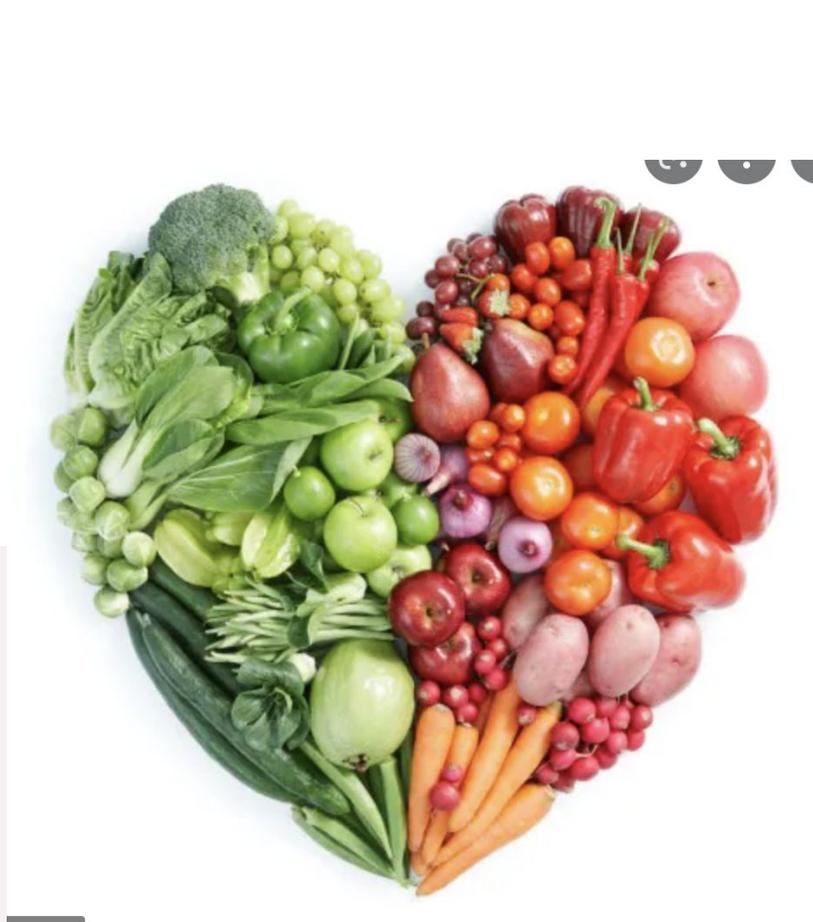


Session 3

All things Food



"No disease that can be treated by diet should be treated with any other means."

— **Maimonides**

"Let food be thy medicine and medicine be thy food."

— **Hippocrates**

"About eighty percent of the food on shelves of supermarkets today didn't exist 100 years ago."

— **Larry McCleary**, "Feed Your Brain, Lose Your Belly: Experience Dynamic Weight Loss with the Brain-Belly Connection"

We know that GOOD food is important but
.....biggest obstacles
.....cost, preparation, lack of education, time



Making it
Affordable



Making It Affordable

Planning

Utilize sales and coupons

Shop smart and use all pieces of the food/leftovers

Farmer's markets, roadside stands

Shop in season

Costco, Sam's Club, Aldi

Making it affordable

Shop on Wednesdays (new day for food - sales)

Ask for “seconds”

- “Seconds” - products that are not able to sell
 - Bruised, misshapen, etc..
- Ask for a discounted price - usually a deep discount given
- Ask stores for near end expiration

Stock up

Stock up on fruits and vegetables (frozen or fresh) when on sale.

- Frozen - stay good for 8-10 months
- Freeze your own if fresh is on sale
- Make smoothie/diversity packets
- Canning

Herbs

- Freeze in ice cube trays with oil base
- Dehydrate and use (lasts 1-3 years)

Dehydrating

Vegetables

- Tomatoes, carrots, beets, greens
- Squash, Onions, peas, celery, corn, pumpkin and broccoli

Eat them like veggie chips

Use in soups and stews

<https://www.harvestessentials.com/samson-digital-6-tray-silent-food-dehydrator-sb106b.html>

Bulk

Ask about buying in bulk (for discount)

- Farmer's market, store, or market

- Co-ops

Go in with other families

Be prepared to prep alot of food

Rotate on a schedule

Buy more when on sale

Co-ops

Azurestandard.com

Frontier Co-op

WHAT'S IN SEASON?

