Dear Newsletter Recipient:

Please find attached the January/February edition of the Family Issues newsletter. Listed below are the topics covered in this issue. Enjoy!

What’s Inside...

- Start Planning Now for a Healthy and Happy 2019!
- Make Your New Years Resolution Last through 2019!
- Tips on Making Resolutions Last
- SMART Goals
- Recipes
  - Chunky Mango-Bacon Guacamole
  - Buffalo Chicken Skewers

Call our office at 208-287-5900 to find out how to enroll in the following great learning opportunities!

- Master Food Safety Advisor - NEW Hybrid Version & Brochure 2019
- Well-Connected Communities (Caldwell – see attached flyer) – February & March
- Canyon County: Diabetes Prevention Program, Information Session January 22

Find us on Facebook!

Food, Fitness, & Finances – UI Extension, Treasure Valley Area FCS

Family & Consumer Science Educators

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability. Persons with disabilities who require alternative means for communication program information or reasonable accommodations needs to contact Ada County Extension 2 weeks before the class at 5880 Glenwood St., Boise, ID, 208-287-5900, ada@uidaho.edu.
Starting in October with Halloween, then moving into Thanksgiving and Christmas, we are faced with holiday meats, sweets, and treats everywhere. It is often reported that people gain 7-10 pounds over the holidays, and in surveys people have reported that they gain about five pounds this time of year. However, several recent studies show that the average weight gain during the holidays is just one pound.

This documented holiday weight gain of one pound, is in line with annual U.S. data that shows that the average American gains about one pound of additional weight every year from age 25. Gaining an extra pound of weight every year can add up to 35 additional pounds by age 60. In addition to this gradual weight gain, we also start to lose muscle and bone mass as we age.

You might be asking why I am sharing this discouraging information, and how can it help you start planning for a healthier 2019? There is also good news, research has shown by making changes and adopting healthy habits we can prevent annual weight gain. In this newsletter you will find information, tools and tips to help you start planning and setting goals to develop healthy habits.

Have a Healthy and Happy New Year!

Bridget Morrisroe-Aman
Ada County Educator
It is not surprising, but according to surveys two of the most popular New Year’s resolutions are weight loss and becoming more physically fit. I know that both have been on my list for many years and always seem to pop back up. I used to think this was a bad sign and maybe I did not have the will power to accomplish my annual weight loss and exercise goals. This year, and after some reflection, I have adopted a new outlook and I hope you will too. I have determined that being healthy is not just my annual New Year’s resolution, but my goal for life, so it will always be on my list!

Eating Healthy: There are many reasons why an individual may be focused on developing healthier eating patterns. It could be weight loss, lowering cholesterol or blood sugar, and even to reduce their environmental impact. Whatever the reason, research has shown that adopting a healthy dietary pattern, along with physical activity are critical in preventing and lowering your risk for chronic diseases.

To get started on a healthier eating pattern, it is recommended that you cut back on refined grains and starches, high sodium foods, and high sugar-sweetened foods and beverages. Incorporate vegetables, fruit, nuts, beans, and whole grains, as well as lean meats, fish/seafood and yogurt in your snack and meals. There are two diet plans that may help you do this, the Mediterranean-style or DASH (Dietary Approaches to Stop Hypertension), both of which have extensive research supporting the health benefits.

Moving More: According the Centers for Disease Control and Prevention (CDC) adults need a minimum of 150 minutes per week of moderate physical activity, and less than 25% are getting it. The CDC also recommends in addition, that adults also need muscle strengthening exercises two or more times per week. This combination helps with weight control, maintaining muscle mass while losing weight, and many more benefits. For example, it may help us maintain muscle and bones, improve balance, support heart health, reduce our risks for chronic disease, improve sleep, reduce depression and more. According to the Physical Activity Guidelines Committee, a combination of aerobic and resistance activities is one of the most important things you can do to maintain a healthy life as you age.

Source: Adapted from Tufts Health & Nutrition Newsletter, December 2018
Tips to make your New Year’s resolutions last:

Set goals that are SMART – Specific, measurable, attainable, relevant, and Timely (See chart)

Take small steps – Choose little changes/habits that are doable. For example, instead of cutting out a food item, maybe just reduce the amount you consume or substitute a lower calorie, healthier item.

