



ENERGIZE YOUR LIFE!
EAT HEALTHY-BE ACTIVE

This newsletter is produced by the *Nutrition Education Network of Washington* to enhance communication and coordination among those who educate Washington families about nutrition and food. *Energize Newsletter for Nutrition Educators* shares brief information about programs and materials that support healthful and enjoyable eating.

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SUBSCRIPTION INFORMATION

Energize Newsletter for Nutrition Educators can be sent to you electronically each month. There is no charge. To subscribe or unsubscribe, contact Christa Albice, WSU Puyallup, 253-445-4541, e-mail albice@wsu.edu.

To access past issues, go to
<http://nutrition.wsu.edu/take5/index.html>.

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This Month's Focus- *The Chicken and the Egg*

Which came first? In nutrition education, it can be both! Chicken meat and eggs are good sources of protein and other needed nutrients, and can be economical choices for a healthful diet. In this issue of the *Energize Newsletter for Nutrition Educators*, we share information and resources about these sources of lean protein.



Photo from Washington State University CAHNRS

Nutrients in Eggs – We've heard for years that an egg's yolk contains cholesterol while the white has none, but we don't often hear about the nutritional benefits of the yolk. It provides nearly half (3.6 grams) of the whole egg's protein (6.3 grams), all of its vitamin A, and nearly all of its choline, vitamin D, folate, and phosphorus. It even has a small amount of calcium. When considering discarding the yolk to reduce the egg's cholesterol (186 mg), it's worth considering other nutrients might be wasted. For a chart comparing the nutrients of a whole egg, egg whites, and egg yolk, see www.eggnutritioncenter.org/wp-content/uploads/2012/04/Nutrient-Content-of-1-Large-Egg.pdf.

Chicken on the Plate or in the Bowl – A piece of advice in ChooseMyPlate.gov is to "go lean with protein." Skinless chicken and turkey breast are the leanest choices from the Protein food group. It recommends purchasing skinless chicken parts or removing the skin before cooking, as well as visible fat. For more nutrition and food safety tips, see www.choosemyplate.gov/food-groups/protein-foods-tips.html. Chicken breast is a good budget choice for lean protein: at \$3.00 per pound, a standard two- to three-ounce serving costs just 50 cents, according to *Eating Well for Less*, the updated version (2012) of a popular food preparation book used by Washington State's Basic Food (SNAP) program. The booklet offers tips and easy sauces to enjoy this flavorful and economical meat. To download PDFs of *Eating Well for Less* in English and/or Spanish, visit <http://nutrition.wsu.edu/recipes/>. To request a print file of the booklet, please contact Kathleen Manenica at manenica@wsu.edu. Printed *Eating Well for Less* booklets are available to WA State agencies only from the [Department of Printing Fulfillment Center](http://www.printingfulfillmentcenter.com). Using the Search feature, type "*Eating Well for Less*". For more recipes, choose from Cooking Light's 25 chicken recipes for a variety of budgets that are MyPlate-inspired at <http://www.cookinglight.com/food/recipe-finder/myplate-inspired-chicken-recipes-00412000082545/page27.html>.

Chicken and Egg Food Safety - Thaw frozen chicken in the refrigerator, not on the counter. At room temperature, harmful bacteria can grow. To thaw it more quickly, the Washington Fryer Commission recommends placing the chicken in a sealed plastic bag and submerging it in cold water, changing the water every 30 minutes until thawed. www.cluckcluck.org.

Brown vs White Eggs – Do brown eggs contain more nutrients than white eggs? It's a valid consumer question since brown flour (if it's whole wheat) naturally contains more nutrients than white flour, and brown sugar has slightly more nutrients than refined white sugar. All eggs, regardless of shell color, are the same nutritionally. Brown-shelled eggs come from brown hens and white-shelled eggs come from white hens. (Source: American Egg Board).

