

FALL 2022



NEWSLETTER

FUELING FOOTBALL: A GUIDE TO HEALTHIER GAMEDAY CHOICES

Football season is nearly here! Across the country people are putting on their favorite jerseys and getting ready to cheer for their teams. Along with football season comes celebrations, tailgate parties, and lots of opportunities to eat classic Gameday foods. While delicious, these foods are often high in calories and low in nutrients. Here are some ideas for how you can make gamedays healthier celebrations.

1. Incorporate veggies into already classic gameday foods

- Add corn, sauteed bell peppers, onions, olives, tomatoes, beans, fresh salsa, or guacamole to nachos
- Make veggie centric dips such as spinach artichoke dip, caramelized onion dip, and cowboy caviar
- Serve buffalo chicken wings with carrot and celery sticks
- Top pizzas with peppers, onions, olives, mushrooms, and your other favorite veggie toppings
- Include nutritious foods like beans, tomatoes, and onions in gameday chilis
- Prepare sliders, sandwiches, and wraps with tomato, lettuce, and onions

2. Make healthy ingredient swaps

- Swap nacho cheese for lower fat cheeses on nachos and in dips
- Instead of regular corn chips, choose whole grain or low sodium chips
- Choose baked potato chips instead of classic fried potato chips
- Make dips with low-fat Greek yogurt or low-fat sour cream instead of mayo or full fat sour cream
- Include plant-based dips like guacamole and hummus



- Serve oven baked buffalo chicken wings instead of fried buffalo chicken wings
- Offer sugar-free or reduced sugar beverages instead of sugary beverages

3. Avoid mindless eating while watching the game

- Separate the eating area from the game watching area by having snacks out of arms reach, where you must get up and move to access them
- Actively focus on those around you and the game and try to stay present in the moment

4. Embrace the foods you love but keep them occasional

- Do not demonize or completely avoid the foods you love but try to stay mindful about how often you consume them and keep them occasional.

Variety, balance, and moderation are key.

GOOD-FOR-YOU NACHOS

Serves 4

Ingredients

Cooking spray
2 sweet potatoes,
thinly sliced
2 tablespoons oil
1 tablespoon no-salt-added
taco seasoning
1 can black beans,
14 ounces,
drained and rinsed
1 tomato, diced
1/2 jalapeño pepper, thinly sliced
1/2 cup black olives, sliced
1/4 cup onions
1/2 cup cilantro (optional)

Directions

1. Preheat oven to 450 degrees F.
2. Spray baking sheet with cooking spray.
3. In a bowl, toss sweet potatoes, oil, and taco mix. Put in a single layer on baking sheet.
4. Bake 20 to 30 minutes, turning sweet potatoes after 10 minutes. Bake until crispy, and remove pan from oven.
5. Top sweet potato chips with black beans, tomato, jalapeño, olives, and onions.
6. Sprinkle with cilantro, if desired.

Helpful Hints

- Have fun with the toppings, and add your favorite foods such as bell peppers or cheese.
- Beans are a great source of protein. Substitute the black beans for your favorite bean.
- Add chopped chicken or pork for more protein.



FRESH FROM THE FARMERS MARKET



Farmers markets are wonderful places to find fresh, locally grown fruits, vegetables, and more. Buying from farmers markets also helps to support your local community and economy. Fall is the perfect time of the year to visit a market near you, as many tasty Alabama crops are being harvested and sold right now! When planning your trip to a farmers' market, be mindful that each market has unique hours of operation, and many are seasonal. You can also find fresh, local fruits and vegetables at farmstands, U-pick operations, and through Community Supported Agriculture (CSA).

To increase the number of people who are able to participate in buying fresh and nutritious local fruits and vegetables from farmers markets, Farmers Market Nutrition Programs (FMNPs) and Double Up Food Bucks are handy. These programs benefit the community by providing a direct connection between local agriculture and those nutritionally at risk, helping to improve the overall health and wellbeing of the community. FMNPs coupons are available to qualifying seniors and those participating in Women, Infants, and Children (WIC) in certain counties. With these FMNPs coupons, you can buy fresh fruits, vegetables, and herbs from participating farmers. Double Up Food Bucks also work to increase equitable access to nutritious foods and boost local growers. Buy \$1 worth of SNAP-eligible food and you can get \$1 free to buy more fresh fruits and vegetables, up to \$20 can be redeemed each day! Currently, ten farmers markets and grocery stores in six Alabama cities are participating in the Double Up Food Bucks program.

