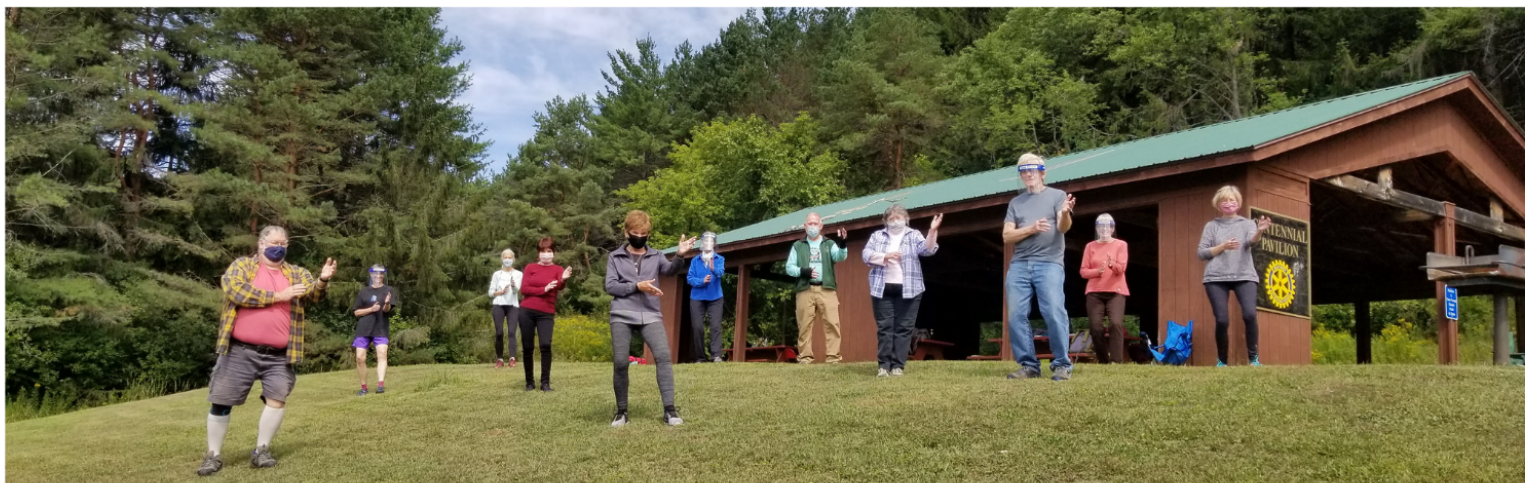


The Scoop

NORTHEAST KINGDOM
Council on Aging



(800) 642-5119



SMART SNACKING

Alicia Armstrong RDN, LD, CDCES

Do you find yourself overeating your favorite snacks? You are not alone! There are many tips and tricks to snack smarter, here are three you can try. First, take a look at the recommended serving size on the nutrition facts label. Then, find what works best for you from the following ideas:

1. Mindful snacking is important to consider. If we are multitasking while eating, it is easy to eat too much. It is best to snack at the kitchen table instead of while you are watching TV or reading the newspaper.

2. Instead of eating directly from the box/bag/container, portion your snack out when you get home from the grocery store, so you are not tempted to eat more than one serving. Another option is to portion your snack right before starting to eat.

- Stock up on zip lock bags of all different sizes. Bags are great for snacks on the go.
- Have a variety of mason jars on hand. The tight seal on the lids will keep food fresh!
- Consider reusable small plastic containers with lids from the dollar store.
- Pyrex dishes with covers come in different shapes and sizes as well. They stack well in the refrigerator and pantry. You can buy variety packs or several of the size you like.

3. Focus on the pace of eating. Many of us have learned to eat too quickly. If this is a habit you struggle with, consider the following:

- Take smaller bites.
- Use smaller utensils.
- Chew extra and swallow all food before putting more in your mouth.
- Put less in your mouth at one time.
- Place the utensil down between bites.

It is possible to enjoy snacks without over eating. Give these changes a try for 30-45 days to establish a new snacking habit. It takes time to make healthy changes. Stick with it. You can do it!

My Personal Pizza

- 1/2 English Muffin
- 1 and 1/2 tbl. pizza sauce or spaghetti sauce
- 1 tablespoon grated cheese
- 4 tbl. chopped veggies, fruit, or cooked meat

Directions: Wash hands with soap and water

Preheat toaster oven or oven to 400 degrees

Lightly toast English muffin half

Spread sauce on muffin. Add cheese and toppings

Bake 5 - 7 minutes or until muffin is slightly browned and cheese is melted. Allow to cool slightly before eating. Refrigerate leftovers within 2 hours.

Nutrition Facts

1 servings per container	
Serving size	1 pizza (99g)
Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 260mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 1mg	6%
Potassium 182mg	4%
Vitamin A 43mcg	5%
Vitamin C 18mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

At-Home Wellness and Technology Support



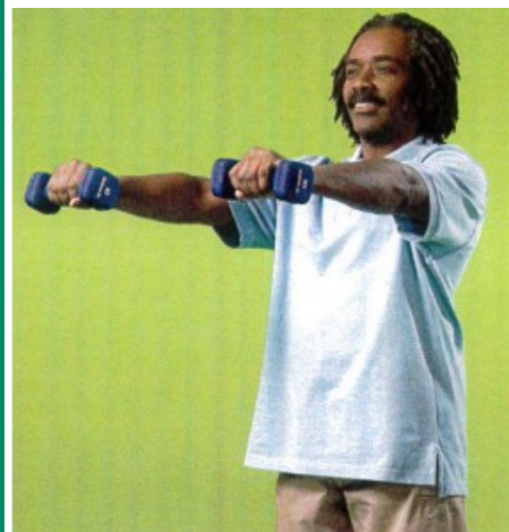
Brooke Brown Volunteer Wellness Coordinator

- Provides at-home evidence-based wellness programs.
- Conducts wellness assessments to assist with wellness goals.
- Call Brooke directly at (802) 745-2212 or email: bbrown@nekcouncil.org



Neil Glassman Tech for Today Coordinator

- Provides at-home support and training in technology.
- Learn about using a smartphone or tablet, emailing to chat with friends, managing digital photos, digital music, or researching assisted devices for those with hearing or vision loss.
- Call Neil directly at (802) 745-2284 or email: nglassman@nekcouncil.org



Preventing Falls at HOME

September is Falls Prevention Month. We offer a free falls assessment to evaluate your home for risk of falls. Call us at (800) 642-5119 to learn more about reducing your fall risk.



Front Arm Raise

- 1) Stand with your feet shoulder-width apart.
- 2) Hold weights straight down at your sides, with palms facing backward.
- 3) Keeping them straight, breathe out as you raise both arms in front of you to shoulder height.
- 4) Hold the position for 1 second
- 5) Breathe as you lower arms
- 6) Repeat 10 - 15 times.
- 7) Rest. Repeat another 10 - 15 times.

This is a safe strengthening exercise for your shoulders.

3Squares in a Snap! An easy way to reduce your food budget and put food on your table, call us to obtain help with the application (800) 642-5119.