

Walk Kansas

celebrate healthy living

Atchison County Extension
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K-STATE
Research and Extension

Newsletter #6 • 2015

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Recipe: Thursday Night Soup

Congratulations Week 5 Sneaky Sneaker Winner:

Susan Sowers

Walk During Lunch Day:

April 29

Walkers - Please remember to report your numbers to your captain by Sunday each week.

Coming Next Week

Adding Intervals
Exercise for Healthy Skin
Join the Petite Plate Club
Spotlight on Italian Cuisine
Recipe: Italian Wonder Pot

Like us on Facebook: Kansas State University Walk Kansas

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Yoga Builds Strength

Yoga is an exercise system that engages the mind, body, and spirit. It was developed in India thousands of years ago and continues to increase in popularity as a form of exercise in the United States.

There are many benefits from practicing yoga. The relaxation techniques can help lessen chronic pain and help to manage stress, to name a few. Yoga also engages muscles and offers a balanced approach to strength training. It helps condition your body to move in the way it was designed to move and helps you perform everyday activities such as walking, sitting, bending, and lifting.

Yoga promotes balance by toning both large and small muscles all over your body. It also increases muscle endurance because you typically hold a specific pose and repeat it several times during a session.

Chelsi Myer, a Dickinson County FCS agent, pictured at right, has been practicing and teaching yoga for nearly a decade. She says her physical and emotional health benefits from just 45 minutes of yoga two to three times a week.

“After practicing yoga, I notice an increase in energy, decrease in my anxiety and back pain, and it gives me the opportunity to refocus and find peace amidst my busy schedule. Yoga is exercise, not just stretching,” says Chelsi.



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Yoga Builds Strength

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Yoga works differently to strengthen your body than weight training does. Strength training with weights or resistance is a good way to build muscle strength, and as your strength increases you can add more weight. In this type of training, the muscle contracts and shortens. In yoga, many poses are held statically before transitioning to another pose. These transitions require the muscles to contract and lengthen. The best scenario to develop strength and balance involves both types of exercise.

An introduction to yoga, with basic beginning poses and movements, is available on the Walk Kansas website, *Steps to Fitness* page under Week 6. "Your overall health will benefit from regular yoga practice — just give it a try," Chelsi advises.

2014 Success Stories

• Keeping my flexibility, strength, and endurance is even more important at my age, 68. Walking and working out did this more than I thought.

— Thomas County

• What a fun thing to do with my daughter and grandkids — we all watched each other try to eat more fruits and veggies.

— Lyon County

Staying in Balance

Mowing the lawn with a push mower. Hiking on a wooded trail. Riding a bike down the street. Playing basketball. Walking up the stairs. Your body is balancing in almost everything you do. Most people don't think about their balance until it's too late and they fall or injure themselves. Balance isn't a concern only for the elderly, who are more prone to falls. Balance training is a must for everyone.

One of the easiest balance exercises you can do is to stand on one foot. You can do this while you are brushing your teeth, washing dishes, standing in line at the grocery store — you get the idea!

Another exercise is to walk heel to toe. Place the heel of one foot just in front of the toes of your other

foot. Choose a spot ahead of you and focus on it to keep you steady while walking. Take a step and put your heel just in front of the toe of your other foot and repeat for 20 steps.

The balance walk is a third exercise to try. Raise your arms at your sides shoulder high. Choose a spot ahead of you and focus, then walk in a straight line with one foot in front of the other. As you walk, lift your back leg so your knee is almost level with your hip. Pause for 1 second before stepping forward. This should look similar to marching in slow motion. Repeat for 20 steps, alternating legs.

These basic balance exercises, and more, are provided by the *National Institute on Aging*.

Make the Healthy Choice the Easy Choice

Reduce Food Waste

The average American throws away about 20 pounds of food each month, or a total of \$28 to \$43 worth of food. About 25 million Americans could be fed if just 15 percent less food was wasted. Here are several easy ways to reduce your food waste.

