

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Think Nutrition—During the Hurricane Season

Buy early and stock up. Gathering hurricane supplies should be a family affair with input from each member. Everyone has different wants, needs and tastes, so all these need consideration during planning. Set aside some time to design daily menus covering one or two weeks, and the amount of groceries needed for your plan. Think of how it will most likely be hot weather with no electricity, so food choices should require no refrigeration. Plan at least 2 quarts of water per person daily for drinking, and additional water for cooking. Filling the tub with water is for other uses. Include a balanced nutrition in your planning.

GRAINS GROUP

- cereals • crackers • breakfast/nutrition bars • rice cakes • whole wheat or multi-grain bread • dry pasta • Boston brown bread with raisins • melba toast • taco shells • chips • vanilla wafers • bread sticks • graham crackers • pretzels • purchase before storm: fresh bread, round flatbread for wraps

VEGETABLES GROUP

- canned vegetables and soups • canned 3 bean salad, mushrooms • salsa • spaghetti sauce • purchase just before storm: fresh carrots, broccoli, etc.

FRUITS GROUP

- canned fruit in its own juice • dried fruit • 100% fruit juice • trail mix with fruit • packaged: raisins apricots, cranberries, etc. • fruit cocktail • unsweetened applesauce

DAIRY GROUP

- non-fat milk powdered, canned or shelf stable • Ensure • puddings • nutritional drinks

PROTEIN GROUP

- meat soups • canned: tuna, ham, salmon, sardines, chili, corned beef hash, ravioli, beans (kidney, lima, black eyed peas, lentils, etc.) • peanut butter • bean spreads • packaged nuts unsalted, dry roasted, peanuts, walnuts, almonds, etc. • beef or turkey jerky • Vienna sausage

July 2013

Volume 3, Issue 7



Inside this issue:

Think Nutrition	1
Preparing a Healthy Meal	2
Recipe/Health Observance	3
Events	4

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Preparing a Healthy Meal



One of those things we keep wanting to do but just keep putting it off! Preparing a healthy menu is one of those things we really should do but somehow it seems to elude us. But it can be fun to sit down for a few minutes and decide what we're going to eat later today or tomorrow or the next day.

Menu planning in today's busy life does not get much thought, beyond the Million Dollar Question - "What are WE going to eat tonight?".

When "tonight" arrives, we're still not any closer to that answer. The unhealthy option of fast food beckons as we dream about pizza or a burger or fried chicken and a hundred other easy unhealthy opportunities. It doesn't have to be like this at all...

Keep a few healthy items in your refrigerator and store other non fast food items in your pantry so that you can prepare a healthy meal in minutes. Plus it is very often quicker than the so called fast food it's replacing.

Make a shopping list. It does not have to take a long time.

Try this, keep a running list attached to your fridge with a magnet and jot down foods when you run out , or have your family jot down what their favorites are, then you'll have a list already made.

If you're not so organized, (and in today's busy day to day life, that's very typical) it's ok. A few minutes of thought will produce your list. When you reach the supermarket, stick to your list. Shopping is easy you are crossing items off your list as you go round the aisles but many other shoppers may be secretly jealous of how organized you are.

Don't buy anything that isn't on your list (unless it's something you've forgotten). Be especially careful at the end of every aisle, as supermarkets traditionally tempt you with fattening specials to help you spend money.

Stay away from the candy and snack aisles. It's easier not to buy these items if you don't walk past them.

Keep a list around your home of quick, healthy recipes that you enjoy eating or want to try.

Soon, you'll be eating healthier and likely cheaper than before.

Well done!

If you or your child is overweight or obese, it's time to do something about it!

Submitted by Short Chef

Delicious and Nutritious Recipes!

Watermelon & Goat Cheese Salad with Citrus Vinaigrette



3 tablespoons extra-virgin olive oil - 3 tablespoons orange juice - 1 tablespoon red-wine vinegar

1/4 teaspoon salt - Freshly ground pepper, to taste - 8 cups mixed salad greens - 4 cups diced watermelon

1/4 cup very thinly sliced red onion - 2 ounces goat cheese, crumbled - 1/2 cup chopped hazelnuts toasted

Whisk oil, orange juice, vinegar, salt and pepper in a large bowl until well combined. Add watercress, watermelon and red onion; toss to coat. Divide among 5 plates. Top with goat cheese and hazelnuts to serve

Per serving: 227 calories; 18 g fat (3 g sat , 12 g mono); 5 mg cholesterol; 13 g carbohydrates; 6 g protein; 2 g fiber; 182 mg sodium; 425 mg potassium.

Source: Eating Well

National Minority Mental Health Awareness Month

According to the Centers for Disease Control and Prevention about 25 percent of U.S. adults have a mental illness. In many racially and ethnically diverse communities, there is a stigma surrounding mental illness, often caused by cultural differences and lack of information. This not only can lead to the avoidance of mental health treatment, but often results in a lack of knowledge regarding financial options available.

The National Alliance on Mental Illness hopes to raise awareness through educating on:

Recognizing and treating depression in racial and ethnic minorities.

Overcoming challenges in diagnosis and treating depression in racial and ethnic groups

Communication and person-centered, culturally competent care



Upcoming Events



FREE!

The Children's Trust

Family expo

**Saturday
August 24
10 AM - 6 PM**

**Miami-Dade County
Fair & Expo Center
Coral Way & SW 112th Avenue**

**Family and kid friendly
activities for everyone
to enjoy!**

Hundreds of indoor exhibitors showcasing:

- After-School Programs • Education
- KidCare Outreach • Nutrition
- Parenting Classes • Pre-K Registration
- Programs for Children with Special Needs... and much more.


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**Baptist Health
South Florida**

Call 211 or visit thechildrenstrust.org for more info.

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