

Happy Holidays!

Healing Seeds is an education initiative to improve food and health literacy for residents of East Allen County. It offers empowerment and skill-building on the life-saving properties of improving diet by using more fruits and vegetables and cooking fresh!

We are pleased to offer meal kits and health advice to help support you, so you stay WELL!

You will receive the recipes for the food kits and see select resources from the curriculum in this handout. Healing Seeds is made possible by a State grant and is administered by the HEAL initiative sponsored by the St. Joseph Community Health Foundation and Parkview Health.

During this time, more of us have had to get cooking! Some of you may have learned new skills and recipes that have enhanced your regular meals. The time spent cooking is well worth it, and you can be healthier for it!



There is a powerful connection between the food you eat and your health! Food fuels everything you do... how energetic you feel and how productive you are and your general health, now and in the future! But health really starts with cooking the right foods that benefit your health (not take away from it). Cooking real food that is simple, wholesome, nourishing, affordable, and less processed is one of the best gifts you can give yourself. Food is medicine for a long and healthy life!

This is where we come in! With this gift, we hope to inspire you to re-think your food choices and how you nourish yourself and others. Cooking healthy food can add 'life to your years' and 'years to your life'!

Resources in this packet:

- Recipes for meal kits
- Selected resources from the 'Healing Seeds' curriculum
 - Moving Toward Healthier Eating
 - Why Fruits and Veggies? /Nutrition Needs for Kids
 - 8 Habits for Greater Well-being

SOUP KIT

You have almost everything you need to make this yummy Red Lentil Soup. A tasty powerhouse soup that offers protein from the lentils! An inexpensive and delicious recipe! Give it a try!

RED LENTIL SOUP

1 - 2 T. Olive oil
1 onion, diced
3 garlic cloves, minced
2 T. tomato paste
¼ t. pepper
¼ t. ground cumin
¼ t. chili powder
4 cups vegetable broth
1 cup water
1 c. red lentils, (rinse lightly and drain before using)
2 – 3 medium carrots, peeled and diced
2 T. lemon juice



Sauté diced onion, diced carrots, and garlic in oil for 4 – 5 minutes.

Add tomato paste, pepper, cumin, and chili powder and sauté 2 more minutes. Add broth, water, and lentils and bring to boil. Once at a boil, partially cover the pot and turn heat to low. Simmer about 30 minutes.

When done, stir in freshly squeezed lemon juice. Salt as needed.

PIZZA KIT

Enjoy this healthy veggie pizza with unique toppings! You might be tempted to load the cheese on but try to go easy on this ingredient to keep pizza healthier.

Farmer Market Pizza

1 12-inch premade whole wheat pizza crust (Boboli or store brand)

1 ¼ c. Pizza Sauce

1 small zucchini (thinly sliced)

1 small yellow squash (thinly sliced)

Cherry tomatoes (halved)

1 bell pepper, diced

2 green onions, chopped

1 c. shredded Mozzarella cheese

¼ c. shredded or grated Parmesan cheese



Wash and prepare vegetables. Spread sauce evenly over crust. Form a layer of zucchini, yellow squash. Spread tomatoes, peppers, and green onions on top. (use extra leftover veggies in a salad!) Evenly sprinkle cheese and bake at time and temperature as suggested on the packaged crust.

BREAKFAST KIT

Make breakfast a snap with these 2 oatmeal ideas. Oatmeal gives you wonderful soluble fiber and keeps you full longer!

Oatmeal – Two ways

Quick warm oatmeal with ‘mix-ins’

2 c. water

1 c. old fashioned oats

Toppings:

Chopped apple, raisins, cinnamon (or other fruit)

Place oats and water in a microwavable bowl and mix together.

Microwave on high for 2 ½ minutes. Let stand for 2 minutes. Add mix-ins of choice and enjoy with milk or without.



Overnight Oats (served cold)

1 c. milk or plant milk (almond, etc.)

1 c. old fashioned oats

1 c. yogurt

Toppings: blueberries/bananas

Place oats, milk, and yogurt in a jar or sealable container and mix well. Refrigerate overnight or at least 5 hours. Add more liquid as needed. Add fruit or other mix-ins to flavor.



*This plate image is loaded with healthful plant foods and lighter on animal fats and protein. This is ‘Canada’s new food guidance plate’ and represents the latest scientific advice on healthier eating to stay well.

For more detailed information on nutrition advice – search:

[The Harvard School of Public Health’s – Nutrition Source-
“What should I Eat”](#)

Moving Toward Healthier Eating

Making healthier choices for most is a 'work in progress'! Many of us will never swing to a perfect diet overnight, but rather we will take small steps to change our eating up over time. As we move away from the typical U.S. diet that causes great harm to our health, laden with saturated fat from fatty meat and dairy, refined and sugary carbs, and foods loaded with sodium, what are we to eat? Check out this chart to see healthy eating over the 'spectrum' and see if you can begin to incorporate better choices. Start scaling that mountain for robust health! You will feel terrific and save your health!

