

Ask the Expert: Winter physical activity ideas



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Don't let the cold weather put a damper on your physical activity this winter. Physical activity has been associated with many benefits, including lower risk of high blood pressure and type 2 diabetes. Remaining physically active year-round is important for a healthy lifestyle.

The 2008 Physical Activity Guidelines for Americans recommends a combination of activities:

- Aerobic exercise, such as jogging, skiing, and bicycle riding
- Muscle-strengthening, such as push-ups, resistance band training, and weight-lifting
- Bone-strengthening, such as jumping rope, basketball, and hop-scotch.

Aerobic exercise should be performed at moderate and vigorous intensities. As a rule of thumb, moderate intensity activity allows you to talk, but not sing, and vigorous intensity activity allows you to only say a few words at a time while

exercising.

Remember to stay hydrated and perform exercises safely. If you have a chronic health condition, consult a physician before starting an exercise program.

Indoor physical activity ideas

Some of the previously mentioned activities can be done indoors, but other ideas include:

- Dancing
 - Walking at the mall
 - Using household items (i.e. canned food) for muscle strengthening
 - Doing jumping jacks
 - Swimming at a local hotel pool if public use is permitted
- For kids, try playing hide and go seek, building a fort, and other body-engaging games.

Outdoor winter physical activity ideas

Physical activity outdoors may include ice-skating, sledding, and shoveling. Walking/running is a great activity, but as with all

winter activities, make sure you are safe: watch for ice and keep your extremities warm.

Remember, the key is to be active—make your health a priority! For more information, including physical activity recommendations by age, visit <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>.

Sources: <http://www.cdc.gov/physicalactivity/> (Center for Disease Control); http://www.move.va.gov/download/NewHandouts/PhysicalActivity/P05_IndoorActivities.pdf (VHA National Center for Health Promotion and Disease Prevention); <http://www.pbrc.edu/pdf/PNS-physicalactivity.pdf> (Louisiana State University AgCenter).

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Food Safety:

Preparing for a Disaster

Food provider responsibilities

To be prepared for any emergency, food providers must have a disaster plan. All staff and volunteers should be aware of the plan and understand their role in implementing the plan in a disaster. An emergency contact list is essential to alerting supervisors of an emergency. Include important local organizations (i.e. The Red Cross) on the contact list. Place this list in a prominent and known location for easy access.

Can I ration food and water in times of disaster?

It is ok to ration food, but rationing water can lead to dehydration. When rationing food, be sure to eat at least one well-balanced meal per day and include protein supplements, vitamins, and minerals in your food storage.

For more information about preparing for a disaster, including how to prepare and deal with a water shortage, visit <http://www.redcross.org> (Food and Water in an Emergency) and <http://www.fema.gov> (Preparing for Disaster).

Plans should be updated once a year and reflect the most current guidelines on disaster preparedness. For organizations receiving USDA foods, more information about disaster planning regulation is available in the USDA Foods Program Disaster Manual and the FNS Disaster Assistance website (<http://www.fns.usda.gov/fdd/programs/fd-disasters/>).

Food providers are required to play an important role in disaster situations. Networking with federal, state, and local organizations can help improve your organization's effectiveness at providing aid to the public.

Client disaster preparation tips

FEMA and the American Red Cross suggest several ways that individuals can prepare for a disaster:

- Prepare a food supply that will last at least three days, including water (one gallon of water per person per day); store in a cool, dark place free from pests
- Store foods that fit your family's needs and tastes
- Store foods that are non-perishable or require very little preparation
- Pack a can opener, disposable utensils, necessary kitchen accessories, sanitation and hygiene items (i.e. hand sanitizer), and matches in a waterproof container
- Pack pets food and water and any other essentials
- Don't use cans that are swollen, corroded, or dented
- In a power outage, eat foods in the refrigerator first, then the freezer, and lastly use non-perishables. Keep a list of refrigerator and freezer items posted on the door to prevent frequent openings

How long can I keep foods in my emergency inventory?

Dried milk and fruit, crackers, and root vegetables need to be used within six (6) months. Other foods should be consumed within one (1) year:

- Canned meat, vegetables, fruit, juices, soups, and nuts
- Cereal
- Peanut butter and jelly
- Hard candy
- Vitamins

Assuming conditions and containers are well-maintained, items like wheat, rice, pasta, and vegetable oil, can be kept indefinitely.