WINTER



Kale Sweet potatoes Leeks



Pomegranate Turnips Dates Oranges Pear



Brussel sprouts squash Persimmons

SPRING



Broccoli Carrots Peas



Apricots Avocados Blueberries Kiwi Pineapple



Artichokes Asparagus Strawberries

SUMMER



Green beans Eggplant Figs



Grapes Okra Plums Watermelon Peaches



Black berries Raspberries Blueberries Cantaloupe Cherries



Bell peppers Cucumbers

FALL



Swiss chard Guava Cauliflower



Apricots Ginger Kumquats Mushrooms Pumpkin



Huckleberries Broccoli Butternut squash



Coupons

Berry Cart App

Snap App

Target mobile

<https://www.moneytalksnews.com/6-secret-places-find-coupons-for-fresh-fruits-and-vegetables/>

<https://thekrazycouponlady.com/tips/couponing/10-real-ways-to-save-on-produce-without-starting-a-garden>

Use Web Sites

Misfits Market www.misfitsmarket.com

Imperfectfoods.com

<https://www.perfectlyimperfectproduce.com/>

Thrive market

Vitacost

<https://www.thespruceeats.com/best-online-health-food-stores-4165675>

Web Sites

<https://www.iherb.com/c/grocery>

Amazon

Walmart and others that ship

<https://www.freshdirect.com/>

Affordable

Buy generic or store brand

Scan the discounted produce cart

Food Tips

Don't buy more perishable items than you can use in a week

Learn how to store produce for longer shelf life

Highly Perishable foods:

- Ready to eat bagged salads
- Mushrooms
- Berries, Avocados and bananas

Stretch your fresh herbs, spices, alliums

Key ingredients for flavorful meals (and healthy!)

Alliums - onions and garlic (longer shelf life)

Bagged herbs highly perishable

Careful storage can extend life

- Cilantro in a cup of water
- Chop and freeze in ice cube tray with oil.
 - Add to vegetables, potatoes, food

Stretch your
fresh herbs,
spices,
alliums

Another flavor builder for the freezer - **ginger**

-Store in an airtight bag and when ready to use, peel and grate as much as you would like (no need to thaw), returning the rest to the freezer.

Green onions - Regrow on a windowsill. Place the white root ends in a glass of water. Change the water once weekly. Once the green ends have regrown, snip what you need, let the rest keep growing.

Saving money

Use what you have before buying more.

-Commit to taking inventory of all the food 2x month. Bring forward the buried items and plan meals based on these ingredients.

Eat attentively. Practice mindfulness. Listen to cues of fullness.

Other Tips

Don't shop when you're hungry

Make a list

- Go ahead and substitute things on sale

Plan to prepare vegetables once and use all week

Keep it simple - buying fruits and vegetables in their simplest form.

- Pre-washed and processed costs more

Reduce cost

Grow your own produce

Garden, planters, windowsill









DIY to save money

Make your own:

Yogurt, nut milks and butter, ghee

Smoothie mixes

Food waste – shopping tips

Prepare weekly menus ahead of time and use shopping lists. Know what you have at home.

Consider taking inventory 2x month and use items you have.

Be wary of impulse buys or things you normally don't eat. Don't shop hungry.

If not on sale, buy only the amount you need or the amount you can take care of/prep.

Waste

Be particular with fresh produce.

Choose the brightest, freshest looking

If ripened, discoloring, or softened, may not last as long.

Use leftover vegetables to add to casseroles, soups, smoothies.

Fruits

Climacteric - continue to ripen with time

Non-climacteric - do not ripen after harvesting

Ideally these are harvested at peak ripeness

Climacteric: apples, apricots, avocados, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plums, tomatoes.

-Store counter at room temperature until desired ripeness and then refrigerate.

Food

Non-Climacteric:

Bell peppers, berries, cherries, citrus (lemons, limes, oranges, grapefruit), cucumber, eggplant, grapes, watermelon.

-Sometimes you may purchase one harvested before ripeness (sour berries/oranges)

Food

Buy ugly produce - ask your store to sell them at discounted prices.

Consider drying, freezing and canning

Often don't feel these have as much nutrition

Fresh food past peak ripeness - even less

Food

Dried and canned - stores months/years

-shop sales but only what you will use!

Frozen foods - last several months

Shop sales. Look labels “flash frozen”

Perishables - dairy and eggs.

Restock when 75% at home used.

