



May 2015

Welcome to the Spring-Summer 2015 edition of **Healthy Carroll Families**, our electronic media campaign, with information designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:


- **“Passport to Wellness 2015”** which provides information on the new *Walk Carroll* Passport to Wellness activity that encourages families to keep track of healthy choices they make over the summer.
- **“5 Reasons to Shop at a Farmers Market”** explains the benefits of shopping at local and healthy markets.
- **“Roasted Tomato and Spinach Pasta”** is a healthy recipe for the whole family.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our web site, HealthyCarroll.org.

Please call me or send email with any questions, feedback, or suggestions you may have about **Healthy Carroll Families**. I look forward to hearing from you.

Victoria Barry, Staff Contact
Chronic Disease Prevention and Intervention Leadership Team
VBarry@CarrollHospitalCenter.org
410-871-7648

Connecting people. Inspiring action. Strengthening community.



535 Old Westminster Pike, Suite 102
Westminster, MD 21157

Telephone: (410) 871-7645
Fax: (410) 871-6325

HealthyCarroll.org

Passport to Wellness 2015

If you and your family are looking for a great travel experience this spring or summer, grab your *Walk Carroll* Passports and get going! Now is the perfect time to start your journey to a healthier lifestyle by making a commitment to eat well and be active. Pick up a blank Passport at any *Walk Carroll* event in April or May 2015 or print from The Partnership's website, HealthyCarroll.org, and start "traveling"! The best part about the *Walk Carroll* Passport is that all of the events and activities are local and free or very low cost.

With the Passport, you are encouraged to make healthy eating and physical activity "stops" at various walking events or by doing healthy activities. Get your Passport stamped along the way, or check off the activities as you complete them. Turn in your Passport at a *Walk Carroll* event in October 2015 or by mail to enter in raffles for awesome prizes like a Fitbit Fitness Tracker! The Passport encourages you to attend outdoor and indoor *Walk Carroll* events at various locations such as parks, libraries, Farmer's Markets and the Town Mall of Westminster. Other activities include attending a *Walk Carroll* walking club, taking a pledge to make half of every plate fruits and vegetables, planting your own fruits and vegetables, and more!

To find out when and where upcoming *Walk Carroll* events to get your Passport stamped at are scheduled, contact Victoria Barry at VBarry@CarrollHospitalCenter.org, or visit HealthyCarroll.org or [Facebook.com/WALKCARROLL](https://www.facebook.com/WALKCARROLL). Complete as many Passport activities as you can and make sure to turn in your passport by October 31, 2015! *Walk Carroll* is your family's ticket to a healthy journey this summer. You'll be surprised how far you can get with your Passport in hand and walking shoes on your feet.



L.E.A.N. Carroll
A family approach to healthy weight

**The Partnership**
for a Healthier Carroll County

Connecting people. Inspiring action. Strengthening community.

5 Reasons to Shop at a Farmers Market

Freshly picked, in season produce is at its peak in flavor and nutrition.

Peaches, berries, tomatoes and corn are some of the delicious seasonal fruits and vegetables found at the farmers market. They not only taste great, but are high in fiber, vitamins, minerals, and disease fighting phytochemicals and antioxidants. Fruits and vegetables are also low in calories, fat and sodium. Eating more of them can help maintain a healthy weight or control weight gain because they help you to feel full with fewer calories.

You can try a new fruit or vegetable!

The markets are likely to have items you won't see at the grocery store. Give them a try!

Farmers can help you learn about their products.

Farmers are happy to talk with you about how to use their food and some even have recipes available for you to take home.

It is a great way to get your kids involved.

Let them pick out something new to try, then they can help prepare a meal or snack. Talk about how the foods are grown and harvested, and possibly plant your own garden.

Supporting your local farmers market strengthens your local economy and community.

Meet your local farmers, learn about foods grown in your area and catch up with friends and neighbors while stocking up on local goods. You can help new and smaller farmers to be successful and save farmland in your area.

Here are some ideas to use more fruits and vegetables in some of your favorite dishes:

When making chicken or tuna salad, add in an equal amount of chopped fruit and/or vegetables, such as celery, grated carrots, chopped cucumber, apple, berries, or grapes.

Use lettuce, tomatoes, cucumbers, and peppers on your sandwich or wrap instead of extra meat and cheese.

Add chopped vegetables, such as mushrooms, celery, onions, peppers, eggplant or zucchini to your spaghetti sauce or casseroles instead of extra meat or pasta.

Visit the farmers market this summer to take advantage of what the season has to offer, and enjoy the great taste of fruits and vegetables.

For a complete list of markets in Carroll County, visit www.carrollag.org

Adapted from <http://www.nutrition.gov/farmers-markets>



Roasted Tomato and Spinach Pasta

Ingredients:

2 cups cherry tomatoes*	¼ cup olive oil, divided
¼ teaspoon salt	¼ teaspoon pepper
½ teaspoon garlic powder	3 cups fresh spinach*
8 ounces whole wheat spaghetti	1 teaspoon Italian seasoning
5 Tablespoons grated Parmesan cheese	

Instructions:

Heat oven to 400°

Rinse the tomatoes and cut in half. Spread on baking sheet sprayed with cooking spray or lined with parchment paper.

Combine 2 tablespoons oil, salt, pepper and garlic powder. Brush on tomato halves.

Bake for 15-20 minutes. Prepare spinach and spaghetti as tomatoes bake.

Rinse fresh spinach, slice in strips, set aside.

Follow package directions to cook spaghetti. Drain.

Add remaining 2 tablespoons oil, Italian seasoning, spinach, and baked tomatoes to the drained spaghetti. Stir until heated through. Serve with parmesan cheese.

Serves: 4

Serving size: 1 ¼ cups

Source: Adapted from Spend Smart Eat Smart recipe www.extension.iastate.edu

* Substitutions:

2 large tomatoes can be substituted for the cherry tomatoes. Remove seeds and dice before roasting.

10 ounces of frozen, chopped spinach can be substituted for fresh spinach. Thaw, drain and pat dry before using.

Basil leaves can be substituted for part of the spinach leaves.

Nutrition Information/serving: Calories 310; Total fat 14 grams; Saturated fat 3 grams; Protein 10 grams; Dietary fiber 7 grams.



L.E.A.N. Carroll
A family approach to healthy weight

**The Partnership**
for a Healthier Carroll County

Connecting people. Inspiring action. Strengthening community.