

## Cooperative Extension

### FCHS SPOTLIGHT: Our Faculty & Staff

#### ◆ What Types of Programming do You Offer?

I offer programs for audiences of all ages, but most often work with adults. Some of the more popular topics are: *Added Sugars, Processed Foods, Sodium, and Portion Distortion*, among others. I enjoy working with people of all ages and backgrounds. Right now, I am especially drawn to working with parents since I have three young children and can

offer the perspective of a working parent to this audience. I also love working with schools, since they have the potential to make such an impact on so many children’s health by creating healthier environments every day.

Since I started working at Rutgers, I have been partnering with FoodCorps and the New Jersey Department of Agriculture to deliver farm-to-school programming to low-resource schools around the state. Through this program, I have also developed and delivered training and professional development opportunities to the FoodCorps Service Members, several of whom have gone on to become leaders in NJ farm-to-school and around the country. During my time with the FCHS department, I have also enjoyed training early care teachers and directors in nutrition curricula and smart snacking guidelines.

#### ◆ What Project Do You Currently Spend Most of Your Time On?

FoodCorps, which is a project I am proud of due to the strong partnerships that I have developed with schools and other organizations across the state to effect lasting changes in their school food environments. FoodCorps recognizes the need to develop a school-wide culture of health and therefore, FoodCorps Service Members are trained to assess the health environment of the schools they work in and target the needs of each school. As a result of this approach, the schools where FoodCorps members have served, have created new positions such as garden coordinators and nutrition educators. Additionally, several schools have now incorporated gardens into their curriculum and added several new vegetable



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# Easy Ways to Eat Healthier

Karen Ensle Ed.D., RDN, FAND, CFCS, FCHS Educator, Union County



**H**ealthy eating is not hard to do. Here are some ways to get your meals in order and your diet in better shape. Following these suggestions will leave you

looking and feeling healthier with more energy each day. Try these tips:

- ✓ **Eat a healthy breakfast** that includes at least 3 food groups: whole grain cereal or bread, a protein source such as an egg, 8 ounces of non-fat or 1% yogurt, cheese or milk, and some fruit---rather than juice.
- ✓ **Switch to 1% or non-fat milk** or other dairy products or substitutes and make sure you get at least 3 servings a day to keep calcium and vitamin D levels sufficient.
- ✓ **Drink water** with your meals instead of soda, sweet iced teas, or juice.
- ✓ **Eat smaller portions** of foods. All foods have calories and, the more you eat, the more likely

you will be heavier than you should be as you will consume more calories than you need to maintain your weight.

- ✓ **Pack a healthy snack** and lunch to take to work or school each day. Avoid vending machines and fast foods for lunchtime meals.
- ✓ **Skip the chips** and try an apple, whole wheat crackers, unsalted nuts, or a protein bar instead. Some veggie sticks and yogurt dip are also refreshing! Keep the fat, salt and sugar to a minimum.
- ✓ **When eating dinner out**, have a salad, instead of fries, and ask for dressing on the side.
- ✓ **Use less salt** by flavoring food with herbs and pepper.
- ✓ **Use less butter** and saturated fats like coconut oil or stick margarine. Instead, use olive oil or other non-saturated oils for cooking.
- ✓ **Try grilling, broiling, roasting, stewing, or steaming** instead of frying foods.
- ✓ **Eat a rainbow of colors** including lots of different fruit and vegetables. Eat produce from every color group: red, green, blue, purple, orange, yellow and white groups. All are healthy choices!
- ✓ **Plan your meals for a week** and make a grocery list before you shop. Never shop when you are hungry!
- ✓ **Shop for lean meats, chicken, turkey or fish.** Plan a meatless dinner at least once a week. Try beans and rice, tofu instead of meat, and pasta with marinara sauce.
- ✓ **Make sure to read food labels** which will help you choose foods low in fat, cholesterol, salt and added sugars. Use low-fat or fat-free mayo and salad dressings in small amounts on sandwiches, salads, and other dishes.
- ✓ **Eat desserts and sweets in small amounts.** Choose fruit for dessert over cookies, cakes, and other delights.
- ✓ **Turn off the television, computer, and cell phone** during meal times. Communicate with your family and friends for a “healthier environment” and better social setting.
- ✓ **When eating out**, share the meal or take half home for the next day. Try ordering “small plates” or appetizer size dishes. Order from the menu rather than having a meal buffet style. Eat slowly and stop eating when you feel full. Forget the seconds!
- ✓ **Practice mindful eating** and take small steps to keep your food intake and dietary habits healthy.