Waste - Storing food

“First in, first out” Oldest foods in the front and plan meals around those.

-Keep leftovers in the front. Label with eat by date.

General leftovers keep well 3-4 days

Limit leftovers if histamine issues

Freeze quickly to limit histamines

Decrease food waste

Prep vegetables as soon as you purchase them.

Wash, chop and dry them

Store in clear containers.

Consider various prep of these vegetables.

Prep: Fill sink with water and vinegar/produce cleaner. Soak 10-15 minutes. Lay on paper towels.

Air dry and then put away. All but berries

Storing

Low humidity beneficial for produce not sensitive to water loss and emits high levels of ethylene gas. Low humidity allows air to circulate and dispel the gas that would speed ripening.

Apples, avocado, melons, mangoes, pears and peaches.

Storing

High Humidity is beneficial for produce sensitive to water loss and deteriorates quickly in the presence of ethylene gas.

High humidity keeps the bin sealed from the airflow in the rest of the fridge, protects them from the gas from other produce.

Leafy greens, herbs, cucumbers, carrots, strawberries, bell peppers, cruciferous (broccoli cauliflower, and brussel sprouts)

Storing

Remove visibly aging produce and use immediately or compost, as it emits gases that speed the ripening of other produce.

Certain produce - store room temperature in a dry area. Potatoes, onions, tomatoes, winter squash, and basil.

Freeze foods - Date it. Review freezers regularly. See guides for freezing times for foods..

Reconsider food

Revive wilted lettuce, sagging vegetables, and even herbs. As long as no clear sign of spoilage - they are worth saving.

Most veggies have 90% water gradually lost during storage - adding water back can perk them up.

-Slice them to allow greater surface area contact with water, soak in a bowl with ice water 15-20 minutes. Dry well.

Food waste

If fruits brown/mushy or too tart - add to smoothies/baked goods.

Add saggy vegetables that can't be revived to soups, casseroles, or broth.

Use vegetable scraps (carrot peels, celery leaves, parsley stems, onions skins) for broth.

Add to large pot, cover with enough cold water until they float. Boil, reduce and simmer 1 hr. Strain.

Food waste

Consider eating skins of produce if organic

Grate citrus skins into sauces, desserts, or onto fish/poultry. !

Food waste

Consider eating parts of produce often discarded
-Squash seeds, pulp, touch outer leaves.

Seeds: Rinse and dry. Place in single layer on baking sheet with parchment. Sprinkle with seasoning. Bake 375 for 15-20 minutes

Pulp: If you juice - use pulp in soups, stews, or sauces as a thickener. Add smoothies, muffin batter.

Brussel sprout leaves: Use same as seed instructions.

<https://www.hsph.harvard.edu/>

Food scraps

<https://www.healthline.com/nutrition/uses-for-food-scrap#1.-Pickle-watermelon-rinds>

<https://www.thespruceeats.com/recipes-to-use-up-food-scrap-5179510>

<https://zerowastechef.com/2018/05/02/15-creative-uses-food-scrap/>

<https://www.youtube.com/watch?v=MImtC7hN4ZA>

Produce
lasting
longer

<https://www.youtube.com/watch?v=4doYb2d2sTg>

Check the first comment and it says which foods at what time.

Storage

Fruits and vegetables produce condensation as they chill paper towels absorb extra moisture and can help them last longer

Line the crisper drawer with paper towels.

Leafy greens can be washed, dried in a spinner, then in a paper towel in a breathable bag.

Mushrooms - need to breathe. Store in brown paper bag if fridge.

Storage

Berries should not be washed until you're ready to use them. Line a glass container with a paper towel and place unwashed berries and top with another paper towel. When ready to eat, wash and eat

Tomatoes, avocados and bananas - store room temp on the counter. Keep away from apples.

Need to ripen - paper bag with an apple.

(Fruit flies - ACV, plastic wrap with small holes)

Storage

Think of fresh herbs like flowers.

-Store in glass filled with water in windowsill or counter with sunlight.

Potatoes, sweet potatoes in drawer or cool dark place

Nuts and seeds - airtight glass container and stored in the freezer so they can remain fresh to use for a year or more.

Other tips/tricks??

Shopping favorites?

