

Newsletter

PlayBall Challenge



Congrats!

**SHANNON
EVANS**
FCCS

Help us congratulate the grand prize winner of the Play Ball! Challenge. Shannon will receive tickets to use the Commissioners Suite at Huntington Park to enjoy a Columbus Clippers game with her friends and family!

ThriveOn
Your Health and Wellness Program

Thank you to everyone who participated in the PlayBall Challenge!

Coming this Month



Cooking Demo

Pasta Two Ways: Kale Pesto and Marinara Sauce

Are you looking for ways to add variety to your pasta dinner? Explore the flavors of Italy with this fresh pesto and simple marinara sauce.

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AUGUST COOKING DEMO



Have you heard of Jicama (hee-kah-mah)?

It's a cool and refreshing root vegetable. Jicama mixed with oranges, tomatillos, cilantro, and lime is a perfect salsa combination for a hot summer day!

Estimated cost per recipe: \$4.25

Estimated cost per serving: 53¢

Yield: 8 servings
Serving size: ½ cup

Recipe from www.food.com/recipe/jicama-orange-salsa-159613
Modifications by Abigail Kurowski, MS, RDN, LD

Jicama Orange Salsa

Ingredients

- 4 oranges, peeled and chopped
- 2 cups jicama, chopped
- 2 tomatillos, chopped
- 1 cup red onion, chopped
- ¼ cup cilantro, chopped
- Juice of 1 lime
- 1½ Tbsps honey
- 1 tsp sea salt
- 1 jalapeño, finely chopped

Directions

Mix all ingredients. Best if chilled for at least 30 minutes. Serve with blue corn chips or as a topping on mixed salad greens or grilled fish.

Eat This, Not That — Arby's®



I don't know about you, but every time I hear those Arby's® commercials and their "We Have the Meats" slogan, I chuckle. If you look at their menu options, they sure do have a variety of meats, however, those fabulous triple decker meat options bring increased calories and fat. Thankfully their menu also offers smaller, healthier versions of your favorite sandwich.



EAT THIS

Turkey 'N Cheese Slider + Snack Curly Fries + Chopped Side Salad with Light Italian Dressing + 16 oz. Diet Coke

Nutrition Info

Calories 540, Fat 25 g, Saturated Fat 7 g, Trans Fat 0 g, Cholesterol 40 mg, Sodium 1560 mg, Carbohydrates 57 g, Dietary Fiber 5 g, Sugar 6 g, Protein 22 g



NOT THAT

Roast Turkey & Swiss Sandwich + Medium Curly Fries + 22 oz. Coke

Nutrition Info

Calories 1480, Fat 58 g, Saturated Fat 12 g, Trans Fat 0.5 g, Cholesterol 65 mg, Sodium 3230 mg, Carbohydrates 204 g, Dietary Fiber 11 g, Sugar 75 g, Protein 45 g

As you can see, bigger is not always better. Even if you simply downsize your regular order, you can save calories and fat. Try eating slower and you'll be surprised how quickly you start to feel full and satisfied. Just because it is "fast food" doesn't mean you have to eat your meal fast! Skip the diet coke if it isn't your thing and go with a bottle of water. I threw in a chopped salad on the "EAT THIS" option in case you need a little more food without adding too much fat and calories.

Visit arbys.com/build-a-meal, to create your own meal at Arby's® and see how it compares.