



IN GOOD HEALTH NEWSLETTER...



Volume 2, Issue 8

- How to Pack a Healthy Cooler
- What to Pack in The Cooler
- Non Cooler Staples to Pack
- Healthy Amusement Park Snack Ideas
- Walking on The Beach
- Crunchy Granola Bars

Valerie Smith, MS, ACM JIF Wellness Director

August:
Summer Eating On The Go
Walking on The Beach

How To Pack A Healthy Cooler

Prior to packing your cooler:

- Cool your cooler. If your cooler has been in the attic or garage (or anywhere warm), bring it inside to cool it off the day before you plan to pack it.
- Clean your cooler. Who knows what was in your cooler last or if it got washed. Use warm water and dishwashing soap to give the inside a good scrub to clean out any potentially hazardous organisms that could be lurking.
- Use leak-proof containers for your food. This keeps melting ice from entering your food containers and ruining your hard work and delicious food.
- Cool the food that will go into the cooler. Adding warm or room temperature food to your cooler reduces the life of your ice and warms up the cooler.
- Packing raw meat? Invest in a second cooler for raw meat to ensure no contamination. If you can't do this, pack raw meat at the bottom of your cooler.
- When do you want to eat that? Plan when you'll eat your foods so that you can pack them in reverse order, with the last foods you'll eat packed at the bottom of the cooler. This keeps you from having to dig deep into the cooler, most likely having to remove foods on top, thus those foods are no longer being cooled.
- Packing lots of drinks for your trip? If you are packing lots of drinks such that you'll have to frequently open your cooler, consider packing a small cooler with drinks instead. Another thought is to have an insulated cup filled with water for everyone at the start of the trip to allow you to avoid opening the cooler. Why not also keep hydrating foods handy?
- Keep a thermometer inside your cooler. To ensure that your food stays safe, use a thermometer to make sure that the temperature remains at or below 40 degrees Fahrenheit.

VALERIE SMITH, MS WELLNESS DIRECTOR
ACMJIFWELLNESS@GMAIL.COM 609-251-7811



Plenty of Water

What To Pack In The Cooler



Raw vegetables. Whether you bring several raw vegetables and dip or maybe a pasta salad with lots of vegetables, bring vegetables to balance out the meals or to snack on. Hummus is a great option to use as a dip for the vegetables or to add to whole grain crackers.

Snacks

Plan for snacking in the car and while at the beach, the ballpark, or wherever the road takes you. What can you pack?

- Individual bags of fresh fruit
- Mini muffins that you've baked and frozen
- Homemade snack bars, like granola bars or energy bites.
- Cheese sticks or other individually wrapped cheeses
- Hummus. You can portion out individual servings.
- Milk, cheese, yogurt. For milk, try packing a half gallon carton(s) of organic milk to make the best use of space. You can always buy more milk if necessary. Packing cheese sticks and other types of easily portable cheese works well for travel.

Breakfast on the go. An easily transported and eaten on the go breakfast is an egg baked with spinach in a muffin tin. Simply crack an egg on top of a few spinach leaves in a greased muffin tin and bake at 350 degrees for 15 minutes. You can make as many as you'd like, wrap them individually in plastic wrap, freeze them, put them into a plastic bag, then add them to your ice chest. Another favorite is a hard cooked egg. Prior to a trip, making whole grain mini muffins gives you the option to add them to a breakfast or to use as a snack. Muffins freeze well to put in the cooler as well.



Plenty of fruit. Look for what's in season and get it prepped for travel.

Meals On The Go

- Tuna salad or chicken salad. This is a great one for the first day or two. Just keep it in the cooler until it's time to eat it.
- Baked chicken wraps. Try baking chicken (or turkey) in your favorite way prior to the trip and cutting it into strips. This freezes well, especially if you freeze the strips side by side on a baking pan so that you have individual pieces and not a chicken blob. Then put all of your strips into plastic bags in the portions that you'd use for one meal. You can use it in a wrap along with your other favorite wrap ingredients. We like to bring along lettuce and cherry tomatoes, as well as a light Caesar dressing that we use sparingly, to make chicken Caesar wraps. Another way the kids enjoy it is in a wrap with a slice of provolone, spinach and cashews.
- Nitrate-free deli meat to make deli meat, cheese and roasted red bell pepper wraps. Other favorite fillers include spinach or other greens, pickles, and/or nuts.
- Think of any cold items that are essential for other meals, such as jelly for your peanut butter and jelly or mustard for a sandwich so that you can pack that too.
- For cooling your food in your cooler, try laying a freezer bag filled with a layer of water flat in your freezer to freeze before your trip. You can make as many of these "ice blocks" as you need for your cooler.
- Remember to keep the lid of your cooler closed as much as possible. And when you take foods out of it, keep them out for a maximum of two hours or for one hour maximum on days where the temperature is above 90 degrees Fahrenheit. A good rule of thumb is to have your food out of the cooler as little as possible.

