Southern Seven Health Department

Worksite Wellness Toolkit

Version 1
October 2015

Created through a collaboration between the Southern Seven Health Department and the Center for Research on Women and Gender at the University of Illinois at Chicago

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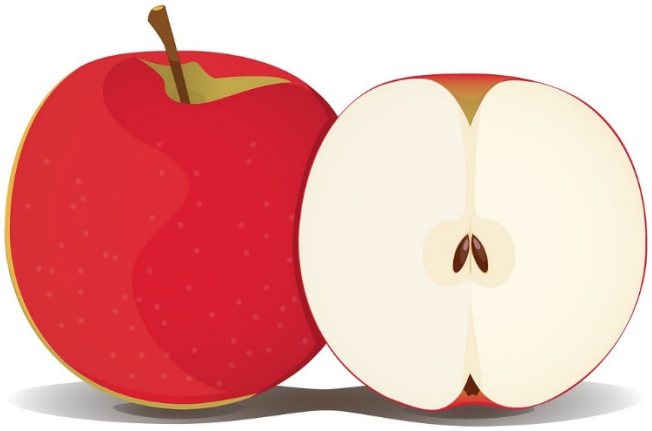


Background

The Southernmost Illinois region is known for the Shawnee National Forest, the Ohio and Mississippi Rivers, crystals and caves, and the city of Superman. It's a region rich with history and beautiful scenery. However, the health status of this area is in need of improvement.

According to the 2015 *County Health Rankings*[1], out of the 102 counties in Illinois, nearly all of the seven southernmost counties were ranked in the bottom 10 in Illinois for "health factors" and "health outcomes." The *County Health Rankings* is an annual assessment of every county in every US state, with the goal of raising awareness about the multiple factors that influence health and identifying areas for improvement. The "health factors" score is calculated based on residents' health behaviors; access to health care; the physical environment, including air and water quality; housing and transit services; and social and economic factors, such as education, employment, and income levels, and social support. The "health outcomes" score is based on residents' length and quality of life, and is dependent on the aforementioned health factors.

[1] Robert Wood Johnson Foundation. (2015) *2015 County Health Rankings Illinois.* http://www.countyhealthrankings.org/sites/default/files/state/downloads/CHR2015_IL.pdf

Fortunately, businesses and organizations are in a position to help support health factors—particularly health behaviors—and can have a positive impact the health of their communities.

Every five years, the Southern Seven Health Department (S7HD) and the Healthy Southern 7 Region Coalition engages in a community health assessment of the region called the Illinois Project for Local Assessment of Needs (IPLAN). During the last IPLAN, conducted in 2015, S7HD and the Coalition identified heart disease, obesity, type II diabetes, and cancer as priority health concerns in the region. Chronic conditions like these can negatively impact our day-to-day lives, including performance at work, missing work due to illness, and our general well-being. However, these diseases and the health conditions that contribute to these diseases can be managed or prevented through lifestyle changes, including healthy eating and physical activity. Because working adults often spend a significant amount of time in the workplace, employers are in a unique position to positively influence employee health.

This Wellness Toolkit is a product of the Southern Seven Coalition for Women's Health (SSCWH), whose mission is promote health and wellness for women and communities throughout the southernmost counties of Illinois. Since 2007, SSCWH has developed and implemented programs to reduce cardiovascular disease risk in women and men, through collaborations with area hospitals, clinics, churches, and other organizations.

This Wellness Toolkit aims to expand our activities by strengthening the relationships between the S7HD and businesses located in southernmost Illinois while improving the health of the community.

The goal of this initiative is to encourage and empower employers to create healthy environments for their employees by providing a plan to encourage worksite wellness, and connections to local health promoting resources. Several ideas presented may also be beneficial for regional civic and professional organizations that can promote health among organizational participants. This toolkit provides a guide for improving health in the workplace, through promoting healthy eating, physical activity, chronic disease management and prevention, tobacco cessation, and stress management.

Making and sustaining lifestyle changes is difficult, but by creating a supportive, health-aware workplace, you can help employees stick to their goals, and help make the southernmost Illinois region a healthier region for everyone!

