

JUNE 2013

HEALTHY COLUMBUS

BROUGHT TO YOU BY:

THE CITY OF COLUMBUS
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DEPARTMENT OF HUMAN RESOURCES

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM

FRESH FOOD PERSPECTIVE



SUMMER EATING: FARMERS MARKETS

Summer has finally arrived!

And with it comes the delicious foods from which childhood memories are made: berries, melons, tomatoes and corn to name a few.

For centuries Farmers Markets have been where the public could buy produce directly from the local farmers. Today they are still one of the best places to find fresh fruits and vegetables, full of flavor and nutrition, and at a reasonable cost!

Buying locally grown food reduces transportation costs and storage time. This means the produce can be picked at its peak, when it has the most flavor and nutritional benefits. It also means less production costs so you get a deal while the farmers still make a profit.

Farmers Market Basics:

- Bring your bags and plenty of small bills/change.
- Come with a plan and research what foods you will need for recipes and what is in season.
- Go early or later in the day to avoid crowds

Finding a Farmers Market:

Columbus is full of Farmers Markets offered in different neighborhoods on various days. Listings can be found on-line at:

http://local-matters.org/fresh-connect-listings/farmers_markets

Buying directly from the farmers also benefits the local economy, helps to strengthen community ties, and is environmentally friendly.

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June Healthy Eating Programs

June 20

Flash Series - Smart Snacks

77 N. Front St, 12-12:30pm 910 Dublin Road, 12-12:30pm

June 26

Nutrition Seminar - Mindful Eating for the Mindless Eater

Columbus Public Health, 12-1pm

June 27



Flash Series - Smart Snacks

910 Dublin Road, 12-12:30pm

All classes require registration and space is limited. Contact (614) 645-8049 or slwade@columbus.gov to sign up.

4X: Fast and Healthy Breakfasts

Four simple ideas to get your day started right!

1. Sliced hard boiled eggs and tomatoes on whole grain toast

Add sliced hard boiled eggs, tomatoes and a little salt & pepper to a slice of whole grain toast. Hard boiled eggs can be stored up to a week and you can pre-cut the tomatoes the night before to save more time. Try adding mashed avocado for extra taste and nutrition.

2. Plain Greek yogurt with berries, honey and cinnamon

This breakfast can be pre-made the night before for grab-and-go ease in the morning. Individual sized flavored Greek yogurts work great too and are even quicker. Look for authentic Greek yogurt brands such as Fage or Chobani which have the most protein and lowest sugar.

3. Oatmeal with dried fruit and mixed nuts

Slow cooking steel cut oats offer the most nutrition. To save time, these can be prepared in advance and reheated on the stove with a bit of milk each morning. Old fashioned, quick oats, and even instant oatmeal can also be healthy choices but as the cooking time decreases, so do the nutritional benefits.

4. High-fiber, low-sugar cereal with milk

The right cereal can be a great breakfast choice. Look for ones with at least 4g of fiber and low in sugar such as Fiber One Original or Kashi Go Lean. Top with low-fat milk or a soy or almond milk as a great dairy-free substitution. Try topping with 1-2 Tbs ground flaxseed for added health benefits.

Tip Corner: Storing Fresh Produce

- Store fruits and vegetables apart and in separate produce drawers if possible (gas from ripening fruit can spoil the vegetables)
- **Vegetables:** Trim off any spoiled parts before storing and place in bag with holes allowing for airflow. Pack lightly to avoid rotting.
- **Fruits:** Store in fridge: all cut fruit, berries, grapes, bell peppers. Store on counter so can continue to ripen: avocados, tomatoes, melons, apples, pears, bananas, mangos
- **Herbs:** Cut off the ends and store upright in water (asparagus too)
- Washing can cause produce to spoil more quickly and some (tomatoes, mushrooms, berries) should only be washed immediately before consuming. Make sure produce dried well before storing.
- Always check for, and discard, any spoiled produce

Tomato Corn Salsa

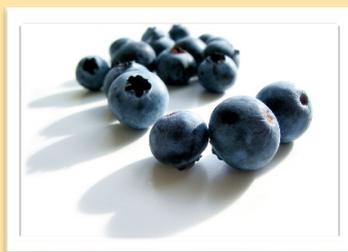
Makes ~2 cups

- 1 small red onion, chopped
- 1/2 teaspoon salt
- Juice of 2 limes
- 4 red or green jalapeño chiles, seeded and finely chopped
- 4 medium tomatoes, chopped
- 1 cup fresh corn kernels
- 1 cup chopped cilantro

Place the chopped onion in a bowl, sprinkle with the salt, squeeze the lime juice over, and set aside for 15 to 20 minutes.

Add the chopped chiles, tomatoes, corn, and cilantro to the onion mixture, and stir.

Serve immediately.



HEALING FOODS: BLUEBERRIES

HEALTH BENEFITS:

- Prevents cancer by helping the body safely eliminate cancer causing toxins
- Improves memory function and may be protective against Alzheimer's disease
- Good for vision and may prevent cataracts and glaucoma
- Help prevent or eliminate urinary tract infections

HOW TO USE:

Add to yogurts, smoothies, salads, oatmeal or pancakes. Or just enjoy alone!