



## HEALTHY TAILGATE TIPS

by Jenna Mears

Ahh! The sweet smell of...FOOTBALL! Fall is approaching and football will soon be in full swing. We all look forward to gathering with friends and family for drinks, food, and a good game.

According to Nationwide, approximately 50 million people tailgate each year in the United States. Why not try to incorporate healthy food and drinks into your tailgate traditions?

Here are some helpful tips for a healthier tailgate.

1. Offer healthy burger fixings like avocado, tomato, and lettuce.
2. Stick to mustard, which is lower in calories and carbohydrates than ketchup.

Sources: Nationwide. [inthenation.nationwide.com/tailgating-infographic](http://inthenation.nationwide.com/tailgating-infographic). Accessed 26 July 2016.  
Tailgating.com. [tailgating.com/tailgater-research-tailgater-statistics-and-information](http://tailgating.com/tailgater-research-tailgater-statistics-and-information). Accessed 26 July 2016.

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3. Make a chili or stew in colder months, and pack in the veggies!
4. If you are a dip lover like me, pair it with fruits and vegetables instead of chips and crackers.
5. Try sliders instead of full-size sandwiches or burgers.
6. Provide a healthy side option like black bean and corn salad or fresh fruit.
7. Put snacks in individual containers to avoid overeating.
8. Replace brownies and cookies with fruit dishes and whipped cream for desserts. ✕

## SMART FACTS

### 40%

of tailgaters spend over \$500 per season on food and supplies.

### 1904

is the year Yale University claims to have started the tradition of tailgating before football games.

### \$12 BILLION

is spent on tailgating activities each year.

Sources: CNN. [cnn.com/2015/11/25/living/tailgating-by-the-numbers](http://cnn.com/2015/11/25/living/tailgating-by-the-numbers). Accessed 3 August 2016.  
Nationwide. [inthenation.nationwide.com/tailgating-infographic](http://inthenation.nationwide.com/tailgating-infographic). Accessed 26 July 2016.



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## USE COLORS TO PACK A HEALTHY LUNCH

by Rachel Savieo

As kids head back to school, it is a great time to start a daily routine of packing healthy lunches. If you don't have kids, these same tips can apply for packing healthy work lunches. In the morning rush, it's tempting to grab a frozen, pre-packaged meal and snack, but those will not pack the nutritional punch to keep you or your kids alert, active, and productive throughout the day. It is possible to pack a healthy lunch that you and your kids will eat and enjoy! Using colors is an easy and fun way to make it happen.

The Produce for Better Health Foundation recently developed an education program called Pack Assorted Colors for Kids (PACK). PACK's five-day program assigns a different color to each day to help kids try new fruits and vegetables. Whether they buy their lunch or bring it from home, kids are encouraged to include fruits and vegetables that match the color of the day in their lunch. Here are the days with ideas of what kids might bring in their lunch:

**Monday:** Purple/Blue Day – 100% grape juice, raisins, or blueberries

**Tuesday:** White/Tan/Brown Day – Bananas, white peaches, or cauliflower with dressing

**Wednesday:** Red Day – Strawberries, red pepper slices, tomato wedges, or a red apple

**Thursday:** Yellow/Orange Day – Baby carrots, dried apricots, or orange segments

**Friday:** Green Day – Celery sticks, broccoli, or a green apple

When kids are included in the decision making and all family members are involved, healthy eating can be easy.

Make the program a fun family activity to encourage healthy eating. Have your kids wear colors that match the color of the day, and pack your own lunch with your kids' lunches using the same colors. Test your taste buds by including fruits or vegetables that you don't normally eat.

Of course the color of the day could be used at breakfast and dinner, too. On Monday, have something less common, like eggplant. Since it's the color of the day, everyone tries it! You can also assign each family member a day to choose what is served at each meal to match their color of the day.

When kids are included in the decision making and all family members are involved, healthy eating can be an easy, and even fun, part of your daily routine. ♪

Source: Fruits & Veggies More Matters. [fruitsandveggiesmorematters.org/pack-week](http://fruitsandveggiesmorematters.org/pack-week). Accessed 28 July 2016.



## FOCUS ON VISION CARE

by John Thomas

Eye exams are about more than ensuring you can read a menu without holding it arm's length. They are also about watching out for serious health problems.

At a typical eye exam, your optometrist will check your vision. He or she will also check for signs of eye problems, such as glaucoma, cataracts, and chronic conditions like diabetes, high blood pressure, and more.

The good news is that standard vision coverage makes it easy to get these check-ups. Most policies cover an annual exam with a small copay, as well as new glasses or contacts. You may pay more if you want fancy glasses, but basic costs are covered by your insurance. Keep in mind that injuries to your eyes, such as getting hit by a foreign object, and diseases of the eye will be treated under your medical insurance policy.

Finding a provider is similar to finding a family doctor. Go to your insurer's website and search for in-network providers in your area. Contact a provider to confirm that they accept your insurance and make an appointment. Make sure you understand what your policy covers before your visit. If your provider suggests additional tests, ask if the tests are essential or just suggested, and how they will be covered.