Make a Plan – Write it down, pencil in time for physical activity on your schedule, make a menu and shop ahead to have healthy meals and snacks for the week, avoid buying those items you have resolved to not eat or cut back on

Make it Fun! – Change is hard, but try to make it fun, find activities you enjoy that keeps you moving, maybe try a new recipe or food item, take a cooking class or cook with family & friends

Start slowly with Physical Activity – Start with a short, less intense activity to avoid injury and then increase intensity and time as you become more active

Keep Track – Come up with a system to keep track, use a notebook or calendar, maybe try a fitness tracker or app like Loseit.com or MyFitnessPal.com to help you track

Find a Friend – Ask a co-worker to walk at lunch or a friend to meet up after work or on the weekend. Find a friend or online

Be your Own Cheerleader – find ways to celebrate every small step or goal you achieve, tell yourself “I did it”, pat yourself on the back, tell someone about your success.

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Setting Smart Goals

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<thead>
<tr>
<th></th>
<th>Definition</th>
<th>Instead of ...</th>
<th>Try.....</th>
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<tbody>
<tr>
<td>S</td>
<td>Specific</td>
<td>Plan goals that are clear and concise. Ask where, how, when, and who.</td>
<td>I will eat healthier</td>
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<tr>
<td>M</td>
<td>Measurable</td>
<td>Make sure you can measure your goals.</td>
<td>I will exercise more</td>
</tr>
<tr>
<td>A</td>
<td>Attainable</td>
<td>Make sure your goals are practical and achievable.</td>
<td>I will never drink soda or mochas again</td>
</tr>
<tr>
<td>R</td>
<td>Realistic</td>
<td>Make sure your goals are real and meet your needs</td>
<td>I will run a marathon, even though I don’t like running and have a knee injury</td>
</tr>
<tr>
<td>T</td>
<td>Timely</td>
<td>Set way and end points to complete your goals</td>
<td>I will lose weight this year</td>
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Losing Weight: This year, you may resolve to lose a certain amount of weight by a certain time. When focusing on weight loss, it is important to keep several things in mind. As we age, our bodies change, and we may not be able to get back to our high-school or ideal weight. Research has shown that losing 5-10% of your total body weight over a year can have significant impact on your overall health. You should also beware of fad or crash diets that are extremely restrictive or exclude major food groups, as research findings show found them to be unsuccessful in the long run.

Dariush Mozaffarian, a cardiologist, Jean Mayer Professor of Nutrition, and Dean of the Friedman School of Nutrition Science and Policy at Tufts University, recommends against cutting out fats and counting calories alone. According to Mozaffarian, research published in the Journal of American Medical association in 2012, suggested that low-fat diets increase the body’s defense against weight loss, while diets low in refined grains, starches, and sugars protects against this. The research also suggested that including plenty of healthy fats from nuts, avocados, fish, olive oil, and other plant oils may be one of the optimal ways to maintain weight loss.

In addition to focusing on your diet, you need to also consider other aspects of your life, specifically sleep patterns and screen time. There is considerable evidence that supports a link between insufficient sleep and weight gain or obesity. Findings include that not getting enough sleep changes the regulation of blood sugar and hormones that signal hunger and fullness. Also, researchers have confirmed via MRI imaging of the brain, that partial sleep deprivation is associated with increased food intake, changes in appetite and hunger, and cravings for high-calorie food. In addition to lack of sleep, screen time or TV watching, is also strongly linked to obesity, especially in children. The evidence from the research trials suggests that it is not the time spent watching TV, but rather the snacks and meals we eat while watching TV. It is recommended that we cut back on TV watching or at least avoid snacking or eating while doing so.

Source: Adapted from Tufts Health & Nutrition Newsletter, December 2018
Changing Behavior: Making a lifestyle change means changing your behavior, which is not the easiest thing to do. The good news is by making a resolution to do so, you may be on the right track! Researchers in a study found people who make resolutions are more likely to be successful at the 6-month mark, than those who don’t. Additionally, in 2010, the American Heart Association (AHA) reviewed multiple behavioral trials and found key actions that support lifestyle change. From their review they identified the following simple steps to eating healthier and being more active.

