



# Instructors' Guide December 2011



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## Chef Charles Says...

A newsletter for congregate meal participants for the month of December

**Please read carefully.**

**We have new information in this section.**

The December newsletter includes an article on winter weather safety. It includes information on safe sidewalk shoveling. The best alternative would be for older adults to have someone else do the work. Before the class, you may want to inquire around the community for groups that will donate time and people to help with shoveling. If you are not sure where to start, you might want to contact [www.211iowa.org](http://www.211iowa.org).

Holidays can make money a difficult subject. If this seems to be a problem for your participants, remind them that they can easily apply for Food Assistance on line. The information is available on line at [www.oasis.iowa.gov](http://www.oasis.iowa.gov).

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program, or SNAP (Supplemental Nutrition Assistance Program) as it is now called. In Iowa the program is called Food Assistance. As an instructor for Chef Charles, you can help those at your meal site understand that the SNAP program can make a big difference in their food budget. Older adults may not want to talk about this program, so a good strategy is to suggest that they share the information with others.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to **health professionals**.

We encourage you to use the questions at the end of the instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.



## Pick a Better...

### Props:

- Dinner plate
- Green, orange, red, and brown construction paper
- Salt shaker
- Water bottle
- Can of soda pop
- Tennis shoes

## New Year's Resolution

If you are looking for a Healthy New Year's resolution consider the 2010 Dietary Guidelines. Which one would you choose for a new behavior?

- Fill half your plate with fruit and vegetables. Americans eat a lot of bread and sweets, not leaving much room on the plate for fruits and vegetables. The new message is fill half the plate with fruits and vegetables before adding other food. **Dinner plate and green and orange paper cut to fit half of the plate.**
- Cut sodium. The guideline is 1,500 mg daily for people over 50 years of age, African-American, and people with diabetes, hypertension or kidney disease. You have an opportunity to control sodium when you are cooking but remember to check the nutrition label for sodium when shopping. Foods that are particularly high in sodium include packaged and processed foods like pasta dinners, frozen meals and soups. Congregate meals provide no more than a daily average of 1,000 mg of sodium per week. **Salt shaker**
- Choose protein from different sources such as beans/peas, eggs, lean meat, poultry, nuts/seeds, seafood, and soy products. Your goal is five ounces a day. **Dinner plate and red and brown cut to cover one-fourth of the plate.**
- Evaluate your beverages. Drink water and unsweetened drinks like iced tea. Sweetened drinks account for over thirty percent of the sugar consumed daily. **Water bottle and can of soda pop**
- Just move. Review your daily physical activities and look for ways to increase them. Plan to move as much as you can. **Tennis shoes**

### Activity

**Say to the group:** Raise your hand if you make a New Year's resolution. Now, keep your hand up if you are still working on the resolution you made for 2011. Why do people not continue to work on their resolution? (*Possible answers: Too hard to always be good, sickness; focus on other areas of life, vague resolution.*)

I would like to focus on vague resolutions. We can change our behaviors if we have a specific targeted change that is important to us. The New Year's resolutions in the newsletter may be some ideas you can choose. Let's take a look at them.

**Read the possible resolutions while you hold up the prop to illustrate the resolution.** The dinner plate and construction paper are used to illustrate the MyPlate that was introduced in early 2011.

End with encouraging the participants to choose a resolution that they can keep working on all year.



## Get the News

### Props:

- Dinner plate
- Green and orange construction paper

### Activity

## Boost Your Potassium

Researchers analyzing food diaries from a broad section of Americans found that consumption of potassium, as well as sodium, had an impact on the risk of heart disease and death. According to the study, people with a higher sodium-to-potassium ratio (sodium intake was higher when compared to potassium intake) were more likely to have heart disease and a higher mortality rate than people with a lower ratio. These findings suggest that more focus should be placed on increasing potassium intake and lowering intake of sodium. Good sources of potassium include fruits and vegetables.

*Archives of Internal Medicine, July 11, 2011*

**Say to the group:** The MyPlate diet plan encourages people to fill and eat half of their dinner plate with fruits and vegetables. There are many reasons why this is a good idea, but the idea to discuss today is that fruits and vegetables are a good source of potassium. New research suggests that consuming more fruits and vegetables can help to lower sodium intake and increase potassium levels. This leads to lower blood pressure which affects your heart. Wow! That is a lot to remember. The real message is that fruits and veggies win again in the race to be healthy.