<u>What You Used to Eat</u>	<u>Give these meals a try!</u>	<u>And substitute out more Meatless Meals!</u>
Cheeseburger & fries	Grilled chicken sandwich & side salad	Black bean burger on whole wheat bun & salad
Beef tacos with cheese	Chicken tacos with pico de gallo	Pinto or black bean tacos with avocado & pico
Chicken fettucine alfredo & breadsticks	Whole wheat pasta primavera with chicken & salad	Whole wheat pasta with red sauce, peppers, mushrooms, onions & chickpeas with salad
Bologna & cheese sandwich on white bread & chips	Grilled chicken breast on whole wheat bread with swiss cheese, mustard and baked chips	Veggie sandwich with whole wheat bread, with avocado, cucumbers, spinach, tomatoes, onions & peppers with side of raw veggies & hummus
Chicken tenders & onion rings	Broiled fish with steamed broccoli	Mediterranean quinoa salad with vinaigrette
Steak, potatoes & corn	Salmon, brown rice & asparagus	Red beans & brown rice with mango salsa
Meat lovers pan pizza	Veggie lovers on hand tossed crust	Veggie pizza on thin crust with light or no cheese
Bacon, eggs, potatoes & white toast	Egg whites, fruit & whole wheat toast	Steel cut oats with blueberries & walnuts

Are you up for the challenge? Now that you know that eating a plant strong diet offers the most disease protection, where will you begin? Will you try "Meatless Monday's"? Could you consider trying 2-3 new plant based dinner recipes each week? Maybe you are ready to eat plant based for all your work lunch meals? Some might be ready to jump all in! Set realistic goals! Your health will soar the more plant forward you eat!

Why Fruits and Vegetables?

There is no way to deny it – fruits and veggies are our life preservers! They produce the most bang for your buck when it comes to health! Most Americans eat significantly less than the recommended amount of fruits and vegetables. For best health, adults should shoot for at least 3 cups of vegetables a day and 2 cups of fruit. Kids benefit from a diet rich in fruits and vegetables as well – page 165 shows recommendations for kids.

- Fruit and veggies help lower your risk of heart disease, high blood pressure, Type II Diabetes and cancer.
- Fruit and veggies help you maintain a healthy body weight and healthy digestive system.
- They are full of disease-fighting vitamins, minerals and antioxidants.
- They are a perfect natural snack: convenient, easy to eat, low in calories and loaded with fiber to keep you full.
- They are delicious, nutritious and fun to eat!



Nutrition Needs for Kids

Just like adults, kids need a balanced diet rich in vegetables and fruits (amounts shown in chart).

VEGGIES

AGE	GIRLS	BOYS
2-3	1 cup	1 cup
4-8	1 1/2 cups	1 1/2 cups
9-13	2 cups	2 1/2 cups

FRUITS

AGE	GIRLS	BOYS
2-3	1 cup	1 cup
4-8	1 cup	1 1/2 cups
9-13	1 1/2 cups	1 1/2 cups



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8 Habits for Greater Well-Being

1 Eat a healthy breakfast.

- Breakfast improves memory, creativity, and focus and helps maintain a healthy weight!
- Include a variety of fruits, whole grains, protein, and calcium rich foods!

2 Eat more fruits and vegetables.



- The fantastic nutrients in fruits and vegetables help prevent illnesses, help you learn and boost energy.
- Fruits and vegetables help with weight control.
- Eat at least 2 cups of fruit and 3 cups of vegetables daily!

3 Limit sweet drinks and hydrate.

- Water keeps skin, joints, and muscles healthy.
- Reduce or eliminate sweet drinks like soda, lemonade, sports drinks, and coffee drinks.
- Sweet drinks are linked to obesity, weak bones, diabetes and tooth decay.
- Aim for 6 – 8 cups of water daily for good health!



4 Limit sitting time.

- Get up and move at least every hour whether you are sitting at a desk, in the car, at the computer or tv, or on your phone!
- Too much sitting is tied to diabetes, heart disease, and obesity.



5 Increase your activity.

- Staying active boosts memory, reduces stress, manages weight, increases energy, and prevents illness.
- Include moderate exercise every day – at least 60 minutes a day for kids, 30 minutes a day for adults!
- Don't forget to add muscle and bone building activities several times a week!



6 Eat together and stay connected.

- Enjoying the company of others at meals can lead to better well-being!
- Kids who eat with family do better in school, have healthier weights, eat more balanced meals and tend to avoid more risk-taking behaviors.
- Positive relationships and social networks can boost your mood and favorably affect health!

7 Be mindful.

- Be aware and present in the current moment. Focus on what you are experiencing in a non-judgmental way!
- Being mindful while eating slows down meals and allows for more enjoyment.
- Mindfulness eases stress and adds more joy to each day.

8 Get a good night's sleep and recharge.

- Good sleep boosts mood, energy, memory, attention, and creativity! It is also important for managing weight.
- Discover other ways to also recharge and relax! Lowering stress is vital for good health and well-being!
- Aim for 7 – 9 hours of sleep a night for adults, 10 – 11 hours for children.



PARKVIEW
HEALTH

Work on engaging in these top 8 health habits! For more information on the HEAL initiative, please visit the St. Joseph Community Health Foundation Website at:

<https://sjchf.org/impact-areas/food/>