



HEALTHY @ 80

www.communityhealthdayton.org

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#POWERYOURLUNCHBOX

Eat a healthier lunch with these fun ideas! By following these simple tips you can make lunch a healthy and tasty break during the school day and work day for your whole family.

- ⇒ **Plan Ahead:** When you have some spare time during the weekend, wash, peel, and chop fresh fruit and veggies and place them in containers for an easy snack that you can grab from the fridge and drop in your brown paper bag. Keep all of the sandwich materials close together so that you can grab the ingredients and make a sandwich without searching all over the fridge. You can even make the sandwich the night before as long as you leave out any dressings. If you don't want to eat a sandwich every day, cook extra food for dinner one night and pack leftovers for lunch the next day.
- ⇒ **Stay Balanced:** Eating a balanced, healthy lunch is important for both adults and kids. Choose foods from each food group. Try to have at least one fruit, one vegetable, some protein and a healthy carb. Use whole wheat bread for sandwiches to get in a serving of whole grains that are packed with many important nutrients.
- ⇒ **Pick the Right Drink:** Avoid packing sugary drinks such as soda. Opt for lowfat milk, or pack water. Buy small cartons of milk that are easy and quick to place in a bag. If you forget to pack a drink, your child can purchase milk from school and make sure they know to avoid the sugary drinks in the vending machine. For you, keep a water bottle on yourself throughout the day. Staying hydrated is important!

<http://www.produceforkids.com/ultimate-guide-packing-healthy-lunchboxes/>



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website: www.communityhealthdayton.org/healthyat80

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FILL YOUR LUNCHBOX WITH COLOR

Here are 10 quick and easy ideas for incorporating fruits and veggies into your daily lunch routine.

- ⇒ **Add chopped veggies to soups or chili.** Any veggie, like onions, bell peppers, celery, tomatoes, kale, and peas, are great additions to soup or chili recipes for a thermos in the lunchbox. And you can always add more veggies than the recipe requires!
- ⇒ **Sauce it up!** Finely chop onions, peppers, carrots, mushrooms or spinach and add to pasta sauce. Serve over your favorite pasta or veggie noodles in a thermos for a delicious lunch.
- ⇒ **Switch up regular PB&J.** Instead of jelly, use fresh fruit in your PB&J—sliced bananas, strawberries, kiwi or grapes make perfect jelly substitutes.
- ⇒ **Turn it into a kabob!** Turn regular sandwiches into fun Sandwich Skewers and add your family's favorites, like cherry tomatoes, lettuce or cucumbers.
- ⇒ **Blend into baked goods.** Both fruit and veggies can easily be blended into muffins or other baked goods for an extra dose of nutrition.
- ⇒ **Swap out mayo.** Skip the mayo on sandwiches and use mashed avocado instead. Or swap out mayo in egg, chicken or tuna salad for avocado!
- ⇒ **Rethink pasta and rice.** Spiralized veggies and cauliflower rice are great alternatives to pasta and rice and a great way to sneak in some extra veggies.
- ⇒ **Stuff 'em!** Handheld dishes, like wraps and pita pockets, are not only easy to eat but easy to add fruits and veggies to.
- ⇒ **Use a muffin tin.** There's something about food in the shape of a muffin that everyone loves. Break out the muffin tin and prepare savory egg muffins with veggies.
- ⇒ **Flavor your own yogurt.** Most flavored yogurts come with added sugars. Make your own by mixing plain yogurt and your favorite fruit (adding a touch of honey if needed)

<http://www.produceforkids.com/10-ways-add-fruits-veggies-your-childs-lunch-box/>



BROCCOLI CHEESE CRUSTLESS QUICHES

Who's says breakfast can only be in the morning? Pack these broccoli cheese quiches in your family's lunchboxes for a fun way to eat mid-day! Leftovers can also be wrapped up and stored in the freezer for up to 2 months.

3 large eggs
1 (12 oz.) can fat-free evaporated milk
6 ounces chopped broccoli, steamed
1 cup finely grated sharp Cheddar cheese
1/2 teaspoon lemon pepper seasoning
4 mini sweet peppers, sliced into 6 rings each

- Preheat oven to 350F. Lightly grease nonstick 12-cup muffin pan.
- Lightly beat eggs. Add evaporated milk, broccoli, cheddar cheese and lemon pepper seasoning. Stir well.
- Divide evenly between muffin cups. Top with 2 pepper rings.
- Bake 20-25 minutes, or until knife inserted in center comes out clean. Cool in pan 15 minutes. Run knife around sides to loosen and remove from pan.
- Serve immediately or refrigerate up to 3 days.