Non Cooler Staples to Pack

- Bread/whole wheat tortillas/whole wheat crackers
- Peanut butter or other nut butters
- Snacks that don't need to be in the cooler, such as snack bars, individual cups of applesauce, fruit pouches, and individual portions of nuts and dried fruit.
- Apples, Honey
- A small container of dish soap
- Plastic bags to pack snacks and lunches as needed
- Knife. A non-disposable knife may be handy for cutting apples or other items that would be difficult to cut with a plastic knife.
- Paper products/plastic utensils and anything else you need for serving
- Three-compartment lunch containers. These containers make on-the-go meals so much easier to eat for kids. They are simple to wash in your hotel sink to reuse over and over.

The above suggestions are for when you will not have the time or the amenities to cook. If you'll have an oven, grill or crock pot and would like to cook, feel free to pack some frozen casseroles, frozen and ready to dump into the crock pot meals, or foods for grilling.



Healthy Amusement Park Snack Ideas



- Popcorn. We like to pop our own popcorn and bag it into sandwich bags. Throw in other goodies, like peanuts or almonds, to change it up. Popcorn is an easy snack because many hotel rooms have a microwave, so you can pack microwaveable popcorn, which doesn't take up much room, pop it as needed, and bag it up for snacking.
- Snack Mix. Pick your favorite whole grain cereals, dried fruit, nuts, and maybe a few sweet treats if you'd like (but only those that won't melt). My kids think that a sweeter cereal (which we don't normally eat) thrown into a mix of whole grain low sugar cereals, nuts, and dried fruit is a treat, so keep in mind that your sweet treat doesn't have to be candy. You can mix a large amount of snack mix prior to the trip and give it out as needed during the trip.
- Nut butter and whole grain crackers. You can make your own "to-go" containers of nut butter, or you can buy them to eat with crackers.
- Raw vegetables. If your kids enjoy raw vegetables as snacks, bring them along.
- Snack bars. You can make your own delicious and healthy snack bars, like peanut butter chocolate trail mix granola bars, but sometimes it's hard to get that done when planning a trip. When buying your own, look for those with whole grains that are low in added sugar and high in fiber. The best fat choice would be unsaturated fat.
- Water bottle. Keeping water with you is important for sipping in lines or when snacking. A small plastic water bottle (or sippy cup) is easy to carry and can be refilled throughout the day. You don't have to worry about spilling because of the secure top. And if you are using a plastic water bottle, you can recycle it at the end of



Walking On The Beach

Warm Up Walking on a Solid Surface Before Hitting the Beach Sand

Start your walk with a few minutes on pavement, a boardwalk, or the hard-packed sand. This will help ensure your muscles are warmed-up and stretched before going through the soft sand.

Wearing Walking Shoes or Sandals on the Beach

If you are going for a long walk, you should wear athletic shoes or athletic sandals that will support and guide your feet. Shoes will also protect your feet from glass, metal, or sharp rocks hidden in the sand. However, you may not want to wear your best pair on the beach as they will get sand in them you'll never be able to get rid of fully.

Barefoot Walking on the Beach Sand

Slip out of your shoes to enjoy feeling the sand between your toes or wading in the surf. The sand will work on smoothing calluses on your feet. A caution is that doing long miles barefoot, especially in soft sand, can result in muscle and foot pain as your range of motion is extended further than usual. It's best to barefoot for short distances only at first and build up time gradually to prevent strains and injuries.

Walking on Soft Sand

Whether you wear shoes or go barefoot, walking in soft sand gives you more of a workout than walking on a solid surface. Think of it like climbing a hill. Build up your time on soft sand over the course of several days rather than going out for a long walk all on soft sand. For example, five minutes on the first two days, 10 minutes on the next two days, etc. It's best to keep most of your walking on hard-packed sand near the water or on a boardwalk or paved path until you've had a chance to train your muscles for soft sand.

