

MedwellNews

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Eating On A Budget

Food is expensive, but that doesn't mean we can't set a realistic food budget. The biggest cost with food comes from food waste. In a recent study performed by the Natural Resources Defense Council (NRDC), it was found that Americans throw away approximately \$165 billion of food each year which is an average of \$2,200 per American household or approximately \$183 per month!

Let's extend our food budget by getting a handle on our food waste.

A great thing to do is keep a marker board on your fridge. Make some menus for the week. This will help you shop only for what you need.

In addition, get into the discipline of writing down what needs to be used up. This will help to decrease food waste.

Use By, Sell By, and Best By dates are not federally regulated. These are dates set by the manufacturer of when their food is at its best quality. So, let's not throw foods out when the date is reached. Instead, let's check foods by using our nose, assessing for quality, and common sense to determine if something is okay.

We also waste food when we eat more than our body needs and we snack unnecessarily. Just because we are not physically throwing the food out does not mean we are still not wasting it. Doing something with the food that was not intended to be done with it can still be viewed as a form of waste and consistently eating more than our body needs falls into this category.

Music Matters

Listen to music! Research indicates that listening to slow music—that is less than 70 beats per minute—can help reduce blood pressure.

So sometimes go slow and other times blast other types of music and dance, dance, dance! Seeing stress management and exercise come together through music is a wonderful way to see how enjoying the moment can be a great tool for your health.

***"For fast-acting relief,
try slowing down."***

-Lily Tomlin

Cooking on a Time Budget

We all feel short on time these days. When we eat in the home, we have more control over the quality of the ingredients in the food we eat which is a key player in our health.

Cook in stages: Prep food when you can.

- Using onions in tonight's dinner? Will you need them for tomorrow too? Chop extra and just leave them in the fridge for later use.
- Chop the vegetables that you will use for dinner before you head to work or the day before.
- Assign people tasks. Even younger kids can do small tasks and every little bit truly does help.

For a more detailed guide email:

nutrition@willclower.com

Exercising on a Time Budget

Do you have a hard time finding that ½ hour time block to fit it in exercise? Great News! All movement throughout the day is beneficial to overall health! So instead of feeling like exercise has become a time stress, turn time that is already allocated to something else into a form of movement. Here's some suggestions to do just that!

- Make it habit that before you get a shower you do some sort of strength training exercise.
- Get off the bus a couple of stops early. Make this your new stop.
- Park further away in the work parking lot. Make this your normal parking spot and pick up the pace when walking. Or even SKIP!
- Take the stairs. If you need to go up 14 flights, take the elevator to 7 and walk the rest. Add on to this as you go.
- When on a business call, if you can, stand up and do calf raises or simply walk around the room.
- While pumping gas, waiting for the bus, or brushing your teeth, do calf raises.
- While the coffee is brewing or the water is boiling, do plank or push-up exercises.

Communicate with Compassion

We're not mind readers, and lack of communication with coworkers, family, friends, etc. has been shown to lead to unnecessary stress.

There is always a kinder way to communicate our honest feelings. It takes practice but over time it becomes easier and easier. Unfortunately, there are times that we have to communicate hard things. Whatever the situation may be, if we try and practice compassionate communication we can trust that we are trying to mitigate another's pain. It is good to take someone's feelings into consideration. In the end, you are not responsible for how they choose to handle a situation. It's good to enter any hard conversation with the goal to convey the truth in the most compassionate way. The rest is up to the person. This is not easy, but it is a helpful practice to develop.

Recipe Corner

Tuscan Bean Soup

This is an easy to prepare meal and the leftovers taste even better! It's a soup you just let go on the stovetop. While it is simmering away, get some house chores done or fit in some stretching. Then, prepare to enjoy a delightful soup and destress because lunch is done for tomorrow too!

You'll Need

- 1 pound Navy beans, dried, or other white bean of choice
- 10 cups water
- 1/2 cup olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 bay leaf
- 1 can plum tomatoes, diced, and un-drained
- 2 tablespoons tomato paste
- Salt
- Pepper
- 1/2 teaspoon rosemary, dried (or 1 teaspoon fresh)
- crushed red pepper
- Fresh parsley, for garnish (optional)
- chives, for garnish (optional)

Directions

- Cover beans with water and soak overnight, rinse beans before using.
- Add the beans, water, and olive oil to a large pot. Bring to a boil then reduce heat and simmer covered until beans are tender about 50 minutes.
- Add onion, carrots, celery, tomatoes, tomato paste, bay leaf, rosemary and a pinch of crushed red pepper to pot. Simmer uncovered another 30 minutes for flavors to meld and soup thickens.
- Season soup with salt and black pepper to taste. Remove the bay leaf and garnish if desired.