

THIS 'N THAT

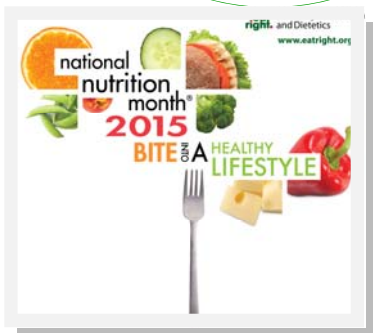
Williams County Extension Homemakers Newsletter

Family & Community Education

MARCH 2015

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TIDBITS

The weather has sure taken us on a roller coaster ride this winter, but the forecast looks like we can count on this beautiful warm weather for the near future. I am thankful.

The warm weather may have you thinking about gardening. If so, I highly recommend the "Spring Fever Garden Forums" that NDSU is offering. You have three options for attending in Williams County. In Williston you can attend at the Williston Research Center, in Tioga we will meet at the Pinnacle Meeting Room, or you can attend at home on your own computer. You will find a brochure enclosed with this newsletter. Pre-registration is required for any of the attendance options. Either register online or by phone.

Mary



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CALENDAR

March 17 12:10–12:50pm	Nourishing Boomers- "Nourish Your Mind and Body With Accurate Nutrition and Health Information." Lunch & Learn lesson.
March 14 8:00–3:00	2015 Spring Tree Workshop @ the Williston Research Extension Center Pre-Registration Required. 701-774-4315
March 18 7:30 - 9:00 am	FREE Pancake Breakfast at the KUMV Farm & Ranch Show in honor of National Ag Day. Sponsored by the Chamber Ag Committee.
April 20	Homemakers Potluck at the James Memorial Art Center
April 21	Nourishing Boomers- "Nourish Your Eyes"

NOURISH YOUR MIND AND BODY WITH ACCURATE NUTRITION AND HEALTH INFORMATION

Can you trust a website?

Nutrition and health information is available in a wide variety of sources from medical healthcare providers (doctors, dietitians), printed media (magazines, newspapers), social media (Facebook, blogs, Twitter) and people (friends, family and celebrities).

The Academy of Nutrition and Dietetics conducted a “trends” study in 2011 and found that TV, magazines and the Internet were the top nutrition and health information sources. Physicians, dietitians and others with health-related training were much less likely to be named.

Be a little skeptical when you read or hear about nutrition and health. If it sounds too good to be true, it probably is! Be sure to visit with qualified health professionals, and check out the information.

If you'd like to make some changes in your diet or lifestyle to improve your “information” health, the North Dakota State University Extension Service can help. The Extension office in Williams County is holding a class on March 17th at 12:10pm at the Broadway Commons Conference Room, 302 E. Broadway.

This class is part of NDSU Extension's Nourishing Boomers and Beyond program. The program is designed to provide rural North Dakotans age 50 and older with information and strategies to reduce their risk of developing chronic diseases. However, any adult can benefit from the information.

Nourishing Boomers and Beyond offers classes on a different topic each month. Participants will be able to take part in hands-on activities and discussions, and they'll receive material such as handouts and healthful recipes to take home.

If you aren't able to attend a class or want more information on the topic covered in a session, visit the program's website (www.ndsu.edu/boomers). Anyone can sign up for the free monthly newsletter by visiting the website or contacting your local Extension office.

You do not have to attend all of the sessions in the Nourishing Boomers series... Join us for the topics of interest to you.

Like us on facebook for daily tips!



Spring Tree Workshop Saturday, March 14 8 am to 3 pm at the Williston Research Extension Center

The morning session will discuss the trees that grow best in Williston, ND and the surrounding area, what the city ordinances are for planting and placement, what disease and pests to look for, what's available, and where to get those plants.

The afternoon session takes you for an update on the state of our forests, what Tree City USA is, and how Williston takes part. How you can get involved in the state's forestry program and promote trees to your neighbors.

