

# FaithCommunitiesalive!

A partnership of NDSU Extension Service, Cass County Extension Service and community partners.

Issue 35 December 2016

## MISSION:

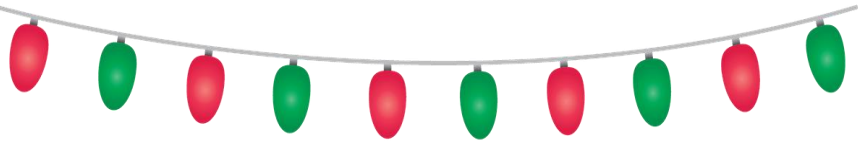
To transform our faith communities to make active living and healthy eating the easy choice.

## VISION:

Individuals and families in the FM community will embrace the concept of health within a Faith Community setting, as it encompasses body, mind and spirit.

## GOAL:

To engage the Fargo-Moorhead/Cass-Clay Community in "Faith Communities Alive!" by providing collaborative training, education, tools and support to faith communities addressing healthful eating and physical activity to promote overall well-being.



## December Greetings!

Winter's season of celebrations has arrived! Christmas is a joyous time of the year, but we understand that all the preparations may be stressful for some. This month's newsletter provides information about coping with holiday stress and ideas for spending quality time with your family. We also are providing information about an environmental change (provision of a breastfeeding room), which would be an excellent policy to enact within your faith communities, if it fits with the population you serve. Finally, we provide information about cooking classes, a tasty freezer meal recipe and a fun "make your meal in a bowl" handout for easy potlucks or family meals.

Merry Christmas from the Family Communities Alive team!  
Julie Garden-Robinson and the team

## Mark Your Calendars:

We would like us to gather as a group to ring in the New Year. Please join us on **Thursday, January 26 at 5:30 p.m.** at Gethsemane Cathedral (3600 25<sup>th</sup> Street South, Fargo). We will have some appetizers and beverages for you to enjoy while you interact with each other, hear about Faith Communities Alive efforts, and see and hear about the St. John's Bible being hosted at Gethsemane Episcopal Cathedral for the next year. Thank you to Deacon Crystal Towers and Fr. Mark Strobel for hosting us!

Please RSVP to Bev Gravdahl ([Beverly.gravdahl@ndsu.edu](mailto:Beverly.gravdahl@ndsu.edu)) to let us know you are coming.

Faith communities who have turned in your 2017 plan will receive a kit of materials to help you with your Faith Communities Alive efforts. The kits are made possible by our sponsor, Sanford Health Foundation.

## Sponsor Spotlight

### Sanford Foundation Improves Health

The Sanford Health Foundation is a 501c3, non-profit organization. Each of the four Sanford regions (Sioux Falls, Fargo, Bismarck, and Bemidji) has a Board of Directors that governs the activities of their local arm. The Sanford Health Foundation is dedicated to improving the human condition.

Every year, thousands of individuals, businesses and organizations provide financial support to the Sanford Health Foundation. Donors share the common goal of enhancing the lives, health and hope of the patients served by Sanford Health Foundation. All funds raised are used in the region specified by the donor to support programs, services, research and patient care.

NDSU (and the Faith Communities Alive program) is the grateful recipient of financial support from the Sanford Health Foundation in the Fargo region. Many congregations working on the Faith Communities Alive! initiative are affiliated with the Sanford Faith Community Nursing program, so Julie and Lois were able to write an internal grant request seeking funding to continue the work in the Fargo-Moorhead community this year. We are thankful for this partnership and pleased we were approved for this funding.



Check out the resources on the FaithCommunitiesAlive! website, which includes recipes, gardening resources, energizers for kids and a learning module to engage more volunteers in your efforts.

## Spend Time with Your Family This Season

Allie Benson, R.D., L.R.D., Program Assistant and Stacy Wang, R.D., L.R.D, Extension Associate

*"For where your treasure is, there will your heart be also." Luke 12:34*

Holiday is a time for family. This holiday season create memories and traditions with your children they will remember for years to come. Set aside distractions from everyday life and focus on making lasting connections with those you care for most.

Spending time with your children shows you love them and want to be with them. Identifying the activities your family members like can help you choose where to spend time. It may work better for some families to schedule time to be together and others may enjoy doing things spontaneously. Whether you prefer to be indoors or outdoors there are many ways to bond with your family.