Purpose

This Wellness Toolkit provides the foundation for businesses and organizations to develop activities, modify their environments, and create policies to support the health and well-being of employees and organization participants. Even small changes in behavior can benefit businesses through higher productivity, fewer sick days, and increased morale. In addition, employees and organization participants who make positive behavior changes are likely to influence their family members and others in their social networks, resulting in better health for families and communities.

This Wellness Toolkit strives to encourage businesses and organizations to commit to making small changes to promote the health of employees or members. We provide simple and low-cost dietary, physical activity, and disease prevention tips, as well as a checklist of activities that can be tailored to your organization.

Healthy Eating

A nutritious diet is a key component of maintaining good health. A healthy diet that is low in fat, sugar, and salt, and high in vegetables, protein, and fiber can contribute to lower blood pressure, weight loss or maintaining a healthy weight, and a lower risk of diabetes. For those who have a chronic disease like diabetes or high blood pressure, healthy dietary habits can help with management of these conditions and improve quality of life.

Creating a worksite culture that encourages making nutritious choices is one way your business can support employees in improving and maintaining their health. The *Dietary Guidelines for Americans*[2] describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Portion control is also an important tool for maintaining a healthy weight. You can ensure a nutritious meal by using these ratios:

- ½ vegetables and/or fruits
- ¼ lean protein
- ¼ grains

To lose weight, keep the same proportions, but eat less!

Encourage employees to visit http://www.choosemyplate.gov to assess their personal nutritional needs and the nutritional needs of family members, and to learn strategies for planning meals. Tips for portion control will also be included throughout this section.

Information about healthy eating, as well as physical activity, chronic disease, tobacco cesstion, and stress management can be delivered to employees in a

[2] US Department of Health Human Services, & US Department of Agriculture. (2010). Dietary guidelines for Americans, 2010. http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf

variety of ways. Take advantage of the communication methods that your business already uses.

- If you communicate with employees via email, consider sending an email with information from this toolkit
    - You could also consider sending a quarterly Wellness Newsletter with healthy recipes or nutrition tips.

- If you don't communicate through email, Worksite Wellness information can be printed out and included in paycheck envelopes, or handed out to employees.

- Wellness information can also be pinned to a bulletin board in the employee breakroom or kitchen.

Healthy Snacks and Meals at Work

If employees have a meal or snack during their time at work, you can give them the tools to create healthy breakfasts, lunches, dinners, or snacks:

- Post **healthy brown bag** meal examples in the break room or kitchen.
    - A sample flyer that may be posted can be found in the Supporting Materials packet.

- Consider hosting a one-time **worksite wellness brainstorming session** where employees can discuss options for healthy worksite meals, or

include these discussions into the agenda at regularly scheduled staff meetings.

- Learning to **read nutrition labels** on groceries is a useful skill for managing a healthy diet.

    - Share the “What to Look for on the Food Label” handout (found in the Supporting Materials) with employees to raise their awareness about nutrition information.

    - If employees sometimes leave the worksite for meals, consider the healthier menu selections from nearby restaurants. (See “Tips for Dining Out” in the Supporting Materials.)

- If space and time allows, choose a day to host a **wellness potluck** (this can be a one-time or regular/repeating event) and ask everyone to bring a healthy dish. A potluck can facilitate discussion and idea and recipe sharing about nutritious food preparation.
    - Links for healthy recipes can be found in the Additional Online Resources page at the end of the toolkit.

- If your worksite has vending machine, contact your vendor and inquire what low-calorie options are available. Including these in your vending machines makes it easier for employees to make healthy snack choices while at work.

- If employees bring desserts to celebrate birthdays and other occasions, consider adopting a policy to **promote healthier treats**.
    - In the summer you can share fruit popsicles instead of cakes or pastries for celebrations.
    - Instead of bringing a birthday cake, purchase or prepare smaller treats, like mini cupcakes.

- Treats that are higher in fat or sugar are fine as long as they're eaten in moderation! Just remember that they are a treat and should not be included in our daily diets. By providing examples of tasty lower calorie alternatives you can raise employee awareness of good sweets and snacks to enjoy at home.