For more information call Kim or Kyla at 774-4315. **PRE-REGISTRATION IS REQUIRED**



'BITE INTO A HEALTHY LIFESTYLE' WITH INFORMED FOOD CHOICES DURING NATIONAL NUTRITION MONTH AND BEYOND, SAYS ACADEMY OF NUTRITION AND DIETETICS

. CHICAGO – An eating pattern that meets people's nutrient needs within calorie limits is vital to maintaining good health and quality of life. That's why the Academy of Nutrition and Dietetics is encouraging everyone to "Bite into a Healthy Lifestyle" with informed food choices during National Nutrition Month® 2015 and throughout the year.

"A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it's also essential to make informed food choices based on your individual health and nutrient needs," says registered dietitian nutritionist and Academy Spokesperson Marjorie Nolan Cohn. "Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are all part of making smart choices."

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month®. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

Learn your needs

Age, gender, body type, family history, existing health conditions and daily routines all play a factor in determining which foods we should eat more of and which we should avoid when trying to optimize our health.

"A consultation with a registered dietitian nutritionist is the best tool for learning what your body needs to achieve peak health and prevent disease," Cohn says. "An RDN will review your health history, and then work with your preferences and routine to put together a comprehensive and achievable lifestyle-based eating plan."

Find your foods

Understanding what is in food is essential to making informed food choices while building an eating plan that meets your tastes.

"This may sound simple, but knowing which foods contain the nutrients you need is the next step in biting into a healthy lifestyle," Cohn says. "For instance, most people know that oranges are a good source of vitamin C, but so are tomatoes and potatoes. Dairy foods like milk are a good source of calcium, but so is broccoli. Fruits and vegetables provide fiber, but so do whole grains and beans. A registered dietitian nutritionist can guide your food choices while keeping your tastes and preferences in mind."

Know the facts

When food selections go beyond whole foods and into packaged foods, understanding what fits and what doesn't may not be as clear.

"Front-of-package nutrition claims, ingredient lists and Nutrition Facts Panels can make any food choice dizzying, but with a few tips from an RDN, that task will be less daunting," Cohn says.

"The higher an ingredient is on the list, the more of that ingredient is included compared to the others. This is a good way to determine if a particular food product is made with whole grains or has a lot of added sugar," Cohn says.

"Often when an ingredient like salt or fat is reduced, more of another ingredient is added to help keep taste consistent," Cohn says. "So, no matter what the claim is on the front of the package, it's important to always read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package."

Making the right food and nutrition choices is a necessary part of biting into a healthy lifestyle. A registered dietitian nutritionist can help. To learn more and to find an RDN in your area visit eatrightPRO.org.

DYING FROM THE COLD WITHIN

I read a blog by Michael Josephson of Character Counts and this blog seems timely as our communities grow, and our world is in turmoil. Hope you enjoy it....

One of the great challenges to our humanity is acknowledging and overcoming our natural tendency to think less of and discriminate against people who are different from us racially, ethnically, religiously, or ideologically.

Despite persistent rhetoric about prizing diversity, political debates often reflect disdain and contempt for those we disagree with, and prejudices of all sorts are more readily stated. Indeed, there are disturbing signs that anti-Muslim, anti-Semitic, and anti-Catholic attitudes are rising throughout the world.

James Patrick Kinney wrote the following poem, "The Cold Within," to remind us of what's at stake:

Six humans trapped by happenstance,
In black and bitter cold.
Each one possessed a stick of wood,
Or so the story's told.

Their dying fire in need of logs,
The first woman held hers back,
For on the faces around the fire,
She noticed one was black.

The next man looking 'cross the way
Saw one not of his church,
And couldn't bring himself to give
The fire his stick of birch.

The third one sat in tattered clothes;
He gave his coat a hitch.
Why should his log be put to use
To warm the idle rich?

The rich man just sat back and thought
Of the wealth he had in store,
And how to keep what he had earned
From the lazy, shiftless poor.

The black man's face bespoke revenge
As the fire passed from his sight,
For all he saw in his stick of wood
Was a chance to spite the white.

And the last man of this forlorn group
Did naught, except for gain.
Giving only to those who gave,
Was how he played the game.

The logs held tight in death's still hands
Was proof of human sin.
They didn't die from the cold without.
They died from the cold within.

This is Michael Josephson reminding you that character counts.



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And on our website at www.ag.ndsu.edu/williamscountyextension