### Outdoor

- Build a snowman
- Drive and tour holiday lights
- Try skating
- Make snow angels
- Have a snowball fight
- Go sledding

### Indoor

- Make hot chocolate
- Play board games
- Make paper snowflakes
- Do a holiday puzzle
- Have a fort-building contest
- Bake cookies



## Coming in January!

NDSU will be launching "The Family Table" in January. This initiative will promote family meals and provide lots of resources to help busy families. Visit [www.ag.ndsu.edu](http://www.ag.ndsu.edu) and click on "The Family Table" in January!

# Holiday Stress

Bev Gravidahl, Project Coordinator

*Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. – Matthew 6:34*

The holiday season often brings unwanted stress and extra demands, including parties, shopping, baking, cleaning and entertaining, to name just a few. Some people are worried

about holiday bills or how to survive Christmas after a recent loss, such as a divorce, death in the family or a layoff from a job. What can we do to rid ourselves of these stressors? Perhaps we need to take a simpler approach to the holidays as a soul-satisfying celebration.

Think back to last December not including Christmas Eve or Christmas Day. Did you spend more, about the same, or less, happy relaxed time with your family in December, compared to other months? If your answer was “less” look through the following list for some suggestions and practical tips to minimize the stress that accompanies the holidays.

- 1. Acknowledge your feelings.** If someone close to you recently has died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2. Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- 3. Be realistic.** The holidays don't have to be perfect. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Here are some alternatives:
  1. Donate to a charity in someone's name.
  2. Give homemade gifts.
  3. Start a family gift exchange.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That will help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
- 7. Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If saying “no” is not possible when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
- 8. Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
  1. Have a healthful snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
  2. Get plenty of sleep.
  3. Incorporate regular physical activity into each day.



**9. Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

**10. Be good to yourself!** Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do (take a walk, listen to soothing music, get a massage, read a book...).

*Sources:*

- Hesson, M. 1999. *Stress Less: Four Weeks to More Abundant Living*. Abingdon Press.
- Robinson, J. & Coppock Staeheli, J. 1982. *Unplug the Christmas Machine*. Quill Press.
- Mayo Clinic. 2014. *Stress Management*. Available from <http://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>

Here is a poem for reflection as you think about stressors this holiday season. Copy it and put it on your bathroom mirror as a daily reminder to 'Be Good To You!'

### Be Good to You

Be yourself – truthfully  
Accept yourself – gratefully  
Value yourself – joyfully  
Forgive yourself – completely  
Treat yourself – generously  
Balance yourself – harmoniously  
Bless yourself – abundantly  
Trust yourself – confidently  
Love yourself – wholeheartedly  
Empower yourself – prayerfully  
Give yourself – enthusiastically  
Express yourself - radiantly

## Healthy Cooking Classes at Family Wellness Center

Check out the schedule for cooking classes at the Family Wellness Center.

Details including pricing are available at

<http://www.familywellnessfargo.org/wellness/healthy-cooking/>

### Kids: Gingerbread Men Cookies

**Saturday, December 3 from 10:00-11:00 a.m.** Let's mix, roll, cut, and decorate adorable low-fat gingerbread men together! It's a great Christmas tradition, and no-mess for mom!

### Kids: Santa Pancakes

**Saturday, December 10 from 10:00-11:00 a.m.** Come make a special Holiday breakfast! We will prepare whole-grain pancakes with adorable Santa faces made from strawberries and whipped cream!

### Adults: Holiday Baking

**Tuesday, December 13 All Day** The holidays are a time for family, merriment, and expanding waistlines. Learn a couple healthier baking options to add in to your holiday repertoire to battle the bowl full of jelly belly.

### Adults: Indian

**Thursday, December 15 from 6:00-7:30 p.m.** Add some spice to your cooking routine! Learn to make a fantastic Indian meal using the rich spices that make this cuisine so delicious.

### Adults: New Year's Appetizers

**Tuesday, December 27 from 6:00-7:30 p.m.** As we get ready for New Year's Eve, let's start our resolutions right with some healthy party appetizers. We will be preparing Korean meatballs, stuffed mushrooms and coconut shrimp.