- **Tips and tricks for healthy snacks and meals:**
    - When selecting grain products, choose whole grains
    - Serve low or non-fat dairy products
    - Serve ice water or unsweetened iced tea instead of sodas and other sugary drinks

Healthy Meetings

Meetings are an excellent time to encourage healthy habits! If snacks are provided at meetings, switch them up to include heart healthy options. You can provide snacks or ask employees to take turns bringing them. Here's a list of examples that you can mix and match to show a variety of healthy foods and to keep snacks interesting! This list can also be shared with employees for planning healthy snacks at home.

- Promote fresh seasonal fruit during the spring and summer. Fruit is less expensive when it is in season, and often more flavorful. (See the Seasonal Produce Calendar in the Supporting Materials.)

- During fall and winter, when fresh fruit is not always available, try: dried fruit without added sugar
    - Apricots
    - Apples
    - Raisins
    - Cranberries
    - Dates
    - Figs
    - Mango
    - Banana
    - Prunes

- Nuts and seeds without added salt can be a tasty and satisfying snack:
    - Almonds
    - Peanuts
    - Hazelnuts
    - Sunflower seeds
    - Walnuts
    - Pumpkin seeds
    - Pistachios
    - Mixed nuts

- Try sliced veggies with hummus, guacamole, or dips made with yogurt
    - Celery
    - Carrots
    - Bell peppers
    - Broccoli
    - Cauliflower
    - Cucumber
    - Radish

- Instead of trail mixes with sweetened fruits or milk chocolate, chose or create mixes with dried fruit or savory mixes with dried peas and spices

- Other snack ideas
    - Granola bars
    - Fiber bars
    - Whole grain chips and guacamole or salsa
    - Granola and yogurt

Special Events

If you host a special event such as a dinner, luncheon, or holiday party there are several ways to promote heart health without sacrificing flavor. These guidelines can both be used for potluck style or catered events:

- Select or prepare meals with at least one serving of vegetables

- Offer a salad

- Avoid dishes that contain whole milk, heavy cream, cheese, and butter as main ingredients

- Instead of serving fried foods, consider baked or steamed options
- Offer fish and poultry options and limit red meat options
- Serve whole grain breads and cereals
- Offer skim milk and low-fat dairy products like yogurt, cheese, and milk
- Offer fresh fruits and 100% fruit juices
- Limit pastries, cakes, and sweet breads options
- When serving meals buffet style, place salads and vegetable dishes at the beginning of the line

Healthy Kitchen/Break Room

If your business has a shared kitchen or break room, there are some easy changes that can make healthy choices easier.

- Offer low fat or skim milk for coffee
- Post educational materials to encourage healthy eating (see “What To Look For On The Food Label)
- Post a Seasonal Produce Calendar (see Supporting Materials)
- Offer Healthy Brown Bag Lunch suggestions (see Supporting Materials)
- Hang a poster with stretching exercises that can be done during lunch or break time (see Supporting Materials)
- Leave a bowl of fruit on the table or in the refrigerator as a snack

- In the summertime, use the kitchen (or break room) to host a garden produce exchange for employees

- Provide utensils to help employees enjoy fresh fruits & vegetables (sharp knives, peeler/slicer, blender, etc.) as space allows

Physical Activity

Regular exercise has positive effects on both our physical and mental health. Physical activity lowers blood pressure and helps us maintain a healthy weight by reducing body fat and building muscle. It also boosts mental health by creating an outlet for stress, improving our sleep, and giving us a chance to socialize with others.

Remember: it is important to check in with a health care provider before beginning any new exercise routine

The Office of Disease Prevention and Health Promotion has recommendations for the amount of physical activity adults should engage in each week:

- 2 hours and 30 minutes each week of moderate-intensity aerobic physical activity, or
- 1 hour and 15 minutes each week of vigorous-intensity aerobic physical activity, or
- Any equivalent combination of moderate and vigorous-intensity aerobic physical activity.

Moderate intensity activities:

- Activities you can do while comfortably speaking, such as:
    - Brisk walking
    - Bicycling 5-9 mph
    - Gardening
    - Pushing a lawnmower
    - Yoga
- Moderate intensity activities can be split into two 15-minute sessions or even three 10-minute sessions

Vigorous intensity activities:

- Activities where you cannot speak more than a few words without pausing to breathe, such as:
    - Running
    - Bicycling 10-14 mph
    - Briskly walking uphill

- Competitive games like soccer, basketball, tennis, etc.

