



In Good Health Newsletter - March



Volume 3, Issue 3

Valerie Smith, MS, ACM JIF Wellness Director

- Why Pack Your Lunch?
- Balanced Bag Lunch
- Lunchtime Match ups
- Brown Bag Ideas Made Easy
- Additional Lunch Tips
- Municipality "Shout Out"
- Mediterranean Wraps

March Pack Your Lunch!

Why Pack Your Lunch?



Health

Whether you grab fast food or sit down at a fancy restaurant, you are probably consuming more fat and calories than you need. Instead, you can pack your lunch and know exactly what you are eating. Pack whole fresh foods that are high in nutrients and health benefits.

Money

Spending \$4 on coffee every morning and then \$10 (or much more) on lunch adds up over the year. You can pack your lunch and save a great deal of cash. If you normally spend at least \$10 a day on food and beverages at work, start putting that money in your piggy bank and pack your lunch instead. Remember your sack lunch doesn't have to be in an actual paper sack. Get a cute, reusable canvas lunch bag or plastic bento box instead.

Control

When you are at the office, you usually end up eating whatever your coworkers are eating. You hear: "Hey, let's order Chinese." or "I picked up deli sandwiches for everyone." Then, you just go right along with it. If you pack your lunch, you have complete control over your lunch menu. If you want to eat chicken salad everyday, then that's your prerogative. You can also bring energizing snacks that will help you get through those late afternoon lulls, instead of grabbing chips from the vending machine.

Variety

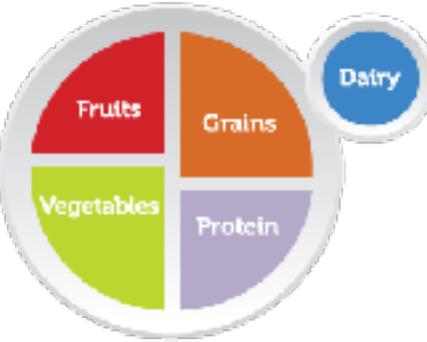
When at work, we often fall into the rut of eating at the same places -- usually the ones that are nearest to the office. If you are tired of the same old cafe or diner that's near your job, don't worry. When you pack your lunch, you can eat a variety of food that you might not find in nearby restaurants and fast food joints.

Nostalgia

Re-live your childhood memories of your mom packing your lunch for school. Packing your lunch is a feel-good, nostalgic activity that will have you reminiscing about days gone by. You can even pull out your old Hello Kitty lunchbox and Thermos.

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

Build a balanced bag lunch, use the Plate Method



Vegetables

- Bell pepper slices
- Cherry tomatoes
- Salsa or tomato sauce
- Sugar snap peas
- Celery sticks
- Vegetable soup
- Baby carrots
- Green garden salad
- Cucumber slices
- Broccoli or cauliflower florets

Fruits

$$\begin{array}{r}
 1/2, \text{ vegetables \& fruit} \\
 + \\
 1/4, \text{ whole grains} \\
 + \\
 1/4, \text{ lean protein} \\
 =
 \end{array}$$



Add 1 serving of low-fat dairy

Whole Grains

- Whole wheat/ whole grain bread, pita, wrap, sandwich thin
- Whole wheat or corn tortilla
- Whole wheat pasta or noodles
- Brown rice
- Popcorn
- Baked tortilla chips or whole grain pita chips
- Whole grain crackers
-

Lean Protein

- Lean luncheon meats: turkey or chicken breast, lean roast beef, or lean ham
- Peanut butter
- Beans
- Hummus or bean dip
- Canned water - packed tuna
- Handful of nuts
- Hardboiled eggs

Low-fat Dairy

- Part skim string cheese
- Low fat cottage cheese
- Low fat, low sugar yogurt
- Slice low fat cheese
- Low fat or fat-free milk

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

Lunchtime Match - Ups

Fast Food



Brown Bag

Fast Food Challenger

- Burger King Double Whopper® with cheese
- King size fries
- King size soda

Calories - 2090
Fat - 100 grams

Healthy Brown Bag Champ

- Turkey sandwich on whole wheat
- Small bag baked potato chips
- One, 12 ounce bottle of unsweetened tea