# Breastfeeding Benefits Our Community

Michelle Draxten, MPH, RD, Public Health Nutritionist, Fargo Cass Public Health

*“My [breastfeeding] goal is a year, and as my son is 10 months old, we are getting close. I cannot say enough about how having that [designated nursing] space and [employer] support has absolutely impacted my breastfeeding journey. I appreciate it more than I could say!” – Melissa, City of Fargo staff*

The American Academy of Pediatrics recommends that babies be exclusively breastfed (receive no other complementary foods or beverage) for the first six months with continued breastfeeding for a year and beyond, if desired by mother and baby.<sup>1</sup> Breastfeeding protects babies from illnesses including ear infections, diarrhea and vomiting, obesity, SIDS and diabetes among others. Moms also benefit and have a lower risk of Type 2 diabetes, breast cancer (certain types) and ovarian cancer.<sup>2</sup>

These health benefits for mom and baby are well-known. Businesses that support breastfeeding employees also benefit. With approximately 58% of moms with children under the age of one in the workforce,<sup>3</sup> businesses play an important role in supporting their breastfeeding employees in meeting their breastfeeding goals.

## Breastfeeding Works

Businesses can see a return of \$3 for every \$1 spent on breastfeeding support.<sup>4</sup> Those with lactation support programs have lower healthcare costs, reduced absenteeism, an employee recruitment incentive, and increased employee retention and productivity. Businesses can properly support breastfeeding employees by offering a flexible work schedule for moms to express milk at work, provide education for all staff on the business breastfeeding policy, as well as education for expecting moms on how to effectively combine work and breastfeeding, and provide an appropriate space (not a bathroom) for moms to express milk. A common barrier among businesses in adequately supporting employees is lack of space. However, Federal law mandates that businesses support their breastfeeding employees, so let's get creative.

In addition to work setting, a faith-based community setting is an excellent place to support breastfeeding mothers.

## Nursing Room Essentials

- Space (can be as small as 4 feet by 5 feet, but cannot be a bathroom)
- Lockable door
- Chair
- Small table
- Electrical outlet
- Access to clean sink
- Access to refrigerator/cooler

## Nursing Room Added Perks

- Breastfeeding resources
- Magazines, books
- Soap and towels/sanitizer
- Bulletin board
- Comment box
- Footstool
- Music
- Mirror



## Sources

1. American Academy of Pediatrics. Breastfeeding Initiatives. Retrieved from <https://www2.aap.org/breastfeeding/faqsbreastfeeding.html>
2. Womenshealth.gov
3. Bureau of Labor and Statistics
4. U.S. Department of Health and Human Services. (2008). The business case for breastfeeding. Health Resources and Services Administration, Maternal and Child Health Bureau. Retrieved from <http://www.womenshealth.gov/breastfeeding/governmentin-action/business-case-for-breastfeeding/business-case-for-breastfeeding-for-business-managers.pdf>

# Recipe of the Month

Try making freezer meals to use when times are hectic.

## Turkey (or Ground Beef) Chili – Freezer Meal

- 1 lb. ground turkey, cooked (or use ground beef)
- 10 oz. frozen corn
- 1 yellow onion, diced
- 1 (28-oz.) can diced tomatoes
- 1 (16-oz.) can tomato sauce
- 1 (4.5-oz.) can chopped green chilies
- 1 (15-oz.) can red kidney beans
- 2 Tbsp. cilantro, chopped
- 2 Tbsp. chili powder
- 1 ½ tsp. red pepper flakes (or to taste)



**To Freeze:** Place all ingredients in a gallon-size zip-top bag and put in the freezer. When ready to make thaw in the fridge for 24 hours.

**To Cook:** Place in a slow cooker on low for 4 to 6 hours. Heat to an internal temperature of at least 165 F.

Makes six servings. When made with ground turkey, each serving has 300 calories, 2.5 grams (g) fat, 28 g protein, 43 g carbohydrate, 11 g fiber and 200 milligrams sodium.

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## Project Engagement Committee

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## Connect With Us!



Find us on the web

[www.ag.ndsu.edu/faithcommunitiesalive](http://www.ag.ndsu.edu/faithcommunitiesalive)



Like us on Facebook

# 5 Steps to Making Your Own Meal in a Bowl



Making your own meal in a bowl is inexpensive and easy. You can make meals from ingredients you probably already have on hand. Think about all the different bowls you can make. You also could set up a buffet with a variety of toppings so people can personalize their meal with layers of flavor.

