



**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.

#### STAFF

**Kathleen Manenica**, MS, CN  
Executive Editor  
State Program Coordinator, *Food Sense*  
253-445-4598  
[manenica@wsu.edu](mailto:manenica@wsu.edu)

**Martha Marino**, MA, RD, CD  
Writer  
206-817-1466  
[martha\\_marino@yahoo.com](mailto:martha_marino@yahoo.com)

**Christa Albice**  
Circulation Services  
253-445-4541  
[albice@wsu.edu](mailto:albice@wsu.edu)

#### 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](mailto:albice@wsu.edu).

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

*Energize* is a publication of the *Nutrition Education Network of Washington*, whose staff is responsible for its content.



USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

### Last Chance! Survey ends September 15

***We value your opinions - please fill out our short questionnaire!***

Please take a few minutes to provide your input. We conduct a survey of our readers biennially to assure the *Energize Newsletter* is meeting both your needs and ours.

All information is confidential.

***Please click on the following link to complete this short survey:***

<http://surveygoldcloud.com/s/B1E6BC6A5BAA4BEC/41.htm>

## This Month's Focus: *Whole Grains*

Consumers hear the advice from nutrition educators, "Make half your grains whole," and certainly whole grains, including so-called ancient grains have been gaining popularity. By gradually shifting the types of grains that people eat from refined flours to whole grains, we can help people get more of the nutrients they need for good health. Most people know about whole wheat bread and brown rice, but they might be interested in trying other interesting, reasonably priced options. In this issue of the *Energize Newsletter for Nutrition Educators*, we'll provide practical resources to help the people we serve include more delicious, nutritious whole grains on their plates.



Photo courtesy of USDA

First, a bit of background. Whole grains are comprised of three parts: endosperm, bran, and germ. Each of these parts offers unique nutritional benefits to promote health. Refined grains are mainly made from the endosperm because the milling process removes most of the bran and germ. By replacing refined grains with whole grains, people can increase their intake of dietary fiber, B vitamins, iron, magnesium, selenium, phytochemicals, and antioxidants. The 2010 Dietary Guidelines for Americans reported that less than 5% of American consume the minimum recommended amount of whole grains, which is roughly three ounces per day. On average, Americans eat less than a one-ounce equivalent of whole grains.

**Nutritional Benefits of Whole Grains** – Whole grains have similar amounts, and sometime more, disease-fighting chemicals than many typical fruits and vegetables. Who knew? That's one of a host of interesting nutrition facts

about whole grains in a useful handout by the Minnesota Department of Health. The handout also describes the enrichment process of adding back certain nutrients to refined flour, and it also describes how to read a label to know whether the product is considered whole grain. To download “Nutrition Facts: Whole Grains,” go to [www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/docsandpdf/wholegrainfactsheet.pdf](http://www.health.state.mn.us/divs/hpcd/chp/cdrr/nutrition/docsandpdf/wholegrainfactsheet.pdf).



Photo courtesy of WSU Food Sense

**Breaking the Time Barrier** – As with dry beans, a drawback that some consumers have against consuming whole grains is the time it takes to cook them. Bulgur, couscous, barley, and oats are just a few options that are faster to prepare. WSU Extension has colorful downloadable recipes for “Quick Whole Grains” in both English and Spanish at <http://nutrition.wsu.edu/incentive-recipes> as well as in *Eating Well for Less* (DSHS publication) at <http://nutrition.wsu.edu/ew4/#grains>. For additional recipes, see the Whole Grains Council’s handout, <http://wholegrainscouncil.org/files/DozenEasyWGRecipes.pdf>. More information about grains, including nutrition information, cooking instructions, and videos can be found at <http://wholegrainscouncil.org>.

**10 Tips for Whole Grains** – ChooseMyPlate offers a colorful handout with ten tips to include more whole grains in the diet, “Make Half Your Grains Whole,” at [www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole.pdf](http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet4MakeHalfYourGrainsWhole.pdf)

**Whole Grains for WIC Participants** – Although nutrition educators with the WIC Nutrition Program are familiar with the whole grains available to their clients, others who might find a list helpful can find it here: [www.doh.wa.gov/portals/1/Documents/Pubs/960-278-WholeGrainChoices.pdf](http://www.doh.wa.gov/portals/1/Documents/Pubs/960-278-WholeGrainChoices.pdf).

**Bulgur Handout** – When the WIC Nutrition Program added bulgur to the foods available to its clients, some were unfamiliar with this whole grain. The Washington State Dairy Council developed a black-and-white downloadable handout that tells about bulgur and includes several low-cost recipes. See [https://www.eatsmart.org/client\\_assets/Files/Free%20Resources/bulgur%20handout%20final%202010-08-18.pdf](https://www.eatsmart.org/client_assets/Files/Free%20Resources/bulgur%20handout%20final%202010-08-18.pdf).

