



**EAT RIGHT MONTANA**

*A coalition promoting healthy eating and active lifestyles*

[www.eatrightmontana.org](http://www.eatrightmontana.org)

July 2009

Dear Colleagues,

**Welcome to the seventh issue of Eat Right Montana's campaign: *Going Green: Simple Steps for Montana Families*.** The July 2009 issue is focused on **making summer as healthy and green as possible.** In this month's packet, we offer seriously fun tips for **staycations, hydration, and farmers' markets visits. ENJOY!**

**Planning a staycation this year?** If so, you're in good company. Millions of families are staying close to home for vacation, some to save money during the recession, others to reduce their impact on the environment. However you are planing to play this summer, we hope that ERM's creative tips and ideas will help you in both your personal and professional life. Here's our July line-up:

**Media Release:**

*Staycations: Cool Ways to Enjoy Healthy Summer Fun*

**Healthful Eating:**

*Smart Ways to Go Green with Drinking Water*

**June Recipe:**

*Thai Beef Wok 'N' Roll-Ups*

**Active Lifestyles:**

*Super Fun Ways to Enjoy an Active Staycation*

**Eco-Tips:**

*Easy Ways to Green Up Your Farmers' Market Visit*

We always welcome comments and suggestions. Although we have an outline for each packet, we are eager to incorporate your input. Just send your thoughts to me at [EatRightMT2000@gmail.com](mailto:EatRightMT2000@gmail.com) - and remember, past issues of **Healthy Families** and other ERM materials are available on the ERM web site at [www.eatrightmontana.org/](http://www.eatrightmontana.org/).

*Dayle Hayes, MS, RD*

**Healthy Families** packets are made possible with the generous support of agencies, organizations, and individuals - like the wonderful 2009 sponsors listed on the right. Please help ERM continue our tradition of positive, practical health information by becoming one of our 2009 sponsors or with a supporting subscription of \$50 per year. To discuss sponsorship, please contact ERM Chair Katie Bark at [kbark@mt.gov](mailto:kbark@mt.gov)

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**Going Green: Simple Steps for Healthy Families 2009**



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**MT Department of Public Health & Human Services**

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## Active Staycations: Cool Ways to Enjoy Healthy Montana Fun

There are lots of really good reasons that so many Montana families are taking a staycation this summer and staying close to home for vacation. Staycations are a great way to save money - and still have a ton of family fun. Staycations can also help reduce family stress in these tough times, both by helping the budget and by limiting long, noisy hours in a car or the hassles of airplane travel.

"Montana is the perfect place for an active staycation," says Suzie Eades, Operations Director for Big State Games. "Just think how many people travel hundreds or thousands of miles to take a vacation here. We've got it all - hiking, biking, boating, fishing, and more - practically right in our backyards."

Active staycations are the polar opposite of sit-on-the-couch-and-play-video-games. Eades and her Eat Right Montana colleagues have some super tips on making any Montana staycation - from a long weekend to a whole week - as adventurous and spontaneous as out-of-state travel.

- **Start with a map of Montana (online, in an atlas, or the highway map available at visitor centers).**
- **Decide the maximum distance you want to travel in a day (5, 10, or 50 miles, for example).** Draw a circle on the map of your chosen distance in all directions.
- **Make a family list of all the places and events within the circle that you would like to visit.** If you need help finding things to do, go to [http://visitmt.com/regions\\_towns/](http://visitmt.com/regions_towns/) for a searchable database.
- **Write each of the destinations on a piece of paper and put them into a hat or bag.**
- **Pick one fun destination every time you need a place to go.** Give all family members a chance to pick the place-of-the-day, the picnic-of-the-day, and how to make the day as active as possible.

Here are three of Montana's premier summer events - all with wonderful opportunities for active fun:

- **Montana Shakespeare in the Parks ([www2.montana.edu/shakespeare/](http://www2.montana.edu/shakespeare/)):** Make your evening active by arriving early, saving a space for the performance, and then exploring the area on foot or on a bike.
- **National Folk Festival, July 10-12, Butte ([www.nationalfolkfestival.com/2009/](http://www.nationalfolkfestival.com/2009/)):** Attendees at this free event can rock and roll (and even take some lessons) at the Montana Tourism Dance Pavilion.
- **Big Sky State Games, July 17-19 ([www.bigskygames.org/bssg.html](http://www.bigskygames.org/bssg.html)):** You can still register for some BSSG events, including a 5K Run and a Fitness Walk. Spectators can enjoy active fun by exploring local parks and trails. Bring smart shoes and visit [http://bikenet.org/maps\\_and\\_more.php](http://bikenet.org/maps_and_more.php) for a map.