Begin with the grain of your choice, add layers of other ingredients and seasonings, then enjoy!

## 1. Choose **one** grain.

- Add ½ cup of the grain of choice to begin the many flavorful layers of your bowl.
- Choose a grain such as brown rice, white rice, quinoa, wild rice, couscous, grits, oatmeal, buckwheat, whole-grain pasta or millet.

*Quick tip: Freeze leftover grains; heat and serve for another bowl creation.*

## 2. Choose **one or more** vegetable(s).

- Add ½ cup of veggies for flavor, fiber and extra nutrition.
- Choose colorful veggies such as chopped or sliced bell peppers, onions, tomatoes, spinach, carrots, zucchini, green onions, mushrooms or your favorite veggies of choice.
- Vegetables are low in calories and filling.

*Quick tip: Buy canned or frozen vegetables labeled “reduced sodium,” “low sodium” or “no salt added” to decrease the amount of sodium in your diet.*

## 3. Choose **one or more** fruit(s), if desired.

- Add ½ cup of fruit to provide essential nutrients for an overall healthful diet.

- Brighten your bowl with strawberries, blueberries, pineapple, apples, bananas, peaches, mandarin oranges, or your favorite fruit of choice.
- Do you have any fruit that has been in the freezer for a while and you want to use it?

*Quick tip: Leave the skin on fruit for added fiber.*

## 4. Choose **one** protein.

- Add ¼ cup or 2 ounces of protein to your bowl creation.
- Choose lean protein foods such as fully cooked poultry, lean ground beef, lean ham, black beans or your favorite protein of choice.
- Do you have leftover grilled or cooked meat that you need to use?

*Quick tip: Choose lean protein; trim away all of the visible fat from meats and poultry before cooking to the recommended safe internal temperature. Cook poultry, for example, to an internal temperature of 165 F.*

## 5. Choose **one or more** sauce(s) and/or seasoning(s).

- Add ¼ to ½ cup of sauce or seasoning such as one of the following:
  - Asian – teriyaki or sweet and sour sauce
  - Mexican – taco sauce, taco seasoning or salsa
  - Italian – marinara or alfredo sauce
  - Be creative!

## Build a Healthy Bowl With Layers of Flavor

Here are some idea-starters for your bowl combinations. Begin with a grain of your choice.

Bowl Varieties	Vegetables or Fruit	Protein	Sauce, Seasoning or Garnish
<b>Mexican Fiesta Bowl</b>	Tomatoes, onions, black beans, corn, avocado (optional)	Taco-seasoned ground beef or chicken	Shredded cheese, cilantro, low-fat sour cream and taco sauce, salsa or seasoning
<b>Fruit Breakfast Bowl</b>	Apples, bananas, raisins, berries, peaches	Almonds or walnuts	Cinnamon or orange zest; top with dollop of plain Greek yogurt and granola
<b>Summer Veggie Bowl</b>	Cucumbers, tomatoes, carrots, celery	Black, pinto or kidney beans	Vinaigrette salad dressing; garnish with shredded cheese
<b>Asian Bowl</b>	Green and red peppers, onions, pineapple	Chicken or pork	Teriyaki sauce, sweet and sour sauce or soy sauce, peanut butter and ginger for a Thai sauce effect
<b>Morning Egg Bowl</b>	Green peppers, onions, tomatoes	Cooked scrambled eggs	Cheddar cheese
<b>Hawaiian Ham Bowl</b>	Red pepper, pineapple, steamed spinach	Ham	Sesame ginger dressing, juice from an orange or pineapple salsa
<b>Seafood Rice Bowl</b>	Red pepper, mushrooms, tomatoes, onions	Cod, canned tuna or salmon (drained)	Cilantro, oil of choice, herbs
<b>Stoplight Rice Bowl</b>	Carrots, red pepper, zucchini	Chicken (optional)	Shredded cheddar cheese
<b>Italian Rice Bowl</b>	Carrots, mushrooms, red pepper, green onion	Turkey sausage	Marinara or alfredo sauce

**Julie Garden-Robinson, Ph.D., R.D., L.R.D.,** Food and Nutrition Specialist

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For more information about nutrition, food safety and health, visit this website:

[www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food)

**For more information on this and other topics, see [www.ag.ndsu.edu](http://www.ag.ndsu.edu)**

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