- Practice FIFO. Use the first in, first out method of food storage for all stored food. Label and date packages. Keep "like" things together in your pantry and freezer and place the items that have been in storage the longest in the front so you use them first.
- Shop wisely. Plan meals and use a list when shopping. Don't buy more food than you need and evaluate bulk food purchases. While these may be less expensive per ounce, they will be more expensive overall if some is discarded.
- Eat leftovers. Plan leftovers for another meal and freeze anything you don't want to eat immediately.
- Get creative. If you have ingredients that will go bad soon, use them up. Think outside the box and get creative! These handy tools provide safe storage tips for the *refrigerator and freezer* and for *cupboard storage*.

Love Your Leftovers

Leftover food can be convenient as a meal or snack. Think of them as “planned overs” and handle food safely by refrigerating it within 2 hours of cooking. This way, you are planning to enjoy them for a second meal and will know they are safe to eat. If you are reheating the food in a microwave oven, make sure the container holding the food is microwave safe. If not, put the food on a microwave-safe plate. Leftover food should be reheated to an internal temperature of 165° F. Here are several ways to love your leftovers.

Salad as a meal. Start with a base of leafy greens and add leftover veggies, fruit (fresh or dried), quinoa or pasta, roasted chicken or steak, fresh herbs if you have them, a lite dressing, and sprinkle with nuts and cheese.

Stir-fry. This is a perfect solution when you have small amounts of various vegetables. Make a meatless dish or add cooked leftover meat. This *Pepper Steak Stir-Fry* includes a basic sauce recipe for any stir-fry dish.

Make a flatbread. This is a new trend that lets you be creative. Start with a base of thin pizza dough or puff pastry, a tortilla, pita, naan, or any type of flat bread purchased or made from scratch. The toppings

are endless, including pesto, barbeque sauce, hummus, cheese, vegetables, caramelized onions, meats, beans, fresh herbs — you name it! You can cook it on the stovetop, in the oven, or on the grill.

Wrap it up. Leftover beef, pork, chicken, or beans can be transformed into fajita or taco filling. Just reheat and add seasoning. Stir-fry peppers and onions and add additional filling such as leftover salad, corn, tomatoes or salsa, and cheese.

Make an omelet. A variety of vegetables can make a tasty omelet filling such as peppers, onions, celery, corn, spinach, asparagus, and tomatoes. In fact, almost anything can be turned into omelet filling. Try leftover pizza toppings, cheese, turkey, avocado, leftover taco meat, and taco filling. Omelets are not just for breakfast. They make a quick lunch or dinner.

Make soup. Keep a covered “soup” container in your freezer and add leftover vegetables, meat, rice, salsa, tomato paste, etc. The recipe below is called “Thursday Night Soup” because traditionally factory workers were paid on Friday and Thursday night’s meal was made from whatever you had. Regardless of the night or your payment schedule, this is a smart way to use leftover food and stretch your budget.

Thursday Night Soup

These ingredients are merely suggestions and will vary with what leftover prepared food and ingredients you have available.

Ingredients:

- 2 medium onions, chopped
- 2 to 3 tablespoons oil
- 1 teaspoon minced garlic
- 1 small can tomato paste, tomato sauce, leftover salsa, or marinara sauce
- 4 cups water, chicken, beef, or vegetable broth
- 1 bay leaf
- ½ teaspoon dried thyme
- 2 to 3 cups leftovers (chopped vegetables, cooked meat, rice, pasta, potatoes, etc.)
- 1 to 2 cups additional liquid, such as vegetable juice, gravy, wine, broth, etc.

Salt, pepper, and other seasonings to taste (add just before serving)

Directions:

1. In a large stockpot over medium heat, heat the oil. Sauté the onion in the oil until lightly browned, about 10 minutes. Add garlic. Stir in the tomato paste, sauce, salsa, or marinara. Add water/broth, bay leaf, and thyme. (If you are adding lentils or uncooked pasta, add at this time.) Cook 5 minutes, uncovered.
2. Add leftovers and additional liquids. Cook for 8 to 10 minutes or until heated through.
3. Taste and season. Seasoning options can include salt (if needed) or salt-free seasoning, black pepper or red pepper flakes, sugar, paprika, Worcestershire sauce, or favorite herbs. Cook 5 minutes more before serving.