Remember, any physical activity is better than none! Large changes in activity level are intimidating and can be strenuous on the body, so encouraging lower impact activities like walking is important and appropriate for beginners. If a swimming pool is accessible, swimming is a good option for those with joint problems. Picking an enjoyable activity will help to keep at it.

While physical activity may not be accomplished during business hours as easily as healthy eating, the following section has suggestions for how your business or organization can encourage exercise at work or outside of work. In the Supporting Materials you can find promotional materials with information about physical activity that can either be distributed to employees, or posted in the workplace.

Get Moving!

Since employees spend a significant amount of time at work**, encouraging exercise and making time for movement** is a great way to support heart healthy habits. There are a range of possibilities for promoting physical activity during and outside of business hours. Choose those that fit into your budget, are realistic for your worksite, and that are appropriate for your employees.

- If you have the space, sponsor a physical education class in the workplace, such as:
    - Zumba
    - Tai Chi
    - Yoga
    - Dance

- If your worksite has stairs, encourage employees to use them instead of the elevator:
    - Make sure stairwells are clean and have sufficient lighting
    - Post encouraging signs in stairwells

- Promote physical activity during working hours. For example:
    - Encourage walking during lunch or breaks
    - Identify a safe and accessible walking route near your facility, and inform employees of the location and length of the route

- If possible, institute a flextime policy. Giving employees flexibility over when their shift occurs can make it easier to exercise and prepare healthy meals at home.
    - Institute a work schedule that allows for time of arrival and departure that differs from the standard operating hours by a maximum of two hours.

- Organize participation in sports leagues or games for employees, such as:
    - Bowling
    - Volleyball
    - Basketball
    - Soccer
    - Kickball
    - Softball

- Participate in or host local community walks and 5K runs:
    - Your company could even a sponsor a team of employees

- Organize biking or walking events for employees

- If practical, install an employee bicycle rack or indoor bike storage to encourage riding a bike to work

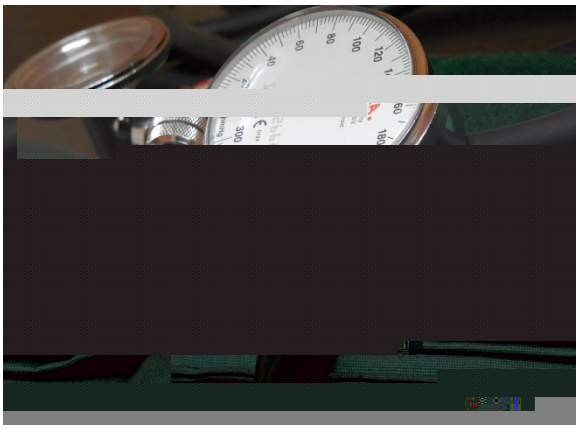
- If your insurance policy includes incentives for gym membership, advertise this to your employees

- If your business does not have an insurance policy for employees, or one that does not include gym membership, consider offering a partial fitness center reimbursement, or ask local gyms or fitness centers about possible discounted memberships

- Encourage healthy fitness competitions among employees, or in collaboration with other businesses:
    - Use pedometers to allow participants to compare daily or weekly steps, or encourage participants to track minutes of physical activity per day
    - Offer small incentives for winners

- Post stretching exercises that can be done in the worksite (see Get Active at Work in the Supporting Materials). These can be posted in the break room or other common areas, such as near a copy machine.

- For employees who spend several hours a day sitting, encourage taking regular breaks to stand, move, and stretch. A helpful guide is to stand for at least 5 minutes for every 30 minutes spent seated.
    - If resources allow, provide standing desks for interested employees.



Chronic Disease Prevention and Management

Some employees may have chronic diseases such as diabetes, high blood pressure, or heart disease, or be at high risk for these conditions. These employees could benefit from accommodations for their health needs**. Chronic illnesses can cause employees to miss work days**, which creates stress for them as well as employers. By making changes in the workplace environment to promote healthy dietary and physical activity behaviors you've already helped those with chronic illness to take steps to manage their health, but there are more actions you can take:

- Provide space and refreshments for a weekly or monthly support group for employees to discuss managing their health and wellness.
    - If you have a small number of employees, consider reaching out to other area businesses to increase participation.
    - Having space to share stories, recipes, and successes and failures can change the culture of health in your business or organization and give employees motivation to actively manage their health.