Calories - 550
Fat - 10 grams

Bout Two

Fast Food Challenger

- KFC Twister sandwich
- Mashed potatoes with gravy
- Biscuit
- Slice of apple pie

Calories - 1,250
Fat - 10 grams

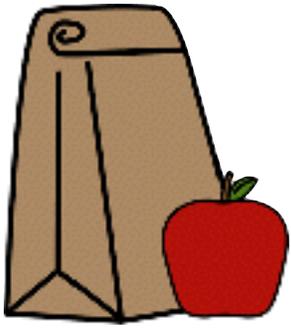
Healthy Brown Bag Champ

- Steamed chicken breast on bed of lettuce with low-fat dressing
- One medium apple
- Small chocolate chip cookie
- Large glass of unsweetened iced tea

Calories - 570

**Maximize your midday meal
with these tips**

- Plan your weekly lunch menu on Sunday
- Pack your lunch the night before
- Remind yourself to take your lunch - place notes on the refrigerator or in your car
- Be sure to keep cold foods cold
- Read the food facts label on items you pack
- Try using frozen bread to make your sandwich, this can help keep your lunch cool and at a safe temperature



Brown Bag Ideas Made Easy

The suggestions below can help take some of the work out of packing a healthy, yet exciting lunch each day. Each of the lunches shown here contains **500 to 700 calories and less than 15 grams of fat**. Use them to plan your menu in the days ahead and give your favorites a regular rotation on your lunch schedule.

Menu # 1

- Turkey (three ounces), mustard, and lettuce on whole wheat bread
- One small bag of baked potato or whole grain chips
- One medium banana
- One bottle of unsweetened tea

Menu # 2

- Whole wheat pita stuffed with tuna, low-fat dressing, celery, sprouts, and diced tomato
- One small can of bean soup with six saltine crackers
- One medium orange
- One large glass of water

Menu # 3

- Two slices of vegetarian pizza (toppings include mushrooms, onions, tomatoes and pineapples)
- One handful of grapes
- Six ounces skim milk
- One large glass of water

Menu #4

- One medium bowl of lean meat chili (prepared the night before)
- Four saltine crackers
- One half-cup low-fat cottage cheese with pineapple slices
- One medium apple
- One large glass of iced tea

Menu # 5

- Roast beef (three ounces), horseradish, and tomato on rye bread
- A small tossed salad with carrots and olive oil and balsamic vinegar dressing
- One medium pear

Menu # 6

- One medium chicken breast steamed with garlic, and 1/2 cup wild rice (prepared the night before)
- One medium peach
- Walnut and orange salad made with low-fat mayonnaise
- One large glass of vegetable juice

Menu # 7

- One chicken and lettuce stuffed tortilla with 1/8 cup Colby cheese and salsa
- One small bag of baked tortilla chips
- One cup of non-buttered corn (prepared in microwave at work)
- One large glass of water

Menu #8

- A small plate of penne pasta with red sauce (prepared the night before). Watch the fat and calories in the sauce
- One slice whole wheat garlic bread
- One medium apple
- One large glass of 100% grape juice

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

Additional Lunch Packing Tips

Think About Your Drink

Save calories and money by choosing to drink water with your lunch. Sodas, fruit drinks, sweetened iced teas, and coffee drinks are filled with empty calories. Water is a good choice because it's calorie free, inexpensive, and readily available.



Keep Your Lunch Safe To Eat

- Lunches that include perishable items such as meat, fish, poultry, or dairy need to be kept cold. Stick your lunch in the refrigerator or use an insulated lunch bag or cooler. Please a reusable gel ice pack in with your food to keep your lunch at the proper temperature.
- If a refrigerator or an insulated bag isn't available, pack foods that can be stored safely at room temperature such as crackers, peanut butter, or a single serving fruit cup



Consider Convenience

- Choose convenience foods like soups, frozen dinners, and microwaveable pastas carefully by selecting options with lower sodium and calories
- Plan ahead and make extra food at dinnertime to be eaten as leftovers at lunchtime. Store in individual microwaveable containers for convenience.
- Put your lunch together the night before so it is ready to grab and go in the morning



The New Jersey Health Care Quality Institute announced that Stone Harbor has been named the **2016 New Jersey Healthy Town** by the Mayors Wellness Campaign (MWC), a program of the New Jersey Health Care Quality Institute (NJHCQI) in partnership with the New Jersey State League of Municipalities.

