

Spring 2020

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County



SPRING PRODUCE GUIDE

Welcome to Healthy Carroll Families for Spring 2020. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family- based approach to healthy living. 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 website, **HealthyCarroll.org**.

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families.

We look forward to hearing from you.

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VEGETABLES

Asparagus
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Green/Snap Peas
Kale
Lettuce
Mushrooms
Onions
Radishes
Salad Greens
Spinach
Tomatoes (June)

FRUITS

Apples
Apricots
Avocado
Bananas
Black Raspberries (June)
Blueberries (June)
Kiwi
Lemons
Limes
Pineapples
Red Raspberries (June)
Sour Cherries (June)
Strawberries
Sweet Cherries (June)

FILL HALF YOUR PLATE WITH
FRUITS & VEGETABLES!

FARMERS
MARKET



Spring is the perfect time to head out to your local farmers market and embrace the farm-to-table practices. It is also a great way to help support and learn more about what produce your local community offers! Before you head out the door, here are a few quick tips to help you navigate the isles:

Plan Ahead– Research ahead of time to see what’s in season!

Meal Prep- Think about what meals you would like to make before you go. Create a shopping list of items you will need for these recipes so you won’t end up spending more.

Come Prepared with Cash- At many farmers markets, only cash is accepted. Be sure to prepare ahead of time with a variety of bills just in case the vendors do not have change.

Go Green- Bring your own shopping bag just in case the farmers market doesn’t supply them. This is a great way to be environmentally friendly, as well as guarantee you have something to carry your food home in!

Ask Questions- Farmers Markets are the perfect opportunity to try something new. If you are unsure what an item is or what it tastes like, ask!

Sources: <https://www.pbs.org/food/features/five-tips-farmers-market-shopping/>; https://eatsmart.umd.edu/sites/eatsmart.umd.edu/files/Produce%20availability%20chart_2019.pdf; <https://snaped.fns.usda.gov/seasonal-produce-guide>

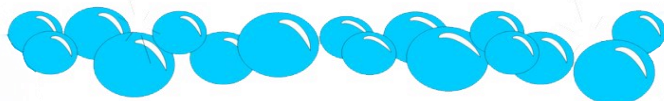


HEALTH BENEFITS OF SPRING CLEANING

It's that time of year again! Time to open the windows, let the fresh air inside, and tackle the clutter and dirt winter brought in. Did you know that spring cleaning is not just a chore? It also has added physical and mental health benefits that aid to improve your health and well-being!

- **Increases Productivity-** When you declutter and organize your home, office, car, etc. you can find items quicker. This decreases time and saves money from spending time looking for or replacing lost items.
- **Reduces Stress/ Boosts Mental Health-** Cleaning is therapeutic! Studies show that cleaning increases your sense of satisfaction, which in turn boosts your mood! Organizing and tidying up your environment helps you to relax because you are creating a safe, organized space for yourself.
- **Creates a Healthier Environment-** According to the American College of Allergy, Asthma and Immunology, cleaning and sanitizing your home can help eliminate allergens, as well as keep new ones from easily entering!

Sources: <https://www.goodnet.org/articles/5-surprising-reasons-spring-cleaning-good-for-you-list>;
<https://acaai.org/news/double-duty-spring-cleaning-keep-healthy-and-tidy>



HOUSEWORK WORKOUT

“Any kind of activity that increases your heart rate counts toward the recommended 150 minutes of exercise each week.” – Susan Terry, M.D., Internal Medicine Physician at University of Utah Health Care.

Laundry: Laundry burns about 78 calories per hour. Bump it up a notch by adding in a squat every time you put a handful of clothes in the washer/dryer!

Vacuuming: Vacuuming helps tone your upper body, and in 30 minutes can burn 86 calories. Try adding in lunges to work your lower body as well!

Mopping: Mopping also helps tone your upper body. In 30 minutes, it can burn nearly 90 calories! Switch hands while mopping to work out each arm evenly OR try mopping by hand to get a core workout too.

Source: https://healthcare.utah.edu/healthfeed/postings/2015/03/030515_infographic-fitness-housework.php



PREVENTING ILLNESS

Do...	Do NOT...
 wash hands frequently and thoroughly	 wear a facemask if you are not sick
 clean and disinfect frequently touched items	 touch your face: eyes, mouth or nose
 cough/sneeze into a tissue or the inside of your elbow	 leave home to go to work or events if you feel sick



RETHINK YOUR DRINK

According to the American Heart Association, American adults consume an average of 77 grams of sugar per day and kids, 81 grams per day. To show you just how much sugar this is, according to the AHA, men should have no more than 36 grams per day and women no more than 25 grams. So where is most of this sugar consumption coming from? You guessed it, beverages!

Replacing sugar-heavy beverages with healthier alternatives is essential to reducing the risk of weight gain, diabetes, and cardiovascular disease. See the list of tips below for how to make smarter drink choices!

- **Choose water.** If you don't want to drink plain water, spice it up! Add infusions of fruit such as lemon, lime, cucumber, or watermelon to add some flavor. Craving a soda? Seltzer has carbonation which will give you the same effect as soda, but without the sugar! **TIP:** Add a splash of 100% juice to your sparkling water for a refreshing, low-calorie drink.
- **Be mindful of stocking the fridge.** Instead of tempting yourself with sodas or high sugar/calorie drinks in the refrigerator, stock it up with water bottles and healthier alternatives. If it's not there to drink, you won't have a choice!
- **Serve water with meals.** Less sugar will be consumed during the meal if water is the only drink option.
- **Go small.** If you do go for a sugary beverage, choose a smaller portion size.
- **Choose diet.** If you feel like you really need a soda, choose diet over regular. This may help decrease added sugar intake.

Sources: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/how-much-sugar-is-too-much>; https://www.cdc.gov/healthyweight/healthy_eating/drinks.html; <https://newsnetwork.mayoclinic.org/discussion/sugary-drinks-find-alternatives-for-better-health/>

5 MINUTE HEALTHY TUNA SALAD RECIPE



Ingredients:

- 1 Can Tuna in water
- 2 TBS Plain Greek yogurt
- 1 TBS chives, finely diced
- Juice from 2 lemon wedges
- Salt and Pepper to taste

For Serving: crackers or lettuce for wraps

Instructions: Place all ingredients into a small bowl and mix. Enjoy with whole grain crackers, toast, or as a lettuce wrap!

Source: <https://fitfoodiefinds.com/sea-possibilities-challenge-5-minute-healthy-tuna-salad/>