Beaches Have Slopes

You'll discover that if you walk for any distance in one direction that you have an uphill and downhill foot. The foot closest to the ocean can be one or more inches lower than the foot towards the land. This can become tiresome and leave you off-kilter. You may want to plan your walk so you go a quarter of the distance in one direction, turn around, then half of the distance in the other direction (passing your starting point) and turn around to return to the start. In this way, you have three changes of direction to relieve the effects of the slope.

Walking Into the Wind

There's a reason people go to the beach to fly a kite; it is often windy. You may want to start your walk into the wind, so your return journey is with the wind at your back. That way, when you're getting tired, you will be getting an assist from the wind rather than fighting it. Wearing sunscreen and lip balm can also help protect your skin from windburn.

Wear Sunscreen and a Hat

There is no shade on the beach. You'll want to protect your skin with sunscreen. Even on a cloudy or foggy day, enough UV is reaching you to give you a sunburn. You'll also want some lip balm to protect your lips from the rays and the wind. You'll want to choose a walking hat that won't blow off easily, or wear a Buff instead.

Drinking Water

If you're walking for more than 30 minutes, consider taking water to replenish yourself or know where there are drinking fountains along the way. A sunny beach and wind can dry you out quickly. You should think of replenishing with a cup of water each mile. Take along a water bottle to drink and refill for longer walks.

Don't Turn Your Back on the Surf

There doesn't have to be a tsunami for ocean waves to turn deadly without warning. Sneaker waves can run far up the beach suddenly, knocking you over and possibly washing you out to sea. Large pieces of driftwood can roll in a sneaker wave and are known to injure or kill unwary beach walkers.

Pay Attention to the Tide Tables

For any walk more than 30 minutes, you need to know whether the tide is coming in or going out. A wide, welcoming beach can become a tiny scrap of sand when the tide comes in. Small streams you easily stepped across can turn into deep channels with a rising tide. If you crossed an outcropping next to the surf, your way may be blocked when you turn around later.



VALERIE SMITH, MS WELLNESS DIRECTOR
ACMJI@WELLNESS@GMAIL.COM 609-251-7811

verywell.com

Crunchy Granola Bars



9x9" pan, about a dozen long bars
You can shift around these ingredients depending on what you have around, but these make a but these make a satisfying snack or quick breakfast.

3 1/2 tbsp. soy butter (or almond or peanut butter), preferably chunky
3 tbsp. honey
3 1/2 tbsp. brown rice syrup
Big splash of vanilla
1 tbsp. brown sugar
1 1/2 cups puffed wheat/rice/kamut
1/2 cup bran buds/Grape-Nuts cereal
1 1/2 cups rolled oats (not the quick-cook kind)
1 handful (about 1/3 cup) dried cranberries or cut-up dried apricot
1/4 cup raw pumpkin seeds
1/3 cup salted sunflower seeds (or a mixture with raw)
Cinnamon

Preheat oven to 325°. Line 8- or 9-inch square pan with a long sheet of parchment paper (you want longer ends than the length of the pan). Warm soy butte,r honey, brown rice syrup, vanilla, and brown sugar until sugar has melted and soy butter has thinned. Mix dry ingredients in big bowl and dust with cinnamon. Pour liquid on top, mixing as you go. When everything is equally coated, spread the mixture into the pan. Press mixture down with long ends of the parchment paper. Bake for about 25 minutes. When you remove the pan from the oven, again use long ends of the parchment to press bars flat. Allow to cool completely before touching again. When totally cooled and hard, lift the ends of the parchment and put onto a cutting board and cut into longish bars or squares.

Note: You can add crushed almonds or slivered ones, or toasted coconut if you like, or raisins — golden and brown — if desired.

Per serving, based on 6 servings (% Daily Value)

Calories

508

Fat

14.6 g (22.4%)

Saturated

5.4 g (26.9%)

Trans

0.3 g

Carbs

86.9 g (29%)

Fiber

4.4 g (17.6%)

Sugars

24 g

Protein

10 g (20.1%)

Cholesterol

17.8 mg (5.9%)

Sodium

55.4 mg (2.3%)