

Health On The Run

No time? No problem! You needn't sacrifice healthy eating to accommodate a busy schedule. A few generations ago, most meals were cooked and eaten at home. Outings to restaurants were reserved for special occasions and shoveling down a meal in the car was almost unheard of. Today, however, most of us find ourselves short on time and tempted to grab whatever is easy and call it dinner. Choosing healthy foods, even on the go, isn't all that hard to do but it does require a bit of thought. This month, we focus on nutritious foods that you can take with you. Try packing healthy snacks like whole-grain crackers or pretzels, fresh fruit or even cut-up veggies with you. If you have something healthy available when you get hungry, you'll eat it. Don't waste calories on a beverage. Regular soda is filled with empty calories and the diet versions aren't a much better alternative. Plain water is the best choice for keeping hydrated and staving off hunger. Often, people reach for food when all that they really need is water. Just remember to plan ahead and you'll be ahead of the game!

Cooking Lesson... BERRY PANCAKES

Ingredients:

3 cups of your favorite pancake mix
1 egg
1 cup of blueberries
1 cup of chopped strawberries
2% low fat milk
2 tbsp honey



Directions:

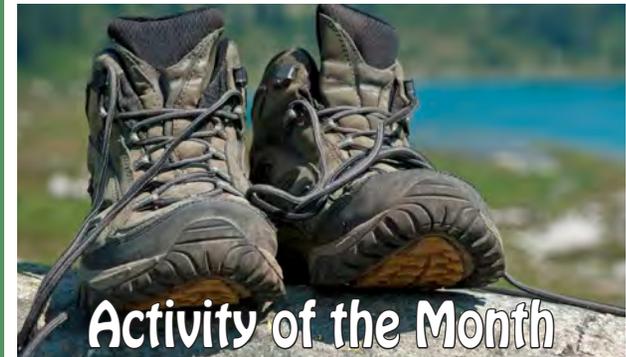
Whisk the egg in a large bowl and add 3 cups of pancake mix. Pour the small amounts of milk into the bowl and mix with the pancake mix, until you get it to the consistency of yogurt, then add the honey. Now add your berries, fold the mixture with a spoon, make sure not to crush the berries. Pour the mix onto a greased pan and cook for 2 minutes on each side, or until golden brown on each side. Enjoy!

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Produce of the Month

Lettuce is one of the most popular vegetables around! From salads to sandwich toppings, it's easy to find. It's full of vitamins and essential nutrients to keep your body going and comes in a variety of types. So there's a lettuce for everyone! And did you know, that lettuce is a member of the Sunflower family?



Activity of the Month

Hiking is such a great way to get the exercise you need. It turns something that may be considered a chore into an exciting adventure. Whether sight seeing, distance or altitude is your goal, there is a great sense of accomplishment when you complete the trail. Get those boots on and get out there!