



Health & Wellness

October 2009

Staying Healthy this Cold and Flu Season

You've probably heard all the hype this fall about cold and flu season. Being sick is no fun, and no one wants to be down and out with cold and flu symptoms. Consider these good health practices this fall in order to protect yourself and your family members from illness.



Practice Good Hygiene

- Wash your hands often. Use warm soapy water for at least 20-30 seconds (the amount of time it takes to sing the ABC's!). If water and soap are unavailable, alcohol-based hand sanitizers can be used.
- Avoid touching your eyes, nose or mouth. Germs are typically spread this way.
- Cover your nose and mouth with a tissue when you cough or sneeze. Be sure to throw the tissue away after use.
- Avoid close contact with and keep your distance from others who are sick.
- Make sure to keep surfaces in your house clean and sanitized. Some germ-laden hot spots to clean regularly; kitchen, bathroom, doorknobs, telephones (including cell phone), computer keyboard and mouse, TV remote, kid's toys, and any other item or surface that is touched often in your house.

Practice Healthy Habits

- Make sure to get enough sleep. Aim for at least 7 hours a night to help keep your immune system working properly.
- Drink plenty of fluids. The goal is eight, 8 ounce glasses of water daily to help flush your system of toxins and hydrate your body.
- Fit in some daily aerobic exercise. Physical activity gets your heart pumping, your blood flowing, and your lungs expanding...all of which helps keep your immune cells healthy.
- Eat whole foods. Skip overly processed, packaged, and high sugar foods. Instead eat plenty of fruits, vegetables, whole grains, and low fat meats. Whole foods ensure you have the vitamins and minerals needed for a healthy immune system, while high fat and sugary foods can impair the immune system.
- Limit alcohol consumption. Alcohol not only dehydrates your body, but it also damaging to your liver, which is your body's main filtering system. The liver can't efficiently filter toxins and germs during times of heavy alcohol use.
- Avoid cigarette smoke...first and second hand. Smoke creates damaging toxins within the body that interfere with immune functions. Also, smoke is damaging to nasal passages, which is one of the body's first lines of defense against germs.



Build a Better Cart: Grocery shopping tips to help you buy healthier food on a budget

Sure, you've heard what foods to include for a healthier diet, but all that stuff is WAY too expensive. Not true! Healthy, delicious options don't always have to come at a higher price. Wondering how you can feed your family a little healthier, but not go over on your grocery budget? Join me on October 29th from 5:30-6:30 pm at Housing Partnership Community Room to learn how to build a better grocery cart.

Call Michelle @ 920.731.6644 extension 106 or email michelle@housing-partnership.org to sign up. Include your name, how many will be participating, and if you will need childcare (please also include how many children).

Enjoying the Fall Harvest

As the seasons begin to change, we enter an exciting new time in Wisconsin...The Fall Harvest! Visit a farmer's market, grocery store, local farm, or orchard and you'll see a variety of fresh fruits and vegetables. Fall produce selections not only taste delicious and are useful in many recipes, but they also offer many nutritional benefits. Make sure not to miss out on these favorites this fall!



Apples

"An apple a day will keep the doctor away." We've all heard this before. There are many reasons why apples are considered a healthy food. Aside from being low in calories and containing little to no fat, cholesterol, or sodium, apples are high in important nutrients such as fiber, vitamin C, and potassium. Also, apples have been shown to help lower cholesterol and aid in weight control. With hundreds of varieties, there is an apple that will suite everyone's taste preference. Enjoy apples as a filling snack, add slices to salads or oatmeal, or bake them with cinnamon and sugar for a cool weather dessert.

Squash

Winter squash is considered to be at its best in the fall months, making the name "winter squash" seem a little deceiving. This vegetable got its name due to its protec-

tive outer covering, which is said to keep the flesh storage-stable into the winter months. Winter squash comes in a variety of colors, shapes, and sizes, which gives you many options for ways to use it. Winter squash is an excellent source of vitamin A, which has known antioxidant and anti-inflammatory properties. Also, winter squash is high in fiber, vitamin C, and potassium. Top baked squash with a little maple syrup, add cubed squash to soup recipes, or top spaghetti squash with pasta sauce. For an added fiber and iron boost, wash, dry, and roast the seeds for a tasty snack.

Cranberries

Each fall, Wisconsin harvests more cranberries than any other state in the U.S. Cranberries are an antioxidant powerhouse, making them excellent candidates to help fight cancer, lower cholesterol, and reduce the risk of heart disease. Also, cranberries are high in fiber and vitamin C. Thanksgiving is not the only time to enjoy cranberries; use fresh, frozen, or dried cranberries in salads, oatmeal, or muffins.



Cran-Apple Crisp

Serving Size: 3/4 cup

Yields: 8 servings

Cost per recipe: \$3.25

Cost per serving: \$0.41

Ingredients:

4 cored and thinly sliced apples
1 can (16 oz) whole cranberry sauce
2 teaspoons soft melted butter or margarine
1 cup uncooked oatmeal
1/3 cup brown sugar
1 teaspoon cinnamon

Directions:

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores, and thinly slice (keep peel on).
3. In a bowl, combine apples and cranberries. Pour into 8x 8 inch pan.
4. Combine melted margarine or butter with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake for 10 more minutes, until the topping is crisp and brown.
7. Serve warm or cool.