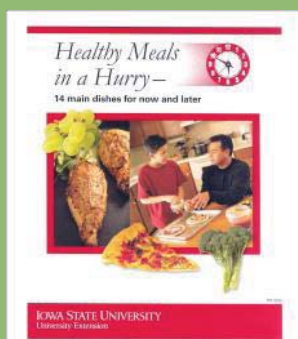
Common Foods That Don't Freeze Well

- Raw vegetables high in water content: lettuce, cucumbers, celery, cabbage, radishes, etc.
- Mayonnaise, sour cream, milks and most cream.
- Potato and pasta salads; cooked pastas.
- Gravies and thickened sauces; milk sauces.
- Custards and cream puddings; meringues.
- Fried foods and crumb toppings may become soggy.
- Cooked eggs; potato pieces.
- Gelatin

Congratulations to This Week's Random Prize Winners:

Team Walka Walka
And
Walka Walka Team

Each member of your team wins a copy of the **Healthy Meals in a Hurry** cookbook.



WALK KANSAS

2015 WEEK 6

ATCHISON COUNTY NOTES & NEWS

Weekly Team Progress and Totals

Team	Wk 6 Miles	Total Miles	Wk 6 F/V	Total F/V
Are We There Yet?	70	410	157	739
At Last	181	353	72	283
Avengers	115	677	81	425
Ban Calories Not Books	44	236	207	669
Between a Walk & a Hard Place	106	495	166	849
Bun Burners	228	438	210	374
County Cruisers	181	653	50	570
Dirt Road Trotters				
Farmerettes	120	504	152	915
Fit Walkers	0	252	0	216
FitBit Fanatics	200	838	136	491
Happy Feet	0	165	0	218
Healthcare Hustlers	75	509	24	458
K-State Extension Movers	71	242	41	197
K-State Extension Pacers	51	63	58	86
KAIR Radio	139	707	80	446
Keep On Movin' Soles	435	1972	178	891
Lancaster Walkie Talkies	81	430	86	456
One Step at a Time	134	701	191	873
Ruby Slippers	76	448	161	683
Six Pack of Buds	69	380	120	653
Sole Sisters	204	1067	194	976
Team America	74	354	115	554
Team Mikon	85	384	63	268
Team Walka Walka	0	71	0	97
The Young and the Rest of Us	55	382	80	425
Walk to Glory	254	1243	178	819
Walka Walka Team	94	536	50	225
Walking Wonders	97	428	152	613
Witness the Fitness	239	409	514	750

Leftover Safety

- Refrigerate to 40°F as soon as possible or within 2 hours
- Reheat to 165°F
- Don't rely on your senses to know if leftovers are safe
- Eat leftovers within 3-5 days
- Clean and sanitize utensils and work surfaces
- Bring leftover sauces, soups, and gravies to a boil before serving.
- Use a tip sensitive digital thermometer



Safe Minimum Internal Temperatures:

- Steaks and roasts: 145°F
- Fish: 145°F
- Pork: 160°F
- Ground Beef: 160°F
- Egg dishes: 160°F
- Poultry: 165°F

Think Planned-Overs

Leftovers sometimes get a bad reputation. With some preparation, however, leftovers become planned-overs and can make your meal preparation a lot less hectic.

