes, heart disease, some cancers and obesity. For more information visit [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov) and [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

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Health Promotion and Disease Prevention Committee

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MAKE  
HEALTHY  
HAPPEN  
MIAMI

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## *National Women's History*



Following the lead of his previous predecessors, President Obama has declared March, 2015, "Women's History Month."

His opening statement was: "Throughout our Nation's history, American women have led movements for social and economic justice, made groundbreaking scientific discoveries, enriched our culture with stunning works of art and literature, and charted bold directions in our foreign policy."

### **About Women's history Month**

Women's History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as "Women's History Week." In 1987 after being petitioned by the National Women's History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as "Women's History Month." Between 1988 and 1994, Congress passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women's History Month. Since 1995, Presidents Clinton, Bush and Obama have issued a series of annual proclamations designating the month of March as "Women's History Month."

A few notable women very relevant to Extension: Ellen Richards- Founder of Home Economics in 1909- name changed to Family and Consumer Sciences in the 1994. Colleen Boggs, Martina "Teena" Borek and Patricia Robins all from Miami-Dade County, have received Women of the year in Agriculture award.

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of women whose commitment to nature and help care the planet, have proved invaluable to society.

From the Law Library of Congress' guide to the legislative history of Women's History Month.

### **Executive and Legislative Documents**

The Law Library of Congress has compiled guides to commemorative observations, including a comprehensive inventory of the Public Laws, Presidential Proclamations and congressional resolutions related to Women's History Month

*By Monica Dawkins, UF/IFAS/ Extension/EFNEP Agent, Miami-Dade County*

Visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for resources; everyone can use at home, work or play!

Home	Work	Community
Healthy Eating on A Budget: Save Money With These Tips	SuperTracker Worksite Wellness	Handouts on Every Topic: 10 Tips Nutrition Education Series
MyPlate Facebook: Share Healthy Eating Tips Online	National Healthy Worksite Program	MyPlate Community Toolkit
MyPlate for Moms and Moms-to-be	Follow MyPlate on Twitter	MyPlate for My Family: SNAP Nutrition Education Toolkit
Recipes: What's Cooking? with MyPlate	Sign Up for MyPlate Email Updates	Take Action with <i>Let's Move!</i>



## Mini Shepherd's Pie

2 teaspoons extra-virgin olive oil	1/2 cup chopped onion
12 ounces 93%-lean ground beef	2 tablespoons all-purpose flour
1 tablespoon tomato paste	1 cup reduced-sodium beef broth
6 ounces baby spinach, chopped	3/4 teaspoon salt, divided
1/2 teaspoon garlic powder, divided	
2 12-ounce packages frozen winter squash puree, thawed	
1/3 cup finely shredded Parmesan cheese	



Source: [eatingwell.com](http://eatingwell.com)

1. Position rack in upper third of oven; preheat broiler.
2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occasionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, 1/4 teaspoon salt and 1/4 teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.
3. Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining 1/2 teaspoon salt and 1/4 teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about 1/2 cup of the squash. Place the ramekins on a baking sheet.
4. Broil until heated through and bubbling around the edges, about 10 minutes.
5. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

**SAVE THE DATE**  
***The Consortium for a Healthier  
Miami-Dade invites you to their  
Annual Celebration***

*Friday, March 20, 2015 - 8am to 12pm*

***Intercontinental Hotel***

*100 Chopin Plaza, Miami, FL 33131*

*RSVP by March 13, 2015*

***Registration fee (non-refundable): \$25 per person***

***Valet Parking: \$ 15***

*Metered Parking and Public Transportation available*



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**For additional information or to participate in the Consortium contact us at:**

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