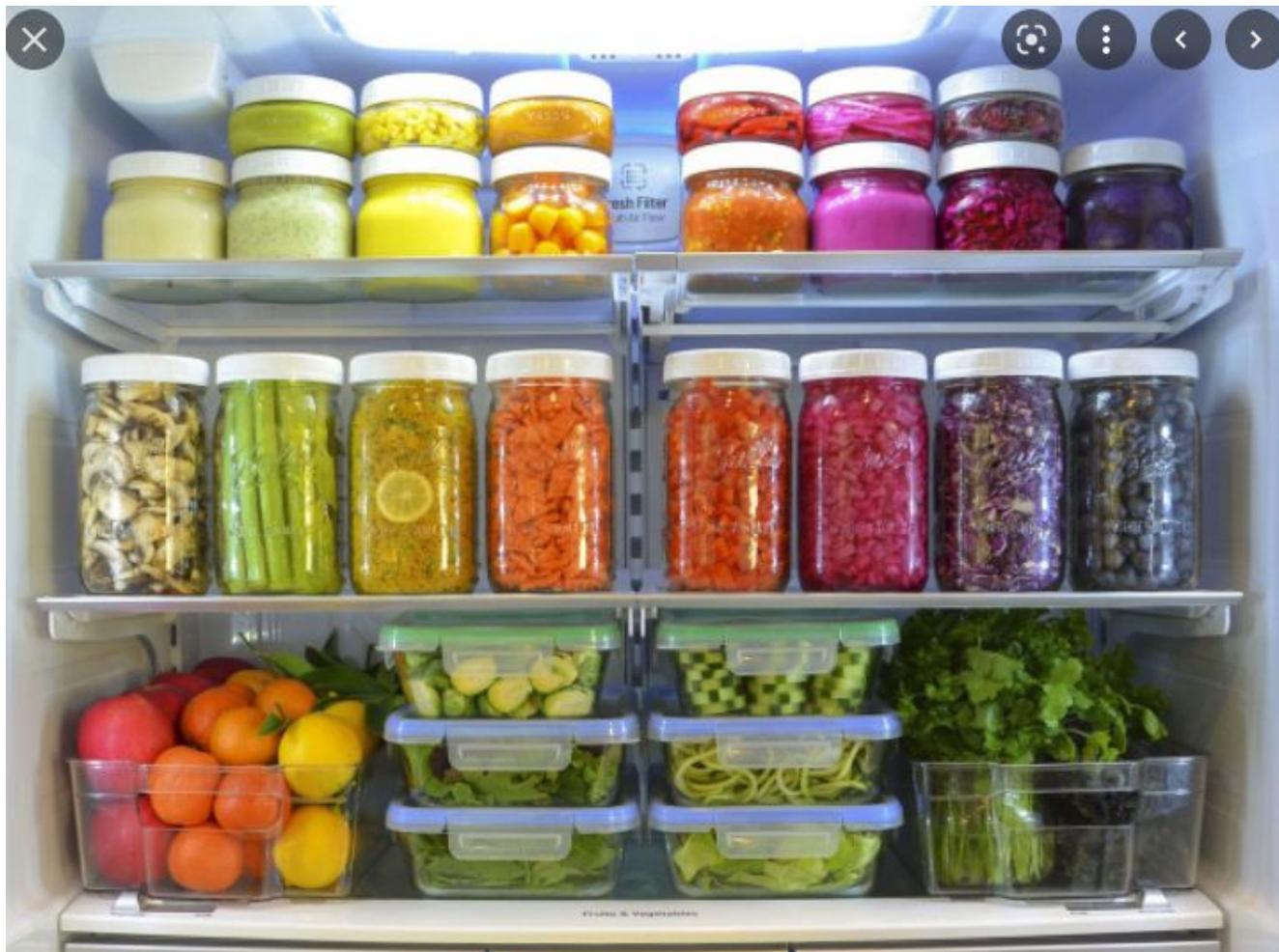






366 x 626

Photo: G. Schmitt/istock



Meal Prep Batch Cooking

Don't over- Complicate your plans

Make is simple!!

Find a few recipes that you rotate

Make the recipes and store them

Use non-recipes to round out the week

Using leftovers and throw something together

Repeat

Prep

By mixing recipes with non-recipe dishes

You can find meals for the future menu

You can gain skills by thinking of creative ways to decrease food waste

- Bowls

- Soups

Make
ingredients
genre
neutral

Another approach - ignore recipes overall

Use ratios: protein/carb/vegetable

Use different marinades/seasonings/toppings

Hotpot concept

Roast diced sweet potatoes

-combine with cooked quinoa and chicken

-Mexican - add salsa, lime

-Mediterranean - balsamic and basil

Cook extra and freeze

Food prep is a way of thinking that helps you find cheats for future meals.