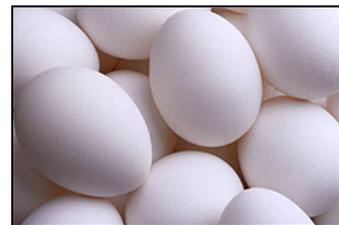


Photo from USDA, Agricultural Research Service

Eggs in WIC – The Women, Infants, and Children (WIC) Nutrition Program provides nutrient-rich foods, and that includes eggs. WIC participants may use their benefits to purchase a dozen small, medium, or large white chicken eggs of any brand. Egg substitutes, brown eggs, jumbo size, and other types of eggs not allowed on the program are listed here: www.doh.wa.gov/portals/1/Documents/Pubs/960-278-EggsCannedFish.pdf.

Classroom Lesson Plan About Eggs – To take kids on a virtual tour of an egg farm and to learn about egg nutrition, see http://educationstation.discoveryeducation.com/pdf/FarmToTableVirtualFieldTrip_4.pdf. The activity integrates with science, technology, and math. Developed by the American Egg Board and Discovery Education.

Meat and Poultry Hotline – For more than two decades, staff at USDA's Meat and Poultry Hotline have been answering consumers' food safety questions to prevent foodborne illness. On the Hotline, experts address safe storage, handling, and preparation of meat, poultry, and egg products. To reach the Hotline, call 888-MPHotline (888-674-6854), email at MPHotline.FSIS@usda.gov, or use the online chat service at <http://www.fsis.usda.gov/wps/portal/informational/askkaren>.

Backyard Birds – As the interest in locally grown food has risen, people in Washington State are increasingly interested in raising their own chickens and ducks in their backyards. Before getting a flock, it's important to be well-educated about how to care for the birds, making or buying the right size coop, and providing them with food and water. The number of allowable chickens or ducks varies by location. For example, in Seattle, a household may have up to eight fowl, but in Bellevue the cap is six birds. Raising chickens for their eggs can bring in some cash: in many areas, people may sell eggs from their backyard birds directly to the consumer without a license if they are sold where they are produced. For a good website about raising backyard chickens and eggs, including keeping the birds healthy, legal rights, food safety, and links to many useful resources, see www.kingcounty.gov/healthservices/health/ehs/zoonotics/poultry.aspx. For information about hen breeds and chicken coops, see www.backyardchickens.com.



Photo from King County Health Services

IN THE MEDIA

Drop in Childhood Obesity – Behind the Headlines – For the first time in decades, the rate of obesity among low-income preschool children has dropped, according to the Centers for Disease Control and Prevention (CDC). Washington State was one of 18 states showing improvement in the study released this month. Height and weight data was collected for 12 million children ages 2 to 4 who participate in federally funded nutrition programs, primarily WIC, showing a drop from 2008 to 2011. Cathy Franklin, Nutrition Coordinator for the Washington State WIC Nutrition Program, says that Washington WIC data shows that obesity among young children in our state continued to decline in 2012. Although the reasons for the decline aren't known, Cathy, as well as the CDC, believes that the trend is due to changes in the WIC food package, increased breastfeeding rates, and nutrition education efforts in local communities (through programs such as SNAP-Ed, Headstart, WIC, and the Healthy Communities project. For CDC's fact sheet, see www.cdc.gov/VitalSigns/pdf/2013-08-vitalsigns.pdf; for a chart displaying data from the Pediatric Nutrition Surveillance System, see www.cdc.gov/pednss/pednss_tables/pdf/national_table1.pdf. (Contact: Cathy Franklin, MS, RD, Nutrition Coordinator, Department of Health, Washington State WIC Nutrition Program, 360-236-3648, 800-841-1410 ext 3648, Cathy.Franklin@DOH.WA.GOV.)

OUR MISSION: *The Nutrition Education Network* coordinates nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating among low-income families. *Energize* is one way that *the Network* shares information and resources to accomplish this mission.