- Provide educational materials on chronic disease management and prevention in the employee break room or kitchen.

Stress Reduction and Management

Work-related stress is also a risk factor for cardiovascular disease, as well as mental health issues like depression and anxiety. Stress at work is often caused by:

- Job insecurity
- Long working hours
- Effort-reward imbalance (high demand work with low compensation)
- Work-life imbalance
- Shift work

Stress can also come from our roles and responsibilities outside of the workplace. For example, employees may be managing their childcare or caring for elderly relatives. Some family members may experience more pressure to be the “breadwinner” while others are expected to manage family schedules and finances. Both expectations put stress on the people expected to fulfill them. Other stressful situations include when a household goes from having two incomes to a single earner, or if an emergency medical situation arises. It’s important to consider that employees’ wellbeing is also influenced by stressful situations occurring outside of work.

While there is limited immediate aid a worksite can give for these stressors, it’s important to be mindful of the demands put on employees inside and out of work. As a business owner you may consider sponsoring an Employee Assistance Program. These programs help employees address and manage personal problems that may affect their performance at work. Information about Employee Assistance Programs can be found in the Additional Resources at the end of the toolkit.

For reducing stress in the workplace it is useful to work with managers and supervisors to create **a low-stress environment**. Have a discussion with your employees, especially management, about creating a positive workplace atmosphere.

Improving communication between employees and their supervisors is a key way to alleviate workplace stress. An article on worksite wellness heart health

published by *Circulation*, a cardiovascular health journal explains, “Employees whose supervisors provided clarity in goals and role expectation, communicated well and offered feedback about performance, and encouraged employee participation and control were significantly less likely to experience acute myocardial infarction, unstable angina, and cardiac deaths over a 10-year follow-up period.”[3] Making an effort to establish good communication in the workplace can have a remarkable effect on wellness!

There are techniques from the previous sections that can help reduce workplace stress. The Chronic Disease Prevention and Management section describes allowing flexibility and reasonable breaks, which can relieve stress if employees feel short on time. Sponsoring an yoga or Tai Chi class can also teach employees stress reduction techniques through movement. Exercise and a healthy diet are also key mental health boosters.

You can also support employees with the following **stress management** ideas and activities:

- Post yoga and stretching exercises that loosen tense backs and shoulders. (Example in the Supporting Materials)

- Encourage **self care**; if an employee is feeling stressed give them time to go on a short walk, make a cup of tea, drink a glass of water, or spend a few minutes outside.

- Create a **workplace calendar** for employees to post events and gatherings outside of work (especially related to health and wellness!) This can give employees ideas for how to spend leisure time, and strengthen workplace relationships.

- Be an **active listener**. If an employee comes to you or a supervisor to discuss their stress, listen to them carefully and paraphrase it back to

[3] Carnethon, M., Whitsel, L. P., Franklin, B. A., Kris-Etherton, P., Milani, R., Pratt, C. A., ... & American Heart Association Advocacy Coordinating Committee. (2009). Worksite wellness programs for cardiovascular disease prevention a policy statement from the american heart association. *Circulation*, *120*(17), 1725-1741.

them to confirm you understand what they've said. Then work together to come up with a solution to whatever is causing them to feel stress.

- If your workplace offers insurance, raise awareness of the mental health services covered by your insurance plan.

Additional Online Resources

Healthy Eating

Heart Healthy Recipes

The Mayo Clinic:
http://www.mayoclinic.org/healthy-lifestyle/recipes/recipes-8-servings/rcs-20077220
American Heart Association:
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes_UCM_465114_RecipeLanding.jsp
Nutrition.gov:
http://www.nutrition.gov/shopping-cooking-meal-planning/recipes
Lets Go!
http://www.letsgo.org/wp-content/uploads/HWTab04D2-Healthy_Brown_Bag_Lunches.pdf

Nutrition Information

Choose My Plate
www.choosemyplate.gov
American Heart Association – Meet the Fats
http://www.heart.org/idc/groups/heart-public/@wcm/@global/documents/downloadable/ucm_305572.pdf
American Heart Association – Lifestyle and Risk Reduction Factsheets
http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Answers-by-Heart-Fact-Sheets-Lifestyle-and-Risk-Reduction_UCM_300611_Article.jsp