Think of the staples you use/need and prep extra.

Double/triple a recipe

Cook double grains, beans, sauces - freeze

-Rice/quinoa, sauces, meatballs, meatloafs

-soups, chili, beans, legumes, muffins, casseroles

Don't freeze: potatoes, greens, mayo/creams

Kill multiple birds with one stone

Cook extra and use it elsewhere in your weekly plan

-Cooking quinoa for a supper dish - make extra for breakfast or salad.

-Hard boiled eggs for a salad - extra for snacks

Browning hamburger - make extra

Think about stocking food for later in the week/other recipes/throw together meals

Single servings

Make some single servings that you freeze

For late nights, on the go, grabbing

Make in smaller dishes, tins, or other single serving dishes

I often make 2 casseroles and freeze single portions of the second

Consider
what is on
the food and
what is
seperate

When prepping and storing foods - consider what
you want reheated versus not
-separate avocado, lettuce, etc...

Convenience foods when needed

Short on time - out and about

Pick up some convenience foods as the best options

- Rice packets

- Rotisserie chicken, deli meats

- Prepackaged fruits and vegetables

Salads

Leafy greens can wilt or get slimy if under other foods.

Salad in a jar (leaves on top) - day ahead.

Prep other ingredients - save room for lettuce.

Before you leave/eat - add lettuce.

Add dressing right before eating.

Start with a specific area of challenge

Start small. Pick a specific trouble spot

If excellent at breakfast but not suppers - batch cook suppers.

If suppers are good - but breakfasts are processed sugary items - make meal prep breakfasts to grab and go.

Create habits and changes one at a time

Use your gadgets

Use gadgets to help!

Slow cooker for batches of soup

Instant pot

Stick blender - soups, sauces

Shredding chicken - stand mixer

Mini chop

Any favorites?

(Caution air fryer)

Travel/Eating Out



Food

Menu/snack plan for the road and time away

Find grocery stores/restaurants

Find apps to help you find what you need

- GF near me
- Celiac blogs
- Yelp/Trip advisor

Look for Air BNB or hotels with accommodations to decrease need to eat out

Food

Freeze meals ahead of time. Coolers

Buy frozen pre-made meals

Consider picnicking on the way

- Use camper burner
- Pack wraps, sandwiches with fresh food

Pack healthy snacks

Pack protein shakes, Fruits and Greens for ease

Snack Ideas

Trail mix / Roasted nuts

Beef jerky

Fruit - whole/sliced with nut butter

Cut up veggies (carrots, celery, peppers, cauliflower, broccoli, cherry tomatoes)

Jars with dip on the bottom/hummus

Protein bars and shakes, Green shakes

Energy bites, healthy muffins/cookies

Small salads, olives

Popcorn

On the Road Meals

Lettuce or healthy wrap sandwiches

Quinoa or other cold salads

Mason jar salads, black bean

Meat and crackers (GF) - Cheese if tolerated

Yogurt and fruit/granola

Leftovers - find a truck stop with microwaves

Destination Meals

Crockpot meals (frozen to crockpot)

Sloppy Joes

Smoothies with protein

Pre-pack smoothie bags and protein

Bring a nutribullet or small smoothie blender

Overnight oats, own cereal or own granola

Eating Out

Call ahead of time - ask GF options

If celiac - best to ask about cross contamination

Go at a quiet time for better service/less cross contamination

Ask to speak to the chef

Choose simple

Advocate for yourself - don't be afraid. These are service industries.

Tell them it is a health reason/allergy

Other

Lunch and Learns:

- Labels
- Eating healthy while traveling
- Organic vs non-organic
- Meal planning
- GMO vs non-GMO
- Nutmilk

Next Session

We will check in on progress in this session and discuss successes and challenges.

We will have time to ask questions about how to handle certain situations or difficulties.

We will revisit our mission statements and make any changes needed.

The main focus of this session will be addressing barriers and objections to maintaining a healthy lifestyle long term. How do we deal with holidays and family? How do we handle invitations to eat at other people's houses, or go to gatherings?

We will discuss and role-play our responses to these questions and challenges. You will be able to submit your personal challenges, barriers and questions prior to the session as well as those that come up during the session.

Examples: Someone makes food for you but you don't trust it is safe - how to decline.