**Experiments with Local Grains, Local Bread** – WSU Extension’s Mount Vernon Research Center has put itself on the map for offering training for local bakers and for helping grain growers on small farms throughout the Pacific Northwest. Faculty, staff, graduate students, and farmers experiment with breeding an array of wheat varieties, including rare varieties and those that would do well in the unique climate of Western Washington. In its Bread Lab, classes have grown in such popularity that a new facility has been created for more space. In this larger building, King Arthur Flour will open a state-of-the-art Baking Center in the spring of 2016. Info at [www.thebreadlab.org](http://www.thebreadlab.org).



Photo courtesy of USDA

## IN THE MEDIA

**For Wheat Farmers, First the Heat, Then the Fires** – Because of the high temperatures and the drought during this year’s growing season, Washington wheat farmers statewide harvested their crops at least two weeks ahead of schedule this year. Generally mid-August, the combines are rolling in Eastern Washington, but already 96% of winter wheat and 90% of spring wheat have been harvested. The extreme weather resulted in a lower yield and a crop too high in protein, meaning less income to wheat farmers. This is a double- and triple-whammy: 2014 was also a drought year and now the fires in Eastern Washington are threatening the fields. (Source: “Early wheat harvest produces lower yield because of weather,” Kip Hill, *Spokesman Review*, August 20, 2015.)

**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.

**Please Copy This Newsletter!** Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

\* Listing of products and goods in this newsletter does not imply endorsement.

## TOOLS OF THE TRADE

**Grant Funding for Food Education** – Non-profits in Washington State can receive up to \$4,000 for a program that provides education and training to improve people’s knowledge about food, as well as its sources and preparation. Special emphasis is placed on programs in schools. These grants, which have funded such efforts as creating school gardens and cooking classes, are offered through the Green Tables Committee of Les Dames d’Escoffier Seattle, a women’s culinary non-profit organization. Deadline to submit a letter of inquiry is September 21 and a request for proposal is due October 26. Awards will be distributed in December. For information, see [www.lesdamesseattle.com/page-1075234](http://www.lesdamesseattle.com/page-1075234).

**Modern Cooking Infographic** – A newly released infographic from the Bellevue-based Hartman Group shows that consumers celebrate the value of food preparation, and they care about the functional and emotional benefits of cooking. Consumers are interested in convenience, but there’s a difference between old and new attitudes about convenience. Examples? Consumers want foods that travel well, that can be customized to their own liking or imagination, and that help them grow in their cooking skills. <http://hartbeat.hartman-group.com/acumenPdfs/modern-cooking-2015-08-06.pdf>.

## WASHINGTON GROWN

**Fresh This Month** – Although it’s August, the farm stands look like it could be September. Corn, squash, melons, and peppers are in full force. Who knows, perhaps fresh pumpkins will be harvested well before Halloween and pumpkin pie season.

**Whole Grains in Washington State** – Small farms in our state are producing interesting grains! In Winthrop, Bluebird Grain Farm grows emmer wheat, called farro in Italy, and another variety called einkorn, [www.bluebirdgrainfarms.com](http://www.bluebirdgrainfarms.com). Lentz Spelt Farms grows spelt, barley, and even a smoked grain, as they work to bring back ancient grains, [www.lentzspelt.com](http://www.lentzspelt.com).



### 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.*

### Cooking at Home Means Better Diet Quality, Whether One is Trying to Lose Weight or Not –

Researchers have found that when someone in the home cooks dinner frequently, the adults who live there have better diets. Home-cooked dinners are lower in calories, fat, carbohydrates, and sugar. They had a more nutritious diet, whether or not they were trying to lose weight. Individuals with low socio-economic status either cooked a lot or cooked very little, compared with individuals of high socio-economic status who cooked a moderate amount. The authors suggest that, “The decision to cook may be ‘forced’ among lower-income and minority groups” because of financial and/or time constraints. Providing skills and encouragement to cook more dinners at home has implications for obesity prevention efforts, and for a better overall diet whether or not adults are trying to shed pounds. (Source: Wolfson, JA and SN Bleich, “Is cooking at home associated with better diet quality or weight-loss intention?”

*Public Health Nutrition*, 18(8):1397-1406, November 17, 2014.)

**Note:** In the July issue of the *Energize Newsletter for Nutrition Educators* many of our readers offered their suggestions for sources of low-cost recipes, which would be useful in educating clients about cooking more dinners at home, <http://nutrition.wsu.edu/wp-content/uploads/sites/414/2015/01/Energize-July-2015.pdf>.

**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.

**Please Copy This Newsletter!** Feel free to copy any or all of this newsletter to share with others. We only ask that you credit the Nutrition Education Network of Washington and please let us know if you have made copies and to whom you distributed copies.

\* Listing of products and goods in this newsletter does not imply endorsement.