<https://www.produceforkids.com/recipes/broccoli-cheese-crustless-quiches/?source=poweryourlunchbox>

MEAL PLANNING TIPS

The new year is a great time of year to get organized with meal planning to save time & money. When you think about what you're going to make, you're more likely to make healthier, more economical choices. Here are a few tips to get you started:

Keep a list of your family's favorite, easy-to-make recipes, & always keep those ingredients on hand.

Set a day & time to meal plan each week. Don't try to "find" the time to meal plan, "make" the time to do it! Some people like to plan on the weekend so they can shop the next day & minimize multiple trips to the grocery store.

Use your calendar to plan your meals. Have a long day? That's a good night for a slow cooker meal, or pull out a freezer meal you've prepared ahead of time to thaw in the fridge during the day. On less busy nights, you can try out a new recipe.

Keep track of what is in your refrigerator and freezer, & use that as a guide to decide what to make.

<http://www.produceforkids.com/top-10-meal-planning-tips-for-back-to-school/>

NUTRITION BITES!

Build Your Own **Healthy** Lunchbox



Fruit

- Banana
- Applesauce
- Grapes
- Fruit Pouches
- Berries
- Pineapple
- Cherries
- Kiwi
- Apple
- Mandarin Oranges
- Clementine
- Dried Fruit
- Melon
- Fruit Salad
- Avocado

Other

- Pretzels
- Lowfat Ranch
- Trail Mix
- Chocolate Chips
- Granola Bar
- Yogurt
- Mini Muffins
- 100% Fruit Juice
- Nuts
- Lowfat Milk
- String Cheese
- Fruit Leather
- Guacamole
- Salsa

Whole Grains + Protein

- Sandwich with Deli Meat
- Rice & Black Beans
- Pasta Salad
- DIY Tacos
- Cheese Quesadilla
- Pita Pizza
- Veggie Wrap
- Meat & Cheese Roll Ups
- Crackers, Meat & Cheese
- Salad with Tuna
- PB&J Sandwich
- Sandwich Kebobs
- Pita & Hummus
- Vegetable Soup & Crackers
- Chicken Salad & Crackers
- Protein Muffins

Veggies

- Carrots
- Beet Chips
- Celery
- Salad
- Cucumber
- Sugar Snap Peas
- Mini Sweet Peppers
- Cherry Tomatoes
- Peas
- Roasted Potatoes
- Corn
- Homemade Baked Chips
- Broccoli
- Green Beans
- Cauliflower
- Kale Chips

Delicious & Nutritious

CREAMED CURRIED SPINACH

Curry powder adds warmth to this speedy version of creamed spinach. Whole milk yogurt gives the side a luscious mouth feel and plenty of body.

1 1/2 tablespoons extra-virgin olive oil
1/4 teaspoon crushed red pepper
5 thinly sliced garlic cloves
1/2 cup thinly sliced shallots
3/4 teaspoon curry powder
1 pound fresh baby spinach
1/2 cup plain whole-milk Greek yogurt
1/4 teaspoon kosher salt

- ⇒ Cook extra-virgin olive oil, crushed red pepper, and thinly sliced garlic cloves in a large skillet over medium-high until garlic begins to sizzle, about 2 minutes. Add thinly sliced shallots and curry powder; cook 2 minutes. Add fresh baby spinach to pan in batches, stirring until wilted before adding more. Stir in yogurt and kosher salt.
- ⇒ Serves 4 (serving size: about 1/2 cup)

<https://www.cookinglight.com/recipes/creamed-curry-spinach>



Community Health Centers of Greater Dayton

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Hours: Mon-Fri 7:30am-5:30pm

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Nutritional Information

- Calories 126 • Fat 7g • Saturated 2g
- Unsaturated 5g • Protein 6g
- Carbohydrates 10g • Fiber 4g
- Sugars 3g • Added sugars 0g
- Sodium 221mg • Calcium 15% DV
- Potassium 4% DV

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