

Healthy Bites E-Newsletter



October 2016

“Making lives easier,
healthier, happier”

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Trick or Treat? Give me Something Good to Eat!



Halloween is just around the corner and soon the goblins will be knocking at the door. With the chance to dress up in costumes and stock up on sweets, Halloween is the highlight of the year for many kids — from toddlers to teens.

But the high season for candy can also be a frustrating time for parents who encourage kids to eat nutritious foods and make sweets a limited part of a balanced diet. The balance between allowing kids to indulge and enjoy the holiday and undermining the hard work done the rest of the year can be tough to maintain.

Halloween is a perfect opportunity to talk to your kids about moderation and healthy eating. Halloween, and all its fabulous chocolate, gooey, rot-your-teeth sweetness, is a once-a-year occasion. The problem is when there is so much candy lying around that it lasts for months