

Newsletter

Good nutrition is an important part of a healthy lifestyle. But even when you are trying to eat a healthy diet, it can be confusing trying to sort through all of the information available about nutrition and food choices.

As a Cooperative member enrolled in the healthcare program, you have a variety of nutrition resources available at no cost to you.



To learn more about these resources, visit the Franklin County Benefits Office website at <http://bewell.franklincountyohio.gov/thriveon/nutrition-support.cfm> or call 614-525-5750 (toll-free 1-800-397-5884). Office hours are Monday through Friday from 8:00am to 5:00pm. For more info about ThriveOn go to <https://www.youtube.com/watch?v=xBWsKgFq3p8>.

Workout of the Month: Superman

This exercise will strengthen your lower back and possibly help improve your posture.

- Lay flat with your stomach touching the ground w/arms extended in front
- Lift both your arms and legs at the same time and contract your lower back. Make sure that you are breathing and, depending on your fitness level, hold the movement for at least two to five seconds per repetition.
- Depending on fitness level, perform 5-10 reps for 2-3 sets.



Coming this Month

Cooking Demo:

Cabbage Cranberry Apple Slaw

Apples will reach their peak deliciousness soon! Head to the apple orchard to find the perfect tart apples for this recipe. The purple cabbage in this recipe is bursting with antioxidants, and the sweet dressing ties all the flavors together. Join our expert dietitian and sample this recipe that is sure to be a fall favorite.

[-Click Here for This Month's Education Calendar](#)

Fitness Classes offered:

Beginner Yoga
Bootcamp
Chair Fit
Gentle Yoga
Hatha Yoga
HITT
Line Dancing
Meditation
Progressive Yoga
Strictly Strength
Total Body Circuit and Zumba

[Click Here for This Month's Fitness Calendar](#)



September Cooking Demo Recipe



Sautéed Baby Squash with Basil and Feta

Ingredients:

- 1 tablespoon olive oil
- 4 cups baby pattypan squash, halved (about 18 ounces)
- 2 cups sliced leek (about 2)
- ½ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 3 tablespoons crumbled reduced-fat feta cheese
- 2 tablespoons finely chopped fresh basil

Directions:

- ➔ Heat a large nonstick skillet over medium-high heat. Add oil to pan, swirling to coat; heat 20 seconds.
- ➔ Add squash and leek to pan; sauté 5 minutes or until tender, stirring frequently. Stir in salt and pepper.
- ➔ Transfer squash mixture to a serving platter. Sprinkle with cheese and basil.

Recipe Source: <http://www.myrecipes.com/recipe/sauteed-baby-squash-with-basil-feta>

Cost per Recipe: \$4.36 • Cost per Serving: \$0.73 • Yield: 4 servings (serving size = ¾ cup)



Food Fight “Eat This, Not That” At Panera



Panera Bread is well known for its scrumptious sandwiches, soups, salads, breads, bagels, and pastries. The company recently decided to focus on the “food as it should be” motto that many companies (like Chipotle) use. Panera Bread aims to eliminate artificial preservatives, colorings, sweeteners, or flavors. As appealing and healthy as this may seem, Panera Bread will still have options on their menu that are higher in calories, fat, and sodium. It is important to pay attention to the nutrition information available on the menu and make smart choices!

Let’s compare:

Option #1 represents a popular “You Pick Two” combination: chipotle chicken panini and tomato soup. This meal is high in calories, fat, and sodium. **Option #2** is a delicious and healthier “You Pick Two” combination: Turkey avocado BLT with vegetable soup. Together the sandwich, soup, and side are less than half of the calories compared to option #1! With this option, sodium can be decreased by a shocking 1000mg!

Option #1:

You Pick Two (1/2 Sandwich + Soup + Side)

	Chipotle Chicken Panini	Creamy Tomato Soup	Baguette	TOTALS
Calories	420	330	180	930
Fat	19g	23g	1g	43g
Carbs	36g	26g	36g	98g
Protein	27g	6g	6g	39g
Sodium	1090mg	510mg	440mg	2040mg

You will save:

510 Calories
30.5 Grams of Fat
12 Grams of Fat
37 Grams of Carbs
By eating Option #2



Option #2:

You Pick Two (1/2 Sandwich + Soup + Side)

	Turkey Avocado BLT	Garden Vegetable Soup	Apple	TOTALS
Calories	250	90	80	420
Fat	9g	3.5g	0g	12.5g
Carbs	24g	16g	21g	61g
Protein	19g	3g	0g	22g
Sodium	480mg	560mg	0mg	1040mg