**Hold up the dinner plate with half of the plate covered with the green and orange paper.** What slogan does the dinner plate and pretend produce represent? (*Fill half of your plate with fruits and vegetables*) Can you name any fruits or vegetables that are green or orange? (*oranges, broccoli, leafy greens, etc*) What other colors are fruits and vegetables? (*red, yellow, brown, white*)

Note: Participants may have the misconception that they do not need very much potassium. We need 4,700 mg daily of potassium. If participants have a question about how much potassium they need individually, please suggest they talk to a healthcare professional about the amount of potassium they need daily.

## Chef Charles Says Winter Safety is Important

### Props:

- None

Winter is a dangerous time for older adults. Falling temperatures can cause the heart to work harder in order to keep the body warm. Cold weather may raise blood pressure and increase the risk for heart attack or stroke. Pay attention to the changes in weather.

- The internal thermostat does not work as effectively for older adults and you may not be aware of the cold. This could lead to hypothermia.
- Are you checking the floor? After coming inside following a snow, you can leave puddles of water. Left on the floor, the



- water can be a hazard for falling.
- Who removes your snow? Finding a neighborhood teenager is probably the best answer, but, if you insist on doing the shoveling yourself, consider these points:
    - Check with the doctor to make sure you are healthy enough to shovel.
    - Shoveling is aerobic exercise and you need to warm up.
    - Use a lightweight shovel with a curved handle and bend at the knees to protect your back.
    - Never have the shovel more than half full. And rest between each load.
    - Wear non-slip shoes to avoid falling and, if you use a cane, make sure the rubber tip is intact.
    - Winterize your car to insure you will not be stranded in the cold weather.

## Activity

**Ask the group:** Do any of you shovel your own walks? That is hard work, and it can be a health hazard. The newsletter gives us ideas on how to avoid unhealthy outcomes when we do shovel. Read highlighted items to be prepared for shoveling. The **Be Active** article shares two stretching exercises that would be a good warm up for shoveling.

Please emphasize that having the shoveling done by a friend or family member would be the best idea.

## Be Active

### Props:

- None

## Simple Daily Stretches

Use these stretching exercises to prepare for shoveling the sidewalk or just every day activity.

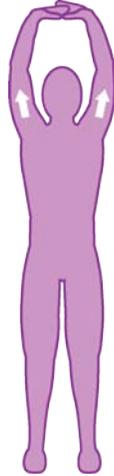
### Posterior Shoulder Stretch

Stand upright and cross one arm across your body. Using the opposite arm, gently push the elbow of the arm being stretched towards the opposite shoulder. Hold for 8-10 seconds or longer on each side.





## Overhead Stretch

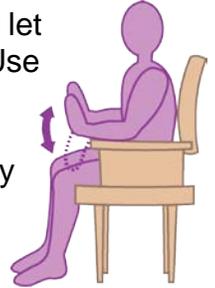


Standing straight up, lace your fingers together with palms facing out. Extend your arms overhead. Hold 10-20 seconds. Release and repeat.

## Wrist Rise & Fall

Place your arms on armrest of a chair. Gently let your hand hang off the edge of the armrest. Use a tabletop if armrests are not available.

Slowly bend the back of your hand. Lift your fingers up toward the ceiling. Then gently lower your hand. Repeat five times. Increase as appropriate.



### Activity

In the article on winter safety, it is suggested that people going outside to do winter activities stretch first. Have participants practice the stretches.

## Chef Charles Asks the Questions

### Props:

- Picture of a package of prunes
- OR a package of prunes

## I find it hard to consume enough dairy foods to ensure my bones are healthy. What other foods could I eat?

One food to consider is dried plums or prunes according to a study released in 2011. The year-long study used two groups of postmenopausal women. The first group ate 10 dried plums each day, and the second ate half a cup of dried apples. All of the study's participants received daily doses of calcium and vitamin D.

The group that consumed dried plums had significantly higher bone density in the forearm and spine, compared to the group that ate dried apples. Researchers believe this is due in part to the ability of dried plums to suppress the rate of the bone breaking down. The breakdown of bone usually exceeds the rate of new bone growth as people age. In the first five to seven postmenopausal years, women are at risk of losing bone at a rate of 3 to 5 percent per year.