## VISIONS

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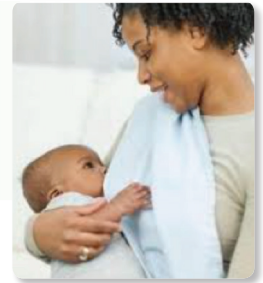
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## Breastfeeding Moms at Work

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Women have breastfed since the beginning of time, yet it wasn't until earlier this year that breastfeeding in public became legal in all 50 states. Throughout the years, each state has passed its own bills to protect mothers breastfeeding their babies in public with Utah and Idaho being the last two states to join implementation of protective policies. Public policies have extended into the workplace to better protect these moms when they are away from their babies. In 2010, former US President Obama signed the Affordable Care Act, with provisions made to Section 4207 of the law which amends the Fair Labor Standards Act (FLSA) of 1938 (29 U.S. Code 207). The revision requires employers to provide reasonable break time for women to express breast milk for one year after the child's birth. The employer does not need to compensate the employee for any break time given to do so, but they do have to provide a space other than a bathroom for them to do so. There are some exceptions within the act, if an employer has less than 50 employees it does not have to abide by this requirement nor do they have to if it imposes hardship on their business.

Luckily, former New Jersey Governor Chris Christie signed a law (P.L.2017, Chapter 263) that went into effect on January 8, 2018 which protects nursing moms who pump at work. New Jersey employers must make accommodations for employees who wish to pump or breastfeed at their place of employment even those with less than 50 employees in comparison to the federal requirements. An employer would have to prove there is an undue hardship in order to be exempt

Human Milk Storage Guidelines			
Type of Storage	Temperature	Freshly Pumped	Thawed
Room temperature	77°F	Up to 4 hours	1-2hours
Refrigerator	40°F	Up to 4 days	Up to 1 day
Freezer	0°F or less	6 months is optimal but can be stored up to 12 months	Do not refreeze breast milk after it has been thawed
Any milk left over from a feeding should be used within 2 hours and then discarded			

Source: <https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>

in NJ. Moms must be allowed breaks during the work day to pump breast milk or breastfeed and a private space to do so which is not a bathroom stall and is located close to their work area. According to the US Department of Labor, New Jersey is the 18th state to develop policies which protect breastfeeding mothers at work. There is no time limitation for pumping or breastfeeding, therefore, they can continue past the child's first year of age. According to the World Health Organization, breastfeeding or supplying breast milk is recommended for babies up to two years of age.

Since more moms have the ability to pump at work, it is important to know how they can ensure safe handling and storage of their breast milk. In addition to nutrients, human milk contains antioxidants, prebiotics, probiotics, and antibacterial properties that can easily be contaminated. According to Centers for Disease Control, some tips to ensure safe handling of breastmilk include:

- Hands must be washed properly prior to expressing breast milk to reduce the risk of any bacterial contamination.
- Breast milk can be expressed manually or with an electric pump. It is important that all equipment used such as flanges, bottles, and storage bags are also clean and have been sanitized.
- All stored breastmilk should have the date it was expressed.
- Storing milk in 2-4oz bags is recommended to reduce wasting any unfinished milk.
- Milk should be stored and used, using the first in, first out method. The first milk to have been stored, should be the first one to be used.
- There are various ways to thaw breastmilk after it has been frozen:
  - In the refrigerator overnight
  - Placed in a container with warm water
  - Held under running warm water

Milk does not need to be microwaved or warmed over the stove, it can be served cold or at room temperature. Using the microwave or stove to heat the milk can cause nutrients such as vitamins, iron, fats, and certain proteins to degrade or reduce its quality. Heating milk can also burn the baby's mouth. Fat often separates and floats to the top of the bottle, swirl to mix it in. After it has completely thawed, it must be used within 24 hours. Any milk the baby does not finish should be discarded.

*continued on page 5*

## Breakfast:

# The Most Important Meal of the Day?

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You've probably heard this phrase over and over again: "Breakfast is the most important meal of the day." But is there any truth to it? Finding the true answer to this question might be tricky, but it is an important one to ask because it is estimated that about 20% of the people in the United States skip breakfast.

