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EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles

June, 2006

Dear Colleagues:

Welcome to the fifth issue of Eat Right Montana's 2006 Healthy Families Campaign. Summer is beckoning and the bounty of freshly grown produce is imminent. What better time to explore the topic of eating locally grown foods while dining out!

This month's press release and *Eat Local* handout focus on the growing restaurant sector offering locally produced foods. Mr. Eric Stenberg, National Chairperson of the Chef's Collaborative, an organization dedicated to the promotion of local foods and sustainable food systems, is interviewed in this press release. He discusses the Collaborative's dedication to local food systems and provides insight for consumers in locating restaurants that serve local food.

The *Play Local* handout brings us outdoors during this wonderful summer weather to enjoy the lakes, streams and other waterways of our communities. Fishing, as a means of being physically active in our local environments, is the focus of the June *Play Local* handout.

As always, Eat Right Montana thanks the generous donors listed at the left. Through their support, the production of these monthly Healthy Families packets is possible. Eat Right Montana is a non-profit organization dedicated to the promotion of healthful eating and active lifestyles.

Your feedback is important to us; please let us know what you think. For a complete archive of past Healthy Families packets, go to:

www.montanadieticassociation.org/promo.html

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Physical Activity



Fishing: A Fun Way to Be Active Outside!

Nature inspires creativity in both children and adults. Yet, we find ourselves increasingly spending more time indoors and less outside in nature. Fishing is an activity that can bring people back to the great outdoors. While fishing, you can enjoy nature, be physically active, find relaxation and catch your dinner all at the same time!

Physical Benefits of Fishing:

- Get outside – breathe fresh air.
- Walk/hike to your favorite fishing spot.
- Reel in that “BIG ONE” using your arms.
- Reduce your stress – fishing is relaxing until the “BIG ONE” comes along.

Fishing Tips for Beginners:

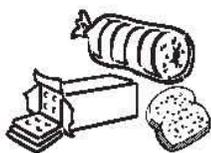
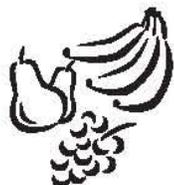
- Find a fishing buddy – learning from someone with experience is always a good idea.
- Ask the locals about where to find the fish at different times of year.
- Get advice on your rod and reel purchase from an experienced fisherman.
- Learn about baits/flyes for your type of fishing.
- Learn how to set the hook! Otherwise you'll be coming home only with stories of “The Big One that Got Away.”
- Read books on fishing.

Stay Safe While Fishing:

While fishing can be a relaxing and enjoyable way to stay active, it is not without danger. In order to stay safe while fishing, take the following precautions:

- Always let someone know where you are going and when you will return.
- Pick a fishing spot away from tree branches hanging over the water, power lines or strong currents.
- Use careful footing on wet rocks.
- Check the weather report before heading out – particularly on large bodies of water. Head for shelter if an electrical storm is approaching.
- Wear a life-jacket if fishing near deep or fast water.
- Protect your skin and eyes from the glaring rays of the sun – use sunblock, a hat and sunglasses.

Healthy Eating



Eat Well While Eating Out!

With half of the American food dollar being spent on away-from-home foods, we really need some strategies for maintaining healthy eating habits while eating out. Below are a few suggestions and strategies for combining good nutrition with dining out.

Choose Restaurants with Healthy Eating in Mind

- If the “All You Can Eat Buffet” is the main message on the restaurant sign... proceed cautiously.
- If time constraints dictate “Fast Food,” look for a restaurant that offers fruit/yogurt options instead of French fries or grilled chicken sandwiches vs. fried.
- Is nutrition information on the menu... if not ask for it. It is usually available somewhere in the restaurant.
- Keep healthy snacks on hand in your car so that you don't have to make a hasty restaurant selection because you are STARVING! Dried fruit, nuts, and apples all keep well and pack a good nutritional punch.

Select Menu Items Carefully

- How a food is prepared can determine its nutritional value – choose steamed, grilled, poached, baked or roasted over fried.
- When ordering salads, ask for the dressing on the side – and opt for the “lite” dressing.
- Unless the restaurant has a famous appetizer, avoid filling up on pre-meal items. The meal alone is usually perfectly satisfying.
- Need dessert? Try a selection with fresh fruit and avoid the high-fat, high-sugar options.

Watch Your Portion Sizes!

Did you know that even the size of dinner plates in America have increased over the past 40 years in order to accommodate our expanding portion sizes? You can take back control! Many restaurants offer ½ portions. If this is not an option, ask for a to go box and save ½ of your meal to enjoy the next day.

How Easy is It to Find Locally Produced Foods While Eating Out?

- Dining on the local cuisine can be a true culinary delight. The food is fresh, the flavors alive and the preparation done by folks familiar with their local bounty.
- Today, many of the most popular fast-food restaurants offer milk from local dairies as an option with kid's meals or a la carte. How do you find out if a restaurant offers local foods?

Just ask!



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FOR IMMEDIATE RELEASE

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MT Department of Public Health & Human Services

EAT LOCAL, PLAY LOCAL, LIVE HEALTHY

Celebrating Healthy Families 2006

“Locavores” Looking to Eat Local Foods While Dining Out

We are all familiar with the terms herbivore, carnivore and omnivore. But, have you ever heard of the term “locavore?” Well, it is time to add it to your vocabulary because this group is growing rapidly. Locavore is a newly coined term to describe people committed to eating food that is grown locally. Their reasons are many, including environmental concerns, social and economic issues, sustainability, nutrition and flavor preferences.

Locavores, like the rest of the population, also enjoy eating out. In fact, almost one-half of the American food dollar is spent on food eaten away from home. But is it possible to eat locally produced foods when dining out?

“Absolutely,” says Eric Stenberg, National Chairperson of The Chefs Collaborative, an organization promoting local foods and a sustainable food supply. “More and more consumers are recognizing the importance of a healthy local food supply and are, therefore, looking for these items when they go out to eat.”

The Chefs Collaborative, headquartered in Boston, has within its mission a commitment to embrace seasonality, preserve diversity and traditional practices and support local economies. Stenberg, of Bozeman, Montana, enthusiastically advocates the work of the organization.

“Eating locally produced food definitely keeps the money within the community and helps to connect the consumer to the farmer. There is a great value in having a connection to your source of food. Local food is also fresher and very nutritious – there is no need to harvest until the optimal ripeness since you don’t have to worry about transporting it over great distances.”

Stenberg also discussed the benefits of serving locally produced food from the restaurateur perspective. “It’s pretty easy to find great sources of local food, especially meats. As far as produce goes, it does create challenges but also opportunities. You really need to think seasonally and change your menu accordingly. Changing your menu allows for lots of creativity and is good for business as well.”

How easy is it to find local food while eating out? The easiest strategy is to just ask! In addition, two resources that contain expanding lists of restaurants that serve local food are a guide developed by the The Chefs Collaborative (<http://www.chefscollaborative.org/>) and an online interactive map developed by an group called FoodRoutes (<http://foodroutes.org>).

Ultimately, consumer demand will determine the success of restaurants committed to serving locally grown foods. With rising concerns among consumers about the globalization of the food supply, many people are expressing a desire to return to a diet of foods produced more locally. As this population expands, the restaurants responding by offering local cuisine will undoubtedly find themselves busy.

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