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TOOLS OF THE TRADE

New Recipe Webpage – From one central web location, consumers can obtain hundreds of low-cost recipes already developed by USDA. The site consolidates recipes and nutrition information from the Food Nutrition and Consumer Services agencies, Food and Nutrition Service, and the Center for Nutrition Policy and Promotion. The FNCS Recipe Box was launched last month and can be accessed at www.fns.usda.gov/fncs-recipe-box.

New Recipe Smartphone App – Low-cost recipes that are easy to prepare and healthy can be easily accessed with a new smartphone app by Share Our Strength's (SOS) Cooking Matters. It includes more than 90 recipes developed by chefs and nutrition experts with SOS, which has been helping families cook healthy meals on a tight budget for more than 20 years. SOS's Cooking Matters is part of the No Kid Hungry campaign to end childhood hunger in the US. To read more, go to <http://cookingmatters.org/app>.

WASHINGTON GROWN

Eat Your Colors – Including Black! – Blackberries, also called brambleberries, are a local treat, and healthful, too. No, there isn't a black category in the More Matters (formerly 5 A Day for Better Health) – blackberries actually fall in the purple/blue category. They are an excellent source of the antioxidants ellagic acid, quercetin, and anthocyanin (the compound responsible for their deep purple hue). A cup of blackberries provides half of the Daily Value of the antioxidant vitamin C and is a good source of dietary fiber (31% DV), manganese (47% DV), and vitamin K (36% DV), all for a mere 62 calories.

Photo by Chris Anderson in Washington State Newsletter, Fall 2010



DID YOU KNOW?

What is the official Washington State vegetable? The Walla Walla sweet onion! In 2007, our state's deliciously sweet onion received its honored designation, after more than 100 years of cultivation in the Walla Walla Valley. Its development began around 1900 when Peter Pieri, a French soldier who settled there, brought sweet onion seeds with him from the island of Corsica, a French island in the Mediterranean Sea located closer to Italy than to France. Walla Walla sweets are generally harvested late June through September. (Sources: J Steury, "Walla Walla Sweets," Washington State Magazine, WSU, <http://wsm.wsu.edu/s/index.php?id=817#.Ugk5q234ljU>; Pacific Northwest Garden History: Famous People You Never Hear Of, www.halcyon.com/tmend/notables.htm; and www.sweetonions.org.)



EAT TOGETHER EAT BETTER – Family Meals Focus

Because our readers have told us that Family Meals is a hot topic, in the May 2011 issue we began a small section on recent news relating to this topic and our long-standing signature program, Eat Together, Eat Better.

Eat Together Eat Better at Society for Nutrition Education and Behavior (SNEB) – At the August annual convention of SNEB, WSU Extension staff Shirley Calodich and Drew Betz showcased the Eat Together Eat Better tool kit during poster sessions. Shirley mentioned that attendees were very interested in the components of the program that encourages family meals. She also commented that many other posters there incorporated the concept of family meals in their programming, showing that the trend in encouraging

parents and children to eat together. To see the tool kit, go to <http://nutrition.wsu.edu/ETEB/index.html>. (Contact: Kathleen Manenica, WSU Extension Coordinator Specialist, 253-445-4598, manenica@wsu.edu.)

Kids Cooking with Confidence = More Family Meals – In the first study to look at the frequency of family meals and kids' "self-efficacy" in food preparation, researchers found that the more confident kids are in the kitchen, the more likely it is that their family eats together. Self-efficacy refers to a person's confidence in his or her ability to perform a specific behavior, rather than measuring the behavior itself. In this research project, kids' confidence to prepare food using different food items and techniques (rather than the behavior of actually preparing food more often) was a predictor for family meal frequency. Since family meals are associated with more nutritious diets, the researchers claim that teaching cooking skills to children and teens would be a worthwhile health promotion strategy for increasing self-efficacy for cooking. (Source: SF Woodruff and AR Kirby, "The Associations Among Family Meal Frequency, Food Preparation Frequency, Self-efficacy for Cooking, and Food Preparation Techniques in Children and Adolescents," *Journal of Nutrition Education and Behavior*, 45(4):296-303, 2013.)

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