- Setting specific written targets and goals with a timeline
- Tracking your progress in writing or using an app
- Getting regular, scheduled feedback on your goals from your doctor or an app
- Setting shared goals with your family or friends providing peer support for success

Resolve to make your New Year’s goals to eat better, move more, and lose weight, a lifetime goal to lead a healthier lifestyle. To do so you must take small steps, learn new habits and unlearn old habits, learn and practice new behaviors repeatedly.

Source: Adapted from Tufts Health & Nutrition Newsletter, December 2018

### Chunky Mango-Bacon Guacamole

3 Avocados, pitted and cubed  
2 cloves garlic, minced  
¼ cup finely diced red onion  
½ small jalapeno, seeded and finely chopped  
1 tsp. cumin, salt and pepper  
1 lime, juiced  
1 large mango, pitted and cubed (May substitute peach or pineapple)  
1 Tbsp. chopped, fresh cilantro  
3 strips bacon, cooked (safe internal temp 145°F) and crumbled  
Chili powder or cayenne to taste  
Tortilla chips and lime wedges

Combine avocados, garlic, onion, jalapeno, cumin, salt and pepper in bowl. Mix to desired consistency with fork until combined, leaving some chunks of avocado whole. Stir in lime juice, mango, cilantro and bacon. Sprinkle with chili powder or cayenne. Serve with tortilla chips and lime wedges. Refrigerate leftovers.

### Buffalo Chicken Skewers

Olive oil for drizzling  
1 lb. skinless chicken tenderloins  
Wood skewers soaked in water for 30 mins.  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. garlic powder  
1 cup buffalo sauce  
½ cup each ranch and blue cheese dressing

Preheat oven 425°F. Line sheet pan with foil and drizzle with olive oil. Slice tenderloins in half lengthwise, thread onto skewers and place on sheet. Sprinkle with salt, pepper, and garlic. Back 10 minutes. Remove from oven, drizzle buffalo sauce over skewer covering each piece. Return to oven and 5 minutes longer or until chicken is cooked to safe internal temp. 165°F. Serve skewers on place with bowls of ranch and blue cheese for dipping. Refrigerate leftovers.

Recipe source: Fred Meyer mymagazine.us
**University of Idaho Extension**  
**Master Food Safety Advisor**

**NEW Hybrid Version**  
(Online Lecture + Hands-on Labs)

The University of Idaho Extension faculty will be offering a Master Food Safety Advisor certification to anyone that is interested. Participants will learn hands-on how to safely preserve food products. The online modules are due Monday nights and labs will be weekly on Tuesdays at the UI, Ada County Extension office from 12:00-4:00 p.m. Classes start April 2nd – May 14th. The first class will be from 9am – 3:00 pm. Participants volunteer 30 hours of service by providing research-based food preservation information after completion of the course. This can be completed by answering phone calls, helping during classes, teaching classes, staffing booths, or making displays.

**Course Topics:**  
Canning acid foods (fruits and tomatoes), canning low-acid foods (meats and vegetables), soft spreads, pickling, dehydration, food safety, freezing methods and teaching tips and aids.

**Cost:**  
$95.00 includes a handbook, reference material, food and supplies used during labs. Refer a friend or family member and both of you will receive a $10 discount. **Scholarships** are available call for details.

**Application Deadline: March 22nd, 2019**

15 applicants are accepted each year on a first come, first served basis, so apply today!
Purpose

University of Idaho Extension offers the Master Food Safety Advisor Program (aka Master Food Preserver) to teach participants how to safely preserve high-quality foods. After completion of the coursework, participants work with the community to complete their volunteer time (see Phase 2 – Volunteer Service). This is a great opportunity to share your knowledge.

Training Phases

Phase 1A-Complete Weekly Online Modules
Surine Greenway, Bridget Morrisroe-Aman, and Joey Peutz—Extension Educators, will teach the 7-week course in an online format using Google Classroom. PowerPoints, videos, and reading checks will be used to enhance your learning experience.

Phase 1B-Hands-on Labs
Participants will come in on Tuesdays from 12-4 p.m. to complete hands-on food preservation labs and do a quick review on material for the current week.