Physical Activity

American Heart Association – Get Moving
http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/GettingActive/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp
Joslin Diabetes Center – Tips for Increasing Physical Activity
http://www.joslin.org/care/tips_for_increasing_physical_activity.html
American Heart Association – Seasonal Fitness
http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/Seasonal-Fitness_UCM_462469_Article.jsp

Tobacco Cessation

Environmental Protection Agency's Smoke Free Home
http://www.epa.gov/smokefree/
Illinois Tobacco Quitline
http://quityes.org/

Employee Assistance Programs

Introductory Article
http://www.bizjournals.com/bizjournals/how-to/human-resources/2012/01/how-to-set-up-an-employee-assistance.html?page=all
Example procedure
http://www.shrm.org/templatestools/samples/policies/pages/cms_000565.aspx

Mental Health Resources

American Heart Association – Stress Management
http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp
Department of Health and Human Services – Mental Health
http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp
Crisis Call Line – Suicide Prevention & Crisis Hotline
http://www.crisiscallcenter.org/crisisservices.html

Women's Health

Office on Women's Health
https://www.womenshealth.gov/

Other Worksite Wellness Toolkits

American Heart Association
http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/The-American-Heart-Associations-Worksite-Wellness-Kit_UCM_460433_Article.jsp

American Heart Association – Fit Friendly Worksite
https://volunteer.heart.org/apps/fitfriendly/default.aspx
Wisconsin Department of Health Services
https://www.dhs.wisconsin.gov/physical-activity/worksite/kit.htm
Eat Smart Move More, North Carolina
http://www.eatsmartmovemorenc.com/Worksites/Toolkit/Texts/Toolkit%201-17-12.pdf

Worksite Wellness Webinars

Illinois Alliance to Prevent Obesity
https://goto.webcasts.com/starthere.jsp?ei=1075474

Tools for Employees

American Heart Association – My Life Check
https://goto.webcasts.com/starthere.jsp?ei=1075474

Tools for Employers

Centers for Disease Control – Worksite Health ScoreCard
http://www.cdc.gov/healthscorecard/index.html
A Guide to Establishing a Walking Club
http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-WalkingClubTool.pdf

Supporting Materials

A. Business or Organization Pledge and Checklist
B. Employee Pledge
C. Grocery Store Tour
D. Brown Bag Lunches
E. Dining Out Done Right
F. Know Your Numbers
G. Seasonal Produce Chart
H. What to Look for on the Food Label
I. Tips for Dining Out
J. Southern Seven Health Department Locations and Services
K. Illinois Department of Public Health No Smoking Sign

Business or Organization Pledge and Checklist

Congratulations on your new Employee Wellness pledge! Please return a completed copy of this form to the the Southern 7 Health Department.

Company Pledge

_____ is committed to improving the health and wellbeing of its employees and organization participants through a wellness program that supports positive lifestyle changes, resulting in improved health, productivity, retention and healthcare cost savings. By signing this pledge you are agreeing that your business or organization will commit to making small changes to improve employee wellness. There are no penalties associated with this pledge, using this wellness policy guideline is voluntary and can be discontinued at any time.

Signature: **Date:**

_____ _____

Wellness Checklist

Below are examples of health promotion guidelines that your business can commit to. The Employee Wellness Toolkit includes suggestions for achieving each checklist item. Feel free to think outside of the box! If you can think of a different activity or wellness promotion you'd like to do, add it to your checklist.

Promote Healthy Eating
Promote Physical Activity
Support Chronic Disease Management and Prevention
Support Tobacco Cessation
Reduce worksite stress
Other:

Employee Pledge

Your business or organization has committed to an Employee Wellness program and is going to be implementing small changes to support employee health. Engaging with the Employee Wellness program is entirely voluntary, but if you're interested in committing to a healthier lifestyle consider using this personal pledge for motivating yourself to achieving your own health goals. Breaking old habits can be very tough! Do not be discouraged by setbacks. To make it easier to stick to a new health practices, chose one or two goals at a time.