Visit www.foodsafety.gov for more disaster preparation and emergency food safety resources.

Sources: http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4440181_Food_and_Water-English.revised_7-09.pdf (Food and Water in an Emergency); <http://www.fns.usda.gov/fdd/programs/fd-disasters/FDDDisasterManual.pdf> (USDA Foods Program Disaster Manual); <http://www.fema.gov/pdf/library/pfd.pdf> (Preparing for Disaster)

Stay warm this winter with soup

Making soup can be a fun activity in the kitchen because it allows you to use ingredients you have on hand and it can be inexpensive and nutritious! Let your creative side do the cooking! Here are some tips for eating right with soup:

- Use leftovers, such as meat and vegetables
- Freeze your own fresh vegetables to add later (i.e. sweet corn on the cob, garden tomatoes)
- Freeze any leftover soup

Ready-to-make meals can be “stretched” by adding water, meat, grains, and vegetables.

- Try other spices—garlic and onion are two great fresh seasonings. Other seasonings, such as parsley and no salt seasoning are good options too.

- Beans are high in protein, fiber, and other essential nutrients, making them a low-cost, nutrient dense choice on a budget.
- Prepare dried beans ahead of time and freeze to use later
- Rinse canned beans to reduce sodium; choose low-sodium products if possible



- Boil leftover bones in water to make a flavorful broth--this works well after roasting a turkey
- Choose low-sodium liquid broth bases
- Replace whole milk with low-fat options when making cream soups
- Use low-fat cheeses

Photo: Courtesy of Food and Health: <http://foodandhealth.com/clipart.php?cat=7>

POTATO SOUP

Ingredients

- 1/2 cup onion
- 1/2 cup celery
- 6 potatoes
- 2 tablespoons butter
- 1/2 teaspoon salt

Yield: 6 servings

- 1/8 teaspoon pepper
- 1 cup nonfat dry milk
- 3 cups water
- 2 tablespoons flour

Instructions

1. Peel and chop onion.
2. Chop celery.
3. Peel potatoes; dice into small cubes.
4. Melt butter in large saucepan on low heat.
5. Add onions and celery. Cook for 3-4 minutes.
6. Add potatoes, salt, pepper, and 1 1/2 cups water.
7. Cook for 15 minutes until potatoes are tender.
8. In small bowl, stir together dry milk and flour.
9. Add 1 1/2 cups water slowly, stirring as you add it.
10. Add the milk mix to the potatoes.
11. Cook until soup is heated and slight thickened.

Optional alterations: Add your desired amount of diced ham or bacon. Choose low-sodium and low-fat options if available.

CHICKEN RICE SOUP

Ingredients

- 1 can (12.5 ounces) chicken, undrained
- 5 stalks celery
- 1 medium onion
- 1 teaspoon black pepper
- 1 tablespoon parsley

Yield: 6 servings

- 4 cups water
- 1 cup rice, uncooked
- 1 can (about 15 ounces) carrots, drained
- 1 can (about 15 ounces) green beans, drained

Instructions

1. In large pot, over high heat, combine chicken, celery, onion, pepper, parsley, and water. Stir and bring to boil. Reduce heat to low and cook, covered, for 35 minutes.
2. Cook rice according to package directions.
3. Add carrots, green beans, and cooked rice to large pot and heat for 5 more minutes over medium heat.

Optional alterations: If you only have dried parsley, try about 1 teaspoon and adjust as desired. Also try frozen peas instead of green beans and if you prefer more meat, add another can of chicken.



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Send comments and/or change of address to:
Indiana's Emergency Food Resource Network
Department of Nutrition Science
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 494-8791
Fax: (765) 494-0906
Email: brapp@purdue.edu
Website: www.purdue.edu/indianasefrnetwork/

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IN THE NEWS

IEFRN welcomes new dietitian

Indiana's Emergency Food Resource Network has a new dietitian; we extend a warm welcome to Briana Rapp. She earned her Bachelor of Arts degree in Food and Nutrition from Bluffton University in Bluffton, Ohio in 2011. She then completed her dietetic internship in April 2012 with Baptist Health System in San Antonio, Texas, where she completed various rotations in different areas of nutrition. Her nutrition interests include food insecurity, nutrition education, cooking, gardening, lifecycle nutrition, and continuing to learn about new developments in nutrition. Briana is looking forward to working with Indiana's Emergency Food Resource Network and can be reached at: brapp@purdue.edu.