"There are lots of staycations you can enjoy without getting in the car," notes Eades. "Kids and adults love scavenger hunts and obstacle courses. One of my favorites is neighborhood Olympic games with a variety of wacky races (three-legged, egg-on-spoon, etc.) or 3-point basketball in a driveway."

Past and current issues of Eat Right Montana's monthly packets can be downloaded for free at [www.eatrightmontana.org/eatrighthealthyfamilies.htm](http://www.eatrightmontana.org/eatrighthealthyfamilies.htm)

## 5 Smart Ways to Go Green with Drinking Water

Drinking enough water is important. After all, 60 to 70% of our bodies is water. **BUT**, the bottled water craze has created a huge problem: billions of gallons of oil used to make plastic bottles and billions of bottles thrown away in landfills.

### 1. Turn on your tap.

The evidence is clear: Tap water is cheaper, often healthier, and always better for the planet than bottled water. In fact, 25 to 40% of bottled water comes straight out of a tap somewhere. Ignore the fancy ads and turn on your tap for clean water that is hundreds (or thousands) times cheaper than bottled. For more info, go to [www.drinktap.org/](http://www.drinktap.org/)

### 2. Use glass or metal containers.

Experts agree that the safest water containers are either glasses - like the old-fashioned ones in your kitchen - or stainless steel bottles. Glasses are cheap and reusable until they break. Stainless steel bottles are available in a variety of sizes and styles, as well as very fashionable colors and designs, for somewhere in the range of \$10 to \$25.

### 3. Choose plastic bottles and bags wisely.

The problem with plastic bottles (besides the tons in landfills) is **BPA** (or **bisphenol-A**), a chemical that may increase cancer risk. While scientists are evaluating the evidence, many experts agree that **BPA-free** plastic is better (especially for baby bottles). Most companies and stores now sell **BPA-free** reusable bottles and bags at a reasonable cost.

### 4. Reduce and recycle plastic bottles.

There is still disagreement about whether it is safe to reuse the typical bottle sold with water or other beverages (they are difficult to clean and they may leach chemicals). The most environmentally-friendly strategy is to purchase a reusable bottle. If you must buy bottled water, always buy the largest size possible and always recycle the plastic.

### 5. Conserve water whenever you can.

Since water is a precious and limited resource on our planet, every environmentally-responsible drinker needs to think beyond their own water bottle. There are dozens of ways to reduce your use of water - from taking shorter showers to only washing full loads of clothes. For 100+ tips and more, go to [www.wateruseitwisely.com/](http://www.wateruseitwisely.com/).



## Thai Beef Wok 'N' Roll-Ups

### Ingredients:

- 1 pound beef flank steak
- 3 tablespoons teriyaki marinade and sauce
- 1 small red bell pepper, cut into strips
- ¼ cup reduced fat peanut butter
- ¼ cup chopped green onions
- ¼ to ½ teaspoon ground black pepper/salt
- 8 medium to large green or red leaf lettuce leaves

**YIELD: 4 servings**

### Substitutions/Additions:

- To reduce sodium, substitute low-sodium soy sauce or marinade.
- Other vegetables (e.g., broccoli) may be added or substituted for red pepper.
- Venison or elk steak may be used instead of flank steak.

### Recipe Source:

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courtesy of the Beef Checkoff

[www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)

### Instructions:

- 1) Cut beef steak lengthwise in half, then crosswise into 1/8 to ¼ inch thick strips. Combine beef strips and 2 tablespoons teriyaki marinade in medium bowl; toss to coat. Set aside.
- 2) Spray large nonstick skillet or wok with cooking spray; heat over medium-high heat until hot. Add bell pepper; stir fry 2-3 minutes or until crisp-tender. Remove from skillet. Set aside.
- 3) Add ½ of beef to same skillet or wok over medium-high heat; stir fry 1-3 minutes or until outside surface of beef is no longer pink (do not overcook). Remove from skillet. Repeat with remaining beef.
- 4) Return beef to skillet. Add peanut butter, green onions, bell pepper, and remaining 1 tablespoon teriyaki marinade; cook and stir until beef and vegetables are evenly coated and heated through. Season with black pepper and salt, as desired. Spoon beef carefully onto lettuce leaves and roll up. Enjoy!