If you start eating dried plums, begin with two to three per day and increase gradually to perhaps six to 10 per day.

*British Journal of Nutrition 2011*

### Activity

**Say to the group:** You know prunes have been the focus of many jokes. This has been so true that the prune industry has decided to call prunes dried plums. They are right that a prune is the same as a dried plum.

Whether a prune or a dried plum they are very good for you. A



new reason to eat prunes is to maintain bone density. It seems that prunes slow the rate of bone breaking down. This is good news. And prunes can help fill your dinner plate with fruit.

## Food Safety

### Props:

- View [www.4daythrowaway.org](http://www.4daythrowaway.org)

## 4 Day Throw Away Campaign

Just in time for December holidays is a message to remind you that leftovers do not last forever. The slogan, 4 Day Throw Away, reminds us that leftovers have a four-day shelf life. Refrigeration does not kill germs, only slows their growth. After four days, the germs could have multiplied enough to be unsafe for eating. Remember to mark leftover containers and discard after four days. 4 Day Throw Away is a partnership between Iowa State University Extension and Outreach and University of Nebraska-Lincoln Extension.



### Activity

If you have access to the internet, you may want to view the short video developed to encourage people to keep leftovers no more than four days. The concept is that during the month of December, people attend many holiday gatherings. When food is leftover, people take it home. As soon as the food is home it needs to be refrigerated and marked with the date it is placed in the refrigerator. Check the date before eating to see if it is more than four days. Suggest that people may want to share this information with others and even share the website address with others.



## Snacks

### Teaching Points:

- Prunes help maintain bone density. Be careful to start slowly if you do not already eat prunes.
- Check the sodium content. Prunes have much less sodium compared to a bag of chips.
- After cooled, wrap pan so the bars do not dry out.
- The bars could be a nutritious substitute for fruit cake during the holidays.

## Dried Fruit Bars

1 cup water  
3/4 cup chopped prunes  
3/4 cup raisins  
1/2 cup margarine  
1/2 cup egg substitute or 2 whole eggs  
1 teaspoon vanilla extract  
1 cup all-purpose flour  
1 teaspoon baking soda  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg

In a small saucepan, combine water, prunes and raisins. Cook over medium heat until fruit is softened, about 10 minutes. Remove from the heat; add margarine and stir until melted. Cool. Stir in egg substitute or eggs and vanilla; mix well. Combine dry ingredients in a large bowl; stir in fruit mixture. Spread into a 9 X 9 inch baking pan that has been coated with nonstick cooking spray. Bake at 350 degrees F for 20-25 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Optional: Dust with powdered sugar just before serving. Makes 12 bars approximately 2-1/2 inches by 1-1/2 inches.

Nutrition: 221 calories; 8 gm fat; 187 mg sodium; 25 gm carbohydrates; 2 gm fiber; 238 mg potassium; 21.5 mcg folate.



### Did You Learn Any New Ideas?

1. What kind of activity is shoveling snow?
2. Which food group is recognized as a source for potassium?
3. Which food slows the break down of bones and helps maintain bone density?
4. How long are leftovers safe in a refrigerated environment?
5. MyPlate teaches to make half of your plate full of which foods?

### Your Answers

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### Order Your Materials (provided to Iowa Nutrition Network Partners Only)

Contact Name

Congregate Meal Site (Please list all the sites for which you are ordering the newsletter.)

Address

City, State and Zip

Phone Number

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Month	# Newsletters	# Incentives
December, 2011	_____ Congregate Meal Site Participants	The incentive for October-December is a can-sized drainer/strainer. If you did not receive these with your October newsletters, please indicate how many are needed. _____

Return to: Marilyn Jones,  
IDPH, Lucas Building, 4<sup>th</sup> Floor,  
321 E. 12<sup>th</sup> Street,  
Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.



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## Your Answers

Aerobic

Fruits and vegetables

Prunes or dried plums

Four days

Fruits and vegetables

## Chef Charles Says...

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This material was funded by the Iowa Nutrition Network and USDA's SNAP. SNAP provides nutrition assistance to people with low income. Food assistance can help you buy nutritious foods for a better diet. To find out more about Iowa's Food Assistance Program, contact the local Iowa Department of Human Services office serving the county where you live, or call toll-free at 1-877-937-3663.

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