Topics include:
Canning acid foods (fruits and tomatoes), canning low-acid foods (meats and vegetables), soft spreads, pickling, dehydration, food safety, freezing methods and teaching tips and aids.

Phase 2 – Volunteer Service*
Participants are required to complete 30 hours of volunteer service, which can be completed in their county of residence. Opportunities include answering food safety questions via phone, assisting with and/or teaching classes, staffing booths, and making displays.

Where and When: The online modules are due Monday nights and labs will be weekly on Tuesdays at the UI, Ada County Extension office from 12-4 p.m. Classes start April 2nd – May 14th. The first class will be from 9 a.m.-3 p.m. and the rest of the classes will be from 12-4 p.m.

Certification

Participants are certified as University of Idaho Extension Master Food Safety Advisors when they have completed the 7-week course and 30 hours of volunteer service. Participants can recertify for the Advanced Master Food Safety Advisor Program in February of the following year.

Who Can Apply?

- Anyone with an interest in food preservation and food safety
- Anyone with little to no food preservation experience
- Anyone interested in expanding and sharing their knowledge with others
- Anyone who enjoys being involved in their community
- Residents who live in Ada, Adams, Canyon, Elmore, Gem, Owyhee, Payette, Valley, or Washington Counties

When Should I Apply?

15 applicants are accepted each year on a first-come, first-served basis. An application will be mailed or emailed to those who complete the form on the back.

Application deadline:
Friday, March 22nd, 2019

Cost – $95
Refer a friend or family member and both of you will receive a $10 discount.

$95.00 (with volunteer time) fee includes a handbook, additional reference materials, food, lab supplies, and 40 hours of instruction time with hands-on labs.

Scholarships are available call for details.

*If participants are unable to complete the 30 hours of volunteer service or if you choose to complete only phase 1, participants will be charged an additional $300.00 ($395.00 total). Preference will be given to individuals interested in completing both phases.
Please send me an application for the Master Food Safety Advisor Program.

Class fee is collected after your application has been submitted and your application has been approved.

Name  ______________________________ Day Phone ________________

Address ______________________________ City ______________ Zip ____________

Email (please print clearly) ________________________________

Mail, call or email us to request a MFSA Application:

Mail: Master Food Safety Advisor Program
University of Idaho Extension, Ada County
5880 Glenwood Street
Boise, Idaho 83714

Email: ada@uidaho.edu
Phone: (208) 287-5900

Questions or concerns? Contact Us

Taught by Surine Greenway, Bridget Morrisoe-Aman, and Joey Peutz–Southern District II
FCS Extension Educators

FOOD SAFETY ADVISOR
University of Idaho Extension

A computer can be set up for use at the Canyon and Ada County Extension offices for use.

Don’t have access to a computer?

(Online Lecture + Hands-on Labs)

NEW Hybrid Version
Well-Connected Communities

A new volunteer-program that trains youth and adults on how to be advocates for health and wellness. Volunteers will then bring their new knowledge & skills into their communities. Volunteers will receive in person and online training.

Trainings Hosted At:
- Canyon County Extension
  501 Main St, Caldwell
  208-459-6003
- Owyhee County Extension
  238 8th Ave W, Marsing
  208-896-4104
- Cassia County Extension
  1459 Overland Ave, Room 4, Burley
  208-878-9461
- Ada County Extension
  5880 N Glenwood St., Boise
  208-287-5900

Course Cost:
$10.00/person
Youth (12+) and adults are welcome to participate

In Person Dates
Tuesdays, February 5, 12, 19, 26 as well as March 5, 12, & 19
From 5:30-7:30pm

Save the Dates-
online at your own pace
Thursdays, February 7, 14, 21, 28 as well as March 7 & 14

For more information or to register contact your local Extension Office

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.
Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact the Jackie Amende by at least two weeks prior to the event at 208-459-6003 or jamende@uidaho.edu.
Diabetes Prevention Program

Information Session

Tuesday • January 22, 2019
Location: University of Idaho Extension
501 Main St. Caldwell, ID 83605

Option 1: 11:30 am-1:00 pm
OR
Option 2: 5:30 pm-7:00 pm

WHO:
For anyone who would like to learn more about prediabetes, the Diabetes Prevention Program, and which providers offer it in Canyon County!