Strategies for planned-overs

Making extra of an entrée or side dish and planning on having it for another meal is a great way to save time and money. Use these three strategies to turn your leftovers into planned-overs:

1. Think of the leftover food as an ingredient, not the same food a second time around. Tonight's roasted chicken can be reinvented into chicken quesadillas tomorrow night. An alternative is to add the chicken to a green salad for lunch the next day. Chopping the meat up and mixing with fat-free mayonnaise, celery, walnuts and grapes for chicken salad is another option.
2. Some foods taste better after the flavors have had a chance to marry and develop. Foods like lasagna and soup often taste better the next day, especially if you freshen them up. Pour extra pasta sauce over a piece of lasagna when you reheat it so it stays nice and moist. Add fresh parsley and toppings, such as nuts, sour cream, or crackers, to soup.
3. Freezing foods allows you to have prepared meals that you can pull out on a busy weeknight and feed your family a healthy meal. Place the frozen food in the refrigerator to thaw the night before and then reheat it for a quick dinner. Consider freezing individual portions in freezer bags or freezer safe containers to control portion sizes.

Keep Your Planned-overs Safe

The safety of leftovers starts with the preparation and handling of the initial meal. Making sure that meat, poultry, fish and eggs have achieved a safe internal temperature (above) is a critical step in reducing the risk of foodborne illness in your meal. Using a tip-sensitive digital thermometer is the only way to know whether food has been cooked to a safe temperature.

Cool Safely

If you are cooking food in advance and anticipate lots of leftovers, it's best to break the food into smaller portions to cool (like a 1 quart zip-lock bag) instead of filling up large casserole dishes. Laying the zip-lock bags flat on the shelf will allow the food to cool safely. Reducing into smaller portions speeds up the cooling and reduces the likelihood of bacterial growth. Cooling foods safely is not only important with meats, but also with other foods like rice and pasta that can be problematic if cooled too slowly. It's best to get the food in the refrigerator as soon as possible to start the cooling process (at least within 2 hours after being removed from heat).

Safe Storage

Generally, bacteria that can contaminate food thrive at temperatures between 38°F and 140°F, so leftovers should always be stored in a refrigerator set at 38°F degrees or below. If you have cold leftovers that were kept at less than 40°F, make sure they stay at this temperature. For the best quality, it's best to eat all leftovers within 3 to 5 days.

Reheating to Reduce Risk

Relying on the senses to determine the safety of leftovers is not a good idea. Pathogens that you can't see or smell may be lurking in the meal. The final step in reducing the risk of foodborne illness is to reheat leftovers to 165°F and measure the temperature with a digital, tip-sensitive thermometer.



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Atchison County has been partnering with K-State Research and Extension since 1915 to provide local citizens with knowledge for living. We focus our educational program efforts in four key areas—family and consumer sciences, youth development, community development and agriculture/horticulture. Atchison County has 2 extension agent educators—Diane Nielson and Ray Ladd. You may see us in a classroom teaching youth, leading a workshop, hear us on the radio, read a news column we have written, answering a question on the phone, making a home or work site visit or working with others in the community to make Atchison County a great place to live and work. Our programs are backed up by researchers at K-State and other universities. Whether you live in Atchison, a farm or a community in between, we are here to provide answers to make life a little easier.

**Providing Knowledge For Life
It's What We Do**

Greetings Kansas Walkers,

This week you can learn about the health benefits of yoga. At this time, I am considering scheduling a Walk Kansas yoga night/event for our end of year wrap up. May can be a busy month for families, so please share your thoughts if you would prefer attending a May or June event. I will be polling team captains for your input next week.

Checking Walk Kansas team progress, many teams are gathering in the western Kansas region. In fact, many teams may have fun viewing the 60 foot Van Gogh sunflower painting displayed in Goodland. Many teams have made the journey across Kansas fun by sharing bits of local lore about the destination city of the week. Having started my Extension career a mere 59 miles south of the tiny red roofed



establishment shown in the picture, I recall driving this distance with a few friends just to eat a few salad bar veggies, and lots of pizza! As Walk Kansas begins to wind down for another year, it is the team support that can continue to help us reach our daily healthy lifestyle goals. Some teams have traveled well beyond their planned destination and others may need a few more weeks to get there. I would encourage each team to continue their Walk Kansas journey in the weeks ahead. Everyone who has taken small steps to make lasting lifestyle changes or continued a healthy lifestyle wins personally. Congratulations and enjoy your journey this week.

Sincerely,
Diane Nielson, Atchison County Extension Agent