To find Alabama farmers markets near you and FMNPs, visit www.fma.alabama.gov/FMCounty.aspx

To learn more about Double Up Food Bucks, check out www.doubleupal.org

ALABAMA APPLE CRUNCH DAY

This October during National Apple Month, there's an event that you can really sink your teeth into! Across the U.S., schools can show their support of fresh, local produce by crunching into fresh, juicy apples together. Students, teachers, school administrators, and parents are invited to participate in this Alabama Farm to School sponsored program on **October 18th**. While enjoying their ripe, sweet apples, students can be educated by watching the virtual farm tour of Scott's Orchard led by the Commissioner of Agriculture and Industries Rick Pate, State Superintendent of Education Dr. Eric Mackey, and Scott himself. This virtual farm tour and other resources on the website will teach students about the different varieties of apples, apple nutrition, apple recipes, and more!

To watch the virtual tours and see more Apple Crunch Day resources, visit [Apple Crunch Day](#).



HEALTHY HYDRATION

Hydrating for Physical Activity:

As school sports start in the fall, it's important to make sure that young people stay well hydrated in the healthiest ways possible. Water is needed to keep our bodies working well so we should be drinking water throughout the day. If you are exercising or outside in the heat and humidity working up a sweat for a short amount of time, less than an hour, it's best to stick with cool, refreshing water to hydrate. For longer periods of activity, or if it is especially hot or humid outside, you might want to consider drinking an electrolyte containing sports drink to get back what was lost to sweat.

American Academy of Pediatrics Hydration Recommendations		
Throughout the day	< 60 minutes vigorous activity	> 60 minutes vigorous activity or extremely hot or humid environments
Regularly drink water to stay hydrated	9-12 year olds: 3-8 oz water every 20 minutes	Electrolyte-supplemented beverages may be warranted
	Older Athletes: 34-50 oz water every hour	

Dehydration happens when not enough water is drunk. Symptoms of dehydration are: feeling lightheaded, irritable, fatigued, headaches, muscle cramps, or flushed skin. When you start feeling these symptoms, make sure to get out of the heat and get hydrated so it doesn't get worse!

Sports Drinks: The Hidden Sugar:

Sports drinks were designed to resupply athletes with water, sugar, and electrolytes like sodium lost through activity and sweat. For athletes working up a sweat during a long workout, these drinks are helpful, but most people are not physically active enough to need sugary sports drinks.

While sports drinks are increasingly marketed as healthy alternatives to soda, they often contain a lot of sugar. Popular sports drinks contain around 5 teaspoons of sugar in a 12-ounce serving,

over 80 calories of just sugar! Children are increasingly drinking more and more sugary sports drinks. This increase concerns health professionals and parents as it can lead to weight gain, diabetes, poor dental health, and poorer overall nutrition as healthy beverages are displaced. Instead of regularly drinking sports drinks, reach for a glass of water instead! It keeps your body hydrated without the negative effects of high sugar sports drinks. To increase your water consumption, check out some of the tips below.

Strategies to Increase Water Consumption:

1. Know how much water you need each day and plan how to gradually increase your intake to meet your goal.
2. Use an app to track how much water you drink and sends reminders to encourage you to drink more.
3. Infuse your water with fruits, vegetables, and herbs to add natural, pleasant flavors to it (e.g., strawberries, lemons, blueberries, cucumber, basil, mint).
4. Keep a reusable water bottle with you and customize it to make it more fun and enjoyable by choosing your favorite color, adding stickers, choosing a fun straw, etc.
5. Eat more foods with high water contents (e.g., watermelon, cucumber, lettuce, cantaloupe, zucchini).



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NEWS AND EVENTS

HEALTHY WELLNESS INITIATIVE TRAINING - A LITTLE OF THIS, A LITTLE OF THAT: TIPS TO IMPROVE YOUR AFTERSCHOOL PROGRAMS

September 16, 2022 • 8:30 am – 1:00 pm

**ADPH Training Center, 208 Legends Court, Prattville, AL
OR Virtually**

Topics and Speakers

Standards Strengthen Your Program –
Molly Killman, MS, RD, LD – ADPH

Food Insecurity and Resources –
Lita Chatham, MS, RDN, LDN – ADPH

Skin Cancer Prevention & Early Detection –
Lakita Hawes, Health Educator – ADPH

How to Survive a Multi-Generational Work Place –
Ken Harris, HR – ADPH

Pickleball 101 –
Jennifer Brown, Pickleball Ambassador

Register at: <https://adph.org/Extranet/Forms/Form.asp?formID=8539> • Two people will be chosen at random for a door prize so register soon!