I, _____ am committing to a healthier lifestyle by participating in my workplace or organization's Employee Wellness Program. I am also committing to making changes, small or large, in my personal habits in order to improve my health. To accomplish this I am pledging to:

Walk ___ minutes per day/week
Exercise ___ minutes per day/week
Enroll in a fitness class
Participate in a sports league
Walk or run in a 5k event
Stretch every day
Reduce my sugar intake
Include a vegetable in lunch and dinner meals
Eat whole grains instead of processed
Eat fewer fried foods
Eat low fat or fat free dairy products

Eat eat least ____ fruit servings every day
Eat at least ____ servings of vegetables every day
Bring a healthy lunch to work ___ days a week
Eat salads and raw veggies more frequently
Limit red meat consumption to _____ times per week
Limit my soda consumption to ____ servings per day/week
Reduce my tobacco use to _____ per day
Limit tobacco use to outdoors only
Eliminate tobacco use
Other:

Signature: **Date:**

_____ _____

[Heart Smart Grocery Store Tour PDF]

Brown Bag Lunch Recipes

(Adapted from colormehealthy.com)

Turkey Sloppy Joes

Servings: 6

Ingredients:

1 pound ground turkey or lean ground beef
1/4 cup chopped onion
1/2 cup ketchup
3 tablespoons barbecue sauce
1 tablespoon yellow mustard
1 tablespoon vinegar
1 1/2 teaspoon Worcestershire sauce
1/2 teaspoon celery seed
1/4 teaspoon pepper
Whole wheat hamburger buns

Directions:

1. In a nonstick skillet, cook the turkey and onion for 5 minutes or until turkey is no longer pink.
2. Add the next seven ingredients; simmer for 10 minutes. Stir occasionally.
3. Serve on buns.

Nutrition information Per Serving:

230 calories
Total Fat 3 g
Saturated Fat 0 g
Protein 23 g
Total Carbohydrate 30 g
Dietary Fiber 3 g
Sodium 620 mg

Tuna Burgers

Servings: 6

Ingredients

1 (12-ounce) can tuna
1 1/4 cups bread crumbs, divided
1 cup (4 ounces) cheddar cheese, shredded
1 egg, lightly beaten
1/2 cup non-fat ranch salad dressing
1/4 cup finely chopped onion
Non-stick cooking spray

Directions:

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 3/4 cup brea

Sandwich Wraps

Servings: 1

Ingredients:

1 whole wheat tortilla

Chose 1 tablespoon of spread:
Low-fat mayonnaise
Low-fat salad dressing
Mustard
Low-fat sour cream
Hummus

Choose 1 ounce of meat:
(1 ounce of meat is about the size of 1 slice of deli meat)
Leftovers such as ground beef, roasted chicken, turkey, or roast beef are great or use sandwich meats like ham or turkey (look for low-fat/low-sodium varieties).

Choose 1/4 cup chopped, sliced, or shredded fresh vegetables. Use one vegetable or mix a few together to equal 1/4 cup.
Cucumbers
Carrots
Slaw mix
Tomatoes
Onions
Lettuce
Green peppers
Celery
Spinach

Choose 1/4 cup grated or 1 slice of cheese:
Low-fat cheddar
Low-

Cheese Spinach Noodles

Servings: 6

Ingredients:

8 ounces egg noodles
10 ounce package frozen chopped spinach, thawed and drained
1/2 teaspoon dried basil
1 tablespoon dried parsley flakes
1 cup fat-free or low-fat cottage cheese
1/4 to 1/2 teaspoon salt (to taste)
2 tablespoons Parmesan cheese

Directions:

1. Cook noodles according to package directions.
2. While noodles are cooking, cook the spinach in a skillet for 5 minutes.

[PDF of Seasonal Produce Chart]

http://www.agr.state.il.us/markets/WhatsInSeason.pdf

[PDF of What to Look for on the Food Label]

Tips for Dining Out

Request a side of vegetables instead of fries
Consider grilled or baked options instead of fried
Order salad dressing on the side
Look for poultry or fish entrees instead of red meat
When ordering a salad, ask for greens instead of iceberg lettuce

Restaurant portions are often more than you need for one meal, but you can still practice portion control when dining out.

- Ask your server to put half of your meal in a to-go bag before it's brought to the table.
- Split an entrée with a friend (this can help save money as well)!

[IDPH No Smoking Sign]