If you have vision coverage, be sure to make at least one annual appointment to get your check-up. Even if you aren't squinting at the newspaper, it's worth it to get an overall health check. ✚

## FINANCIAL CORNER

WITH PETE THE PLANNER

What do financially-healthy people do? This is an important question to ask on your quest to becoming financially healthy. What better way to achieve a goal than to mimic those who have already walked the path before you?

Identify someone in your orbit who has a smart financial life. How do you identify this person? Likely they have no consumer debt. They live in a home that doesn't exceed their means. They save up for new projects and vacations. They don't say "yes" to every purchase opportunity.

Once you've identified this person, ask them to coffee. Pick their brain. Don't be shy! Your financial life is on the line, and as a financially-healthy person, they will see the value in imparting their wisdom on you. This is a big challenge, but it's one that will benefit you for years to come. ✚



## WORLD SUICIDE PREVENTION DAY SEPTEMBER 10

The World Health Organization estimates that over 800,000 people die by suicide each year. That's one person every 40 seconds! This means there are many people who have been affected by suicide or have been close to someone who has tried to take their own life. On September 10, recognize the need for suicide prevention across global connections and join the International Association for Suicide Prevention's campaign. Visit [www.iasp.info/wspdpd](http://www.iasp.info/wspdpd) for more information. ✚

Source: International Association for Suicide Prevention. [iasp.info/wspdpd](http://iasp.info/wspdpd). Accessed 13 June 2016.

# HARVEST OF THE MONTH: KALE

by Henry Boots

Among all the healthy greens in your diet, kale is the king. Found in the cruciferous family of vegetables, kale pairs a low-calorie content with abundant nutrients. This makes kale not only a superfood, but one of the most nutrient-dense foods on the planet! Loaded with antioxidants, vitamins, and minerals that may not be in your everyday meal, kale is best known for having huge benefits, including protecting the cardiovascular system, preserving eyesight, and preventing cancer. Many studies show that the nutrients provided by this curly leaf are some of the best per calorie in any foodie's collection.

## How to Select

Kale can be curly, flat, and have a bluish tint mixed with its green color. Look for dark, crispy bunches with firm, moist stems. Avoid yellow or brown coloration and wilting leaves.

## How to Store

Store kale in a tightly-sealed bag in the coldest part of the refrigerator, where it will stay firm and fresh for up to five days. Kale is sensitive to ethylene, a gas formed naturally by many fruits, so store bunches separately from other produce.

Sources: Built Lean. [builtlean.com/2012/09/18/kale](http://builtlean.com/2012/09/18/kale). Accessed 13 June 2016.

Authority Nutrition. [authoritynutrition.com/10-proven-benefits-of-kale](http://authoritynutrition.com/10-proven-benefits-of-kale). Accessed 13 June 2016.



## How to Prepare

Wash kale thoroughly before eating. Depending on the dish, kale may be steamed with your favorite veggies, chopped without its stalks for salads, blended into smoothies or herb pesto, or baked for a crunchy snack. If you're set on cooking the leafy green into your diet, steaming is the best way to preserve the superfood's nutrients. ♪

## RECIPE OF THE MONTH

### *Hearty Garbanzo Bean & Green Kale Soup*

#### Ingredients (makes 4 servings):

1 cup chopped carrots  
2 slices bacon  
½ cup chopped onion  
2 garlic cloves, minced  
1 tsp paprika

¼ tsp kosher salt  
½ tsp ground cumin  
½ tsp crushed red pepper  
2 ½ cups fat-free low-sodium chicken broth  
1 cup water

2 (15 oz) cans organic garbanzo beans, rinsed and drained  
2 cups chopped fresh kale  
½ cup of plain reduced-fat greek yogurt  
4 lemon wedges (optional)

#### Directions:

1. Cook bacon in Dutch oven over medium heat until crisp, then crumble. Add carrots and chopped onions to drippings in pan and cook for four minutes, stirring occasionally.
2. Add garlic and cook for one minute, constantly stirring. Add paprika, salt, cumin, and red pepper, then cook for 30 seconds, continuing to stir. Stir in chicken broth, water, and beans before bringing to a boil.
3. Reduce heat and simmer for 20 minutes. Add kale before covering and simmer for 10 minutes, or until kale is tender.
4. Ladle about 1¼ cups mixture into each bowl and top with 2 Tablespoons of yogurt. Sprinkle with crumbled bacon and serve with lemon wedges

#### Nutritional Info

PER SERVING: 216 calories, 4g fat, 1g saturated fat, 34g carbohydrates, 15g protein, 595mg sodium, 4 mg cholesterol, 6g fiber

Source: My Recipes. [myrecipes.com/recipe/garbanzo-beans-greens](http://myrecipes.com/recipe/garbanzo-beans-greens). Accessed 13 June 2016.