The Borough of Stone Harbor developed a free 10-week wellness program in 2015 and 2016 to guide their community towards becoming a healthier, more active town, especially during the bleak winter months. With the help of their partners at [Cape Regional Health System](#), Stone Harbor was not only able to educate their community on topics such as nutrition, stress management, early cancer detection, and holistic methods to healing, but provided multiple free health screenings.

In addition to the weekly educational lectures, Stone Harbor also received the top award for a variety of activities, including:

- Weekly Walks – A weekly, low-impact walk around different locations in Stone Harbor exploring various routes on the island, including the Stone Harbor Bird Sanctuary and Chelsea Place Park.
- Free Fitness Center Passes – Six free passes to [Island Aerobics](#), [Miracles Fitness](#), [Muscle World Fitness Center](#), [Shape Fitness](#) and Wellness Studios, [Stone Harbor Yoga](#), and [Surfside Fitness](#), were given to MWC participants to help them get comfortable with gym equipment or try group fitness classes.
- Healthy Restaurants – Local restaurants such as [Fred's Tavern](#), [Sax at the Reeds](#), and the [Yacht Club of Stone Harbor](#) participated in the MWC by offering healthy menu specials weekly, and by listing nutritional content and calorie counts.
- Social Activities – To appeal to all aspects that make us “well”, MWC hosted a Comedy Night, Paint Night, Cooking Lite Demonstrations, Line Dancing, and Shuffleboard Socials.

Congratulations, Mayor Judy Davies-Dunhour, and Miranda Duca, Director of Recreation, for a job well done!

If your municipality deserves a “shout out” for a completed wellness activity, please contact me so it can be recognized and shared. Contact information is below.

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

Mediterranean Wrap

This wrap is stuffed with chicken tenders and couscous with a hit of lemon and a healthy dose of fresh herbs. Save any leftovers to wrap up for an easy lunch.



Ingredients

- 1/2 cup water
- 1/3 cup couscous, preferably whole wheat
- 1 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 1/4 cup lemon juice
- 3 tablespoon extra virgin olive oil
- 2 teaspoons minced garlic
- 1/4 teaspoon salt divided
- 1/4 teaspoon freshly ground pepper
- 1 pound chicken tenders
- 1 medium tomato chopped
- 1 cup chopped cucumber
- 4 ,10 inch spinach or sun dried tomato wraps or tortillas

Nutrition Information

Serving size: 1 wrap

Per serving: 510 calories; 18 g fat(3 g sat); 6 g fiber; 55 g carbohydrates; 32 g protein; 192 mcg folate; 63 mg cholesterol; 5 g sugars; 0 g added sugars; 2,027 IU vitamin A; 33 mg vitamin C; 165 mg calcium; 6 mg iron; 726 mg sodium; 564 mg potassium

Nutrition Bonus: Vitamin C (55% daily value), Folate (48% dv), Vitamin A (41% dv), Iron (33% dv)

Carbohydrate Servings: 3½

Exchanges: 3 starch, 4 lean meat, 2 fat

Preparation

- Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.
- Meanwhile, combine parsley, mint, lemon juice, oil, garlic, 1/8 teaspoon salt and pepper in a small bowl.
- Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining 1/8 teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.
- Stir the remaining parsley mixture into the couscous along with tomato and cucumber.
- To assemble wraps, spread about 3/4 cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.

Eat neat: Keeping the filling inside a wrap or burrito can be a challenge, especially if you're on the go. That's why we recommend wrapping your burrito in foil so you can pick it up and eat it without losing the filling, peeling back the foil as you go.