

Celebrate *healthy living* newsletter

Week 5 | 2019

In this issue:

Squats for Strength

April is Food Waste Awareness Month

Going Bananas

Recipe: Baked Banana Boats

Coming next week:

Move More, Sit Less

Dealing with DOMS

Enjoy Planned-Over Meals

Recipe: Thursday Night Soup

[Like us on Facebook: Kansas State University Walk Kansas](#)

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.

Squats for Strength

There is one exercise that should be part of everyone's routine — squats. It doesn't matter how old you are, your gender, or what your fitness goals are. Everyone can benefit from this exercise.

Squats are one of the best exercises for your lower body. They are great for strengthening your legs and glutes, and they also strengthen your core. When you do these properly, they also improve knee stability, promote mobility, and improve balance.

The squat is a somewhat complicated movement, and it is so beneficial because it forces the body's parts to work and grow stronger together as a single unit. It is one of the best functional exercises out there!

This is how to do squats:

1. Stand with your feet shoulder-width apart.
2. Keep your back in a neutral position, and keep your knees centered over your feet.
3. Slowly bend your knees, hips, and ankles, lowering until you reach a 90-degree angle.
4. Return to your starting position.

[Click here for a demonstration on doing squats.](#)

[Click here for a demonstration of squats with a dumbbell.](#)



April is Food Waste Awareness Month

Three agencies are calling on partners at the national, state, and local level to work together to reduce food waste. The U.S. Environmental Protection Agency (EPA), the U.S. Department of Agriculture (USDA), and the Food and Drug Administration (FDA) have designated April as “Winning on Reducing Food Waste Month.”

In the U.S., more than one-third of all available food goes uneaten through loss or waste, and food is the single largest type of waste we discard as trash or garbage. While these agencies are working to reduce food waste, you can do your part by examining what is happening in your home.

There are many benefits of reducing wasted food:

- Saves money. On average, Americans toss and waste 23 pounds of potentially edible food per person each month. At this rate, food waste is costing the average family of four approximately \$190 per month.
- Improves the environment. Food is the largest component in American trash and once wasted food reaches landfills, it produces methane, a powerful greenhouse gas.
- Supports your community. Not all families and individuals have enough to eat. Wholesome, nutritious food should feed people — not landfills. How can you play a role in donating untouched food, rather than wasting it, to those who might not have a steady food supply?

Studies show that better meal planning and careful food storage can help prevent food waste at home. Here are some smart tips for reducing food waste.

Shop Smart: Buy what you need

- Keep a running list of meals you enjoy and their ingredients.
- Inventory your refrigerator, freezer, and cupboards to avoid buying food you already have.
- Plan meals before you go shopping, make a list, and buy only the quantities you need.
- Buy in bulk only if you are able to use the food before it spoils.

Store Smart: Cupboard, Refrigerator, Freezer

- Check cooled storage temperatures — your refrigerator should be at 34° to 40° F and your freezer at 0° F or colder.
- For cupboard storage, choose a cool, dry, dark location away from heat and chemicals.
- Understand what product dates mean.

For safe food storage fact sheets, cooking temperatures, tips on storing leftovers, understanding product dates, and more go to: <https://www.walkkansas.org/eating/food-waste.html>. Download them or contact your local K-State Research and Extension office for printed copies.

Prep Smart: Prep Now, Eat Later

- Freeze food such as bread, sliced fruit, or meat that you know you won't be able to eat in time.
- Prepare and freeze meals ahead of time so you spend less time in the kitchen.
- Prepare and cook perishable items before they spoil, then freeze for later. Example: Cook and freeze chicken breast or taco meat.

Save Smart: Eat What you Buy

- Shop your refrigerator, freezer, and cupboards first!
- Produce past its prime? Use for cooking, such as soups, casseroles, stir fry, sauces, baked goods, pancakes, or smoothies.
- If safe and healthy, use food you normally do not eat. Stale bread can be made into croutons or bread crumbs, vegetable scraps made into stock, etc.
- Got leftovers? Plan an “eat the leftovers” night each week; plan to use leftover food a different way, such as casseroles, frittatas, soups, and more.
- At restaurants, order only what you can finish; share a meal with someone else; take home the leftovers to eat later (make sure you store them safely.)
- At a buffet or potluck meal, take only what you can eat.

Walk Kansas 5K

The 4th annual Walk Kansas 5K for the Fight and 1.5-mile Fun Walk will be held on the beautiful K-State campus on Saturday, May 4. All proceeds from the event will support the Johnson Cancer Research Center at K-State.

Plan to participate in the 5K or the Fun Walk; in addition, a 50-yard dash is planned for kids. Sunny 102.5 will be onsite playing music and there will be lawn games and activities for all ages. All participants receive a souvenir shirt and other goodies, as well as water and post-race healthful snacks.

[More information is available here.](#) [Click here to register online.](#) The 5K event is \$25 and the Fun walk is \$20. Prices increase after April 23.



Go Bananas!

Bananas are one of the most affordable fruits and are available year-round. If you have a collection of bananas ripening on your counter, freeze them for a smoothie, snack, or to use in a recipe later.

To freeze bananas, peel them and freeze whole, sliced, or mashed for up to 3 months. Whole bananas or chunks can be used in smoothies and milkshakes. For snack-sized banana bites, freeze banana slices on a baking sheet covered with plastic wrap. Once frozen, place the slices in a freezer bag and enjoy them as a snack when you crave something a bit sweet. Try adding them to oatmeal or layer in a parfait.

Bananas are one of nature's fast foods. They are easy to grab and go so you can eat them on the run. Since you peel a banana before eating, should you wash it first? The answer is yes. Wash all fruits and vegetables by gently rubbing under plain cool running water.

In addition to being a healthy source of fiber, bananas are high in potassium, as well as vitamin B6, vitamin C, and various antioxidants and phytonutrients.

This simple recipe for Baked Banana Boats might bring back memories for you if you made them on a grill or campfire. Perhaps it would be better to eat them when it's dark so you don't see the black banana peel!

Baked Banana Boats

Makes 2 servings

Ingredients:

2 medium bananas
2 teaspoons peanut butter
2 teaspoons mini or regular chocolate chips
Pinch of sea salt, optional

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. Wash bananas under running water, dry. Slice each banana $\frac{3}{4}$ of the way through the center.
4. Spread banana apart. Spread 1 teaspoon peanut butter along inside of each banana, sprinkle with 1 teaspoon of chocolate chips. Finish with a pinch of sea salt, if desired. Wrap outside with aluminum foil and place on baking sheet.
5. Bake for 15 minutes. Best when served while still hot. *(Note: The banana peeling will turn black during the baking process.)*



Before baking



After baking

Nutrition Information per serving:

150 calories; 4 g fat (1g saturated fat); 31 g carbohydrates; 3 g protein
4 g fiber; 25 mg sodium