



HEALTHY TODAY

www.communityhealthdayton.org

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DO PET OWNERS LIVE LONGER?

As animal lovers have long suspected, having a pet in the family can be good for you. In fact, two recent studies suggest your four-legged friend may help you do better after a heart attack or stroke and may help you live a longer, healthier life. ever.

- ⇒ Interacting with pets can boost your production of “happy hormones” such as oxytocin, serotonin and dopamine. This can lead to a greater sense of well-being and help lower levels of the stress hormone cortisol. And having a pet can help lower blood pressure and cholesterol, ease depression and improve fitness.
- ⇒ Studies show that people who walk their dogs get significantly more exercise than those who don’t. And there’s a bonus: Our pets can also help us feel less social anxiety. Maybe that’s why pet owners report less loneliness, depression and social isolation.
- ⇒ Here are some tips to make the most of your four-legged companion time:
 - ⇒ Play and interact with your pet to get the most health benefits — for both of you. Get moving with your pet. You’ll both get exercise and fresh air!
 - ⇒ Savor the snuggles. Give lots of scratches behind the ears, belly rubs or good old-fashioned head pats. The more you love your pet, the more they’ll love you back.

<https://www.heart.org/en/healthy-living/healthy-bond-for-life-pets/do-dog-owners-live-longer>

Healthy Today is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

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OK, I get it.

Pets are good for my mind and my body. I’m off to the shelter to meet my new best friend.

“Caring about a pet makes you care about yourself.”

Community Health Centers of Greater Dayton—Your Medical Home

START SIMPLE: MEAL PLANNING IN THE TIME OF CORONAVIRUS

You may be taking extra precautions to keep you and your family safe and prepared, including making sure you have everything you need at home. This guide contains information on food planning, how much to buy, & preparation tips.

- 1) **Check what you have at home first.** Take a look at the foods you already have in your refrigerator, freezer, and pantry; make sure to look at expiration dates and best by dates. This can help you plan meals around what you already have, and will help you limit the number of trips to the grocery store and avoid spending money on items you don't need.
- 2) **Make a shopping list.** Shopping may feel more stressful at this time. Make a list ahead of time to stay focused, get the items you need, and keep your shopping trip short.
- 3) **Explore your shopping options.** Many grocery stores offer in-store pickup, curbside pickup, or delivery. Third party options also exist for grocery store delivery. You may find these services helpful during times of social distancing. If you are older, check if your store delivers or has early shopping hours for seniors.
- 4) **How much should I buy?** Buy what you and your family need at this time, and resist the urge to buy in much larger quantities. Prepare a shopping list that will cover you and everyone in your household for 2 weeks.
- 5) **What should I make?**
While everyone is home together, you may feel inclined to try a new recipe or experiment with new flavors to keep things interesting. For others, sticking to simple items or familiar foods and tastes provides comfort. Plan what works for you and your family.
- 6) **While school is closed:** Many school districts across the country are continuing to provide meals to students during school closures. Check for local programs in your area, such as Meals to You, and contact your local school to learn about meals that may be available through pop-up food systems, grab-and-go meal pickups, or school bus routes.



KITCHEN TIMESAVERS

Try these kitchen timesavers to cut back on time and make less work for you. By taking the stress and hassle out of cooking, you'll have more time to enjoy it and to spend with your loved ones.

Organize your kitchen. Keep frequently used items such as cooking oils/sprays, spatulas, cutting boards, and spices within easy reach. This will save you from having to search for them later.

Clear the clutter. Before you start cooking, clear off your counters. This allows more room for prep space.

Chop extra. When chopping up veggies for a meal, chop more than you need. Take the extra, place in a reusable container and freeze. Then next time you need it, you can skip a step.

Double your recipe. For your next casserole or stew, try doubling the recipe and freezing the extra. You'll save time and make cooking next week's dinner a snap!

Save some for later. Freeze leftover soups, sauces, or gravies in small reusable containers.

UNDERSTAND THE PRICE TAG

The price tag on the grocery shelf includes a lot of helpful information. Learn what the numbers mean!

Retail Price – This is the price you pay for each item.

Unit Price – The unit price will tell you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items!

The image below shows two different price tags. In the first one, the retail price is \$1.62 for one 32 oz. yogurt. The unit price, in the red box, is \$0.05 per oz. In the second one, the retail price is \$0.72 for one 6 oz. yogurt, but the unit price is \$0.12 per oz. Based on the unit price, you can determine that the larger, 32 oz. yogurt is the better buy because you are getting more for your money.

<https://www.choosemyplate.gov/eathealthy/budget/budget-price-tag>



NUTRITION BITES!

TIPS FOR EVERY AISLE

Use the tips below to fill your cart with budget-friendly and healthy options from each food group!

Fruits and Vegetables

Find fruits and vegetables in the produce section, frozen foods and in the canned and pantry food aisles. Compare prices to find the best buys.

- Buy “in season” produce. They are usually less expensive and are at their peak flavor. Buy only what you can use before it spoils. For more info check out the “Seasonal Produce Guide” from SNAP-Ed Connection.
- Try buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh, and often cost less.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.
- Canned and frozen fruits and vegetables last much longer than fresh and it’s a quick way to add fruits and vegetables to your meal.

Grains

Find grains in many areas of the store, including the bread, cereal, snack, and pasta and rice aisles.

- Make half your grains whole grains. Throughout the store, check ingredient lists and pick the items that have a whole grain listed first.
- Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Rice and pasta are budget-friendly grain options.
- Choose hot cereals like plain oatmeal or whole grain dry cereal.
- Try new whole grain snack ideas, like switching to whole-wheat crackers or popping your own popcorn.

Other

- Drink water instead of buying sodas or other sugary drinks. Tap water is easy on your wallet and has zero calories. A reusable water bottle is a great way to have water with you on the go. For other drink ideas, see [Make Better Beverage Choices](#).
- Save time, money and calories by skipping the chip and cookie aisles.
- Choose the checkout lane without the candy, especially if you have kids with you.

<https://www.choosemyplate.gov/eathealthy/budget/tips-for-every-aisle>

Delicious & Nutritious

ULTIMATE VEGETARIAN CLUB SANDWICH

Taking time and care with each component—like getting a nice char on the eggplant—is the secret to this standout sandwich.

- 1 Japanese eggplant, cut into 1/4-inch-thick rounds
- 3/8 teaspoon kosher salt, divided
- 3/8 teaspoon freshly ground black pepper, divided
- Cooking spray
- 2 tablespoons canola mayonnaise
- 1 tablespoon stone-ground mustard
- 1 tablespoon prepared horseradish (fresh)
- 1/3 cup pitted kalamata olives plus 1 tsp. olive brine
- 8 (1/4-inch-thick) slices seeded whole-grain bread
- 1/2 cup hummus
- 1 cup roasted red pepper, sliced
- 1 ripe avocado, peeled and thinly sliced
- 1 Roma tomato, sliced
- 2 Persian cucumbers, thinly sliced
- 1 to 1 1/2 cups arugula



- ⇒ Season eggplant with 1/4 teaspoon salt and 1/4 teaspoon pepper. Generously coat with cooking spray. Heat a cast-iron grill pan over medium-high. Working in batches, add eggplant, cut sides down, to pan, and grill 2 to 3 minutes, turning 1 or 2 times. Transfer to a plate; let cool.
- ⇒ Stir together mayonnaise, mustard, and horseradish in a small bowl. Set aside. Using a small food processor, whirl the olives and brine into a spreadable puree.
- ⇒ Grill bread directly over a medium flame, turning often, about 1 minute to slightly char the surface and impart a bit of smokiness. Let cool briefly.
- ⇒ Spread about 2 tablespoons hummus on each of 4 bread slices, and top evenly with eggplant, olive puree, roasted red pepper, avocado, tomato, cucumber, and arugula. Spread 1 1/2 teaspoons mayonnaise mixture on each of the remaining 4 bread slices. Sprinkle evenly with remaining 1/8 teaspoon salt and remaining 1/8 teaspoon pepper, and top the sandwiches. If you like, add a little more arugula for bite. Serve sandwiches whole or cut in half.

<https://www.cookinglight.com/recipes/the-ultimate-vegetarian-club>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

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