### Nutrition Analysis:

Serving Size: 4 oz. beef

Calories: 275

Total Fat: 12 g

Calories from Fat: 42%

Saturated Fat: 4.0 g

Trans Fat: 0.0 g

Total Carb: 11 g

Dietary Fiber: 1.8 g

Sodium: 608 mg

Protein: 28 g

Calcium: 63 mg

Iron: 2.2 mg

## 5 Super Fun Ways to Enjoy an Active Staycation

Are you staying around town this summer instead of taking your usual vacation? If you do, you'll be in good company! Millions of families have found that staying close to home saves money, reduces stress, and provides plenty of active fun for everyone!

### 1. Get soaked at a spray park.

Many communities have new public facilities just waiting to be discovered, like spray or water parks. Make it a full day adventure by hiking or biking to/from the park. Pack a picnic with plenty of fruits and veggies - and be sure to bring lots of refreshing ice water. Pack non-water toys too (balls, jump ropes, Frisbees®, etc.) for some variety in your activity.

### 2. Set up a scavenger hunt.

The possibilities are only limited by your family's imagination! The items to be found can be real or digital (just a picture of something), simple (a rock) or complicated (a fossil). The list can also be as long or as short as you like. Need a few ideas to get your creative juices flowing? Look at the Scavenger Hunt instructions at [www.hud.gov/kids/scavhunt.html](http://www.hud.gov/kids/scavhunt.html).

### 3. Explore a local trail map.

This one could take a day or a week, depending on the extent of your trail system. Explore all the trails in a town or at nearby historical sites, wildlife refuges, and county parks. Let each family member pick the trail-of-the-day and plan a healthful picnic to fuel your adventures. Be sure to take plenty of silly family photos to document the memories.

### 4. Dance under the big sky.

Nearly everybody, from seniors to toddlers, likes to move to music, especially outdoors in the summertime. Check online or in the local paper for music festivals with dancing, like the free national event ([www.nationalfolkfestival.com/2009/](http://www.nationalfolkfestival.com/2009/)) in Butte, Montana. If you can't find what you want, plan your own block party with CDs and dancing for all ages.

### 5. Go for the gold with backyard Olympics.

Here's another staycation that could take an afternoon - or be extended over a week with different games in different places around your neighborhood or town. People can enter as individuals or as family teams. The types of events are unlimited. Maybe you'd like to include the 25-yard lawn crawl, a water balloon toss, a tug-o-war, or a limbo contest? There are also those 'real' Olympic sports, such as soccer, tennis, and ping pong.

## 5 Easy Ways to Enjoy a Green Farmers' Market Visit

From Bigfork to Wolf Point and many points between, farmers' markets have sprouted up all across the Treasure State. For a directory of 40+ local Montana markets, visit AERO at [www.aeromt.org/farm\\_markets.php](http://www.aeromt.org/farm_markets.php) or go to [www.farmersmarkets.mt.gov/](http://www.farmersmarkets.mt.gov/).

### **1. Bike, walk, carpool, or take the bus.**

For a true enviroshopping experience, use energy efficient transportation to and from your local farmers' market. Walking and biking (with a backpack for your produce purchases) use no fossil fuels - and they improve your fitness along the way. Carpooling helps reduce air pollution, saves on gas money, and gives you time to chat with family or friends!

### **2. Bring the whole family for food, fun, and fitness.**

Farmers' markets have become much more than simply a place to buy delicious, local fruits and veggies. Many offer ready-to-eat food booths with a variety of tasty ethnic options for breakfast and/or lunch. Some have music and dancing, while others offer family-friendly entertainment and special events. Many are near a park or trail, perfect for a weekend walk.

### **3. BYOB (bring your own bags - or coolers).**

Many farmers rely on their customers to bring reusable bags for their purchases. The most environmentally responsible choice is to carry a canvas, mesh, or heavy plastic tote that can be washed after multiple uses. Many stores and farmers' markets now offer enviro-bags for sale. If you plan to buy meat or dairy products, be sure to have a cooler to keep them safe.

### **4. Be spontaneous (but only buy what you can use).**

While a list is the most cost-effective way to shop for groceries, it's better to be more flexible at a farmers' market. Produce will vary from week to week during the season and it's hard to predict what the best buys will be. If you don't know how to prepare something, ask the grower for suggestions. Be careful not to over-buy; the cost of wasted food adds up quickly.

### **5. Buy from local, sustainable farms and ranches.**

A major benefit of these markets is that you can build a relationship with the hard working farmers and ranchers who till the soil, feed our families, and maintain our agricultural heritage. There's no need to rush through the booths like you would a supermarket. Take time to talk with the vendors and to thank them for contributing to the local economy.