We can argue whether it is the most important meal of the day, but breakfast comes with many benefits. People who regularly eat breakfast typically have higher quality, more nutrient-dense diets than those who skip breakfast. Nutrient-dense foods are low in calories and high in nutrients like vitamins and minerals that the body needs. In addition to missing out on important vitamins and minerals, breakfast skippers also tend to consume more snacks, sweets and beverages with added sugars. Eating a nutrient-dense breakfast not only provides more nutrients, but it can help curb impulsive snacking later on.

Other health benefits of eating breakfast include lower risk of having type 2 diabetes and heart disease as well as a better management of blood pressure, blood sugar and cholesterol. Some studies link breakfast skipping to weight gain, but this possible effect may be quite different for those in different weight categories. Researchers also suggest that children's memory and concentration improve on the days when they eat breakfast, and college students who eat breakfast are academically more successful than their breakfast-skipping peers.

Despite these benefits, it is hard to know for sure whether eating breakfast directly causes these beneficial results or if people who eat breakfast tend to have overall healthier lifestyles than those who do not. Maybe the question to think about is not whether breakfast is the most important meal of the day, but how you can make your breakfast a healthy start to your day.

**Healthy Breakfast:** Choose nutrient-dense foods such as whole grains, fruits, vegetables, lean meats, and low-fat or non-fat dairy products as your guide to a healthy breakfast. Eggs, lean meats and low- or non-fat dairy provide protein; whole grains, fruits and vegetables provide essential vitamins and minerals as well as fiber to keep you feeling full longer. Low-fat or non-fat dairy products are important sources of carbohydrates, vitamin D and calcium. A healthy breakfast can include a combination of any of these food groups.



### Smart Breakfast Swaps

Many breakfast options available in stores tend to be higher in calories and lower in nutrients. Check out these smart swaps for healthful breakfast options.

**Oatmeal:** Flavored instant oatmeal tends to be loaded with sugar and calories. If you want to buy instant oatmeal to save time with breakfast prep, choose the unflavored variety. You can add your own healthy flavors by adding fruits and nuts.

**Yogurt:** Yogurt has several nutrients such as calcium and protein, and it is an excellent breakfast option. However, flavored yogurts tend to have a lot of added sugars. Instead, opt for low-fat or non-fat plain yogurt. If your taste buds are looking for something sweet, add your own flavor with fresh fruits such as strawberries, blueberries, mango, or peaches.

**Breakfast Sandwiches:** Instead of buying pre-made breakfast sandwiches, make your own at home with healthful ingredients. Swap whole eggs for egg whites, an English muffin for a whole grain flatbread, sausage for lean turkey, and use low-fat or reduced fat cheese if desired. These changes cut out some of the extra calories and salt while keeping the healthy nutrients.



Whatever your morning routine is, remember that breakfast is an important meal. Eating a nutrient-dense meal in the morning sets you up for a better day, and in the long run, for a healthy life. Try this delicious recipe for a quick and healthy breakfast.

## Breakfast Burrito (4 servings)

### Ingredients

1 1/3 cups cooked black beans  
4 corn tortillas  
2 tablespoons red onion, chopped  
1/2 cup chopped tomatoes,  
1/2 cup low-sodium salsa  
4 tablespoons non-fat plain yogurt  
2 tablespoons cilantro, chopped

### Directions

1. Place tortillas between two sheets of slightly damp paper towel and microwave for 15 seconds.
2. In a bowl, mix beans, onions and tomatoes. Spoon the mixture over four tortillas.
3. Fold each tortilla to enclose the filling, forming burritos.
4. Place the tortillas on a microwave-safe dish and spoon some salsa over each burrito. Microwave for 15 seconds.
5. Top the burritos with yogurt and cilantro and serve.

## NJ Laws Protect Breastfeeding Moms at Work - *continued from page 3*

Moms should educate caretakers on the proper handling of breastmilk to reduce not only the risk of contamination, but of any unneeded waste. Some resources moms, care providers, and healthcare professionals can access to educate themselves on human milk storage include the following:

<http://breastfeedingnj.org/resources/handouts/>

<https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>

<https://www.lli.org/resources/>

<https://www.who.int/topics/breastfeeding/en/>

Always keep in mind that although breastmilk is optimal, a fed baby is a happy baby.

## Making a Gift to the Family and Community Health Sciences Department

Created in 1973, the Rutgers University Foundation advances Rutgers' pursuit of excellence in education, research, and public service. We provide the bridge between donors and the schools and programs, faculty, and students that make up this university. We help to match caring people with satisfying and meaningful opportunities to make gifts that have an impact on Rutgers.



The Rutgers University Foundation is ready to provide you with assistance at any time. Please call 732-839-2006 to discuss how to make a gift, where to direct your contribution, or any other questions you may have about supporting Rutgers. A portion of all gifts will be used to fund further advancement efforts on behalf of Rutgers. The Rutgers University Foundation is a 501(c) (3) tax-exempt organization. Gifts made through the foundation are deductible for federal income, gift, and estate tax purposes.

For contributions to the Family and Community Health Sciences Department (FCHS) programs please specify the FCHS Department on your donation and use this link <http://makeagift.rutgers.edu/>

Thank you!

# Staying Healthy at Work

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The average American works over 8 hours on weekdays, then goes home and spends nearly 3 hours a day watching television according to the Bureau of Labor Statistics, 2017. For those working at a desk, that means over 11 hours a day of sitting. Because the majority of Americans spend the bulk of their day at work, it is critical to build habits throughout the workday to maintain health. Use these tips to keep your body—and mind—functioning at their best.

## 1: Set goals to stay hydrated

Telling yourself that you'll drink eight cups of water each day might seem overwhelming, but telling yourself that you'll drink one cup of water each hour seems much more doable. Designate a water bottle to use at work, and set a goal of how much you'll drink from it each hour. Using a clear bottle and marking the outside of the bottle with hourly goals can be a great way to motivate yourself.



A recent study by McCaffrey in 2016 showed that people who increased water consumption by just a couple of cups each day decreased their total calorie intake by up to 200 calories, decreased their sodium intake and consumed less sugar. Another study by Guelinckx in 2014, showed that increasing water intake throughout the day can also improve mood and decrease feelings of fatigue along with improving work productivity!

## 2: Turn your meetings into “walking meetings”

Meetings are often a crucial part of the workday, allowing employees to work across teams and ensure tasks are on track. Unfortunately, meetings add to the amount of time employees are sitting at a desk or table during the workday. Experts recommend that employees who are sitting for most of the workday spend at least 2 hours of the day standing or walking during those hours.



A great way to get that walk in at work is to create the habit of making some meetings “walking meetings.” Meetings that are small or that don't require audiovisual equipment can happen in the halls of the office, around the block, or in the parking lot.

In 2018, 44% of Americans reported that work was often or always stressful according to the Center for Disease Control, and walking is an excellent way to relieve some of that work-related stress. Walking for 15 to 30 minutes can reduce anxiety and relieve stress after just a single session. Taking a walk throughout the day can even increase productivity, attention, and creativity.

## 3: Pack high energy snacks

It's easy to snack on whatever's around at work, and often doughnuts from a breakfast celebration or cake from someone's birthday make their way to your desk and are too tempting to resist. One way to avoid the persuasion of colorful and sugary treats is to curb hunger by making sure you have healthy and energy-packed alternatives to keep you on track.



Rushed mornings aren't always a great time to slice and dice vegetables, but some foods are naturally snack-sized bites that come in handy. A handful of nuts, a food high in unsaturated fats that are packed in a small snack bag can be the right amount of protein to give you an energy boost during the day, and its fiber can keep you feeling full. Mini cucumbers, baby carrots, and snap peas are vegetables that are easy to pack and the perfect size for a snack.

# How to Build a Base of Savings

Barbara O'Neill, PhD, CFP, *Extension Specialist in Financial Resource Management*



**B**efore you can become an investor, you must become a saver. Savings provides a pool of money with which to set up an investment account. For example, different types of bonds require certain minimum amounts to purchase and mutual funds might require a \$500, \$1,000, \$2,500, or \$3,000 initial deposit.

Once an investment account is set up, even small dollar amounts of regular deposits can grow to 5-, 6-, or 7-figure sums with decades of compound interest. Math genius Albert Einstein was so impressed with this concept that he called compounding the “8th wonder of the world.”

## Below are seven action steps to take to build a base of savings and investments to achieve your financial goals:

- ➔ **Save a Dollar a Day-** Every day, put a dollar, plus pocket change, into a jar. At the end of each month, there will be about \$50 to deposit into a savings account (30 or 31 days x \$1, plus coins). Financial planners advise saving 3 to 6 months expenses for emergencies, but any amount of emergency savings is better than none. The same thinking applies to savings for money to invest with. Start with what you have. When your coin jar gets full, roll the coins or take them to a coin counter at your bank or credit union and deposit the amount saved.
- ➔ **Kick It Up a Notch-** As your income increases, consider saving \$3, or even \$5, a day, plus loose change in your jar (about \$120 and \$180 monthly). Larger deposits to employer retirement savings plans like a 401(k) are another good option. The best times to increase savings are when income increases or when a household expense, such as childcare or car loan payments, ends so cash flow remains unchanged.
- ➔ **Live Below Your Means-** Track expenses for a month or two to identify spending leaks and to “find” money to save and, later, invest. David Bach, author of *The Automatic Millionaire*, calls these expenses the “Latte Factor™” because many people spend \$5 (or more) a day on fancy coffees, fast food, and similar “impulse” items. Use an online calculator to identify personal “lattes” so you can save this money instead. Everyone has individual spending leaks that can be reduced to free up money to save.
- ➔ **Make Savings Automatic-** Automate savings deposits because people are less tempted to spend money if they do not see it. Automated strategies include: transferring a set amount from a checking to a savings account on a certain date (e.g., \$150 on the 5th day of every month), making payroll deposits to a credit union available to employees at your workplace, and transferring a set amount directly each month from a bank account to a mutual fund or stock dividend reinvestment plan (DRIP).
- ➔ **Complete a Savings Challenge-** Aim to finish savings challenges, like the 30-Day \$100 Savings Challenge, 15-Week Savings Challenge (basic or hard-core versions), 52-Week Money Challenge, and 50-week \$2,500 Savings Challenge. Challenges provide a savings goal, a designated time frame (e.g., a month or a year), and suggested daily or weekly savings deposits. People generally feel a great deal of satisfaction when a challenge is completed and they have met their savings goal.
- ➔ **Contribute to Tax-Deferred Retirement Plans-** Contribute as much as possible to an employer retirement savings plan and/or an Individual Retirement Account (IRA). The earlier people start saving for retirement, the more time their money has to grow, even if it is a small sum. Tax-deductible traditional IRA deposits and earnings are taxed upon withdrawal. Roth IRAs have no up-front tax deduction but earnings are tax-free after age 59 ½ for accounts open at least 5 years.
- ➔ **Earn “Free Money”-** Try to save at least the maximum amount of money that will be matched by an employer. This is “free money,” which should not be passed up. Matched savings is like getting a guaranteed return on an investment. When pay increases, raise your savings contribution, which can raise your matched savings (up to your employer’s maximum limit). Employer retirement savings plans offer four benefits: a federal income tax write-off, ongoing tax-deferral, automatic deposits via payroll deduction and, at many worksites, employer matching of workers’ savings deposits.



## **FCHS SPOTLIGHT:** **Our Faculty & Staff** - *continued from page 1*

recipes to their meal rotations. According to last year's Vegetable Preference Survey, 85% of the kids surveyed reported liking and/or eating 2 or more new vegetables after participating in FoodCorps programming at their school.



### ◆ **Name One FCHS Resource You Think More Consumers Should Know About?**

Our Fact Sheets! These downloadable, concise sources of information provide a wealth of information on everything from how long food can safely stay in your freezer in the event of a power outage, to how to make your fussy toddler eat their vegetables. They take mere minutes to read and can support everyone from babies to older adults in making healthier lifestyle choices. <https://njaes.rutgers.edu/pubs/subcategory.php?cat=8&sub=57>

### ◆ **What Makes FCHS Programs/Resources Unique?**

Our commitment to providing the most current, evidence-based information in an easily digestible format. <https://njaes.rutgers.edu/fchs/>

### ◆ **What Nutrition/Health/Wellness Mantra Do You Live By?**

My favorite mantra is from Michael Pollen: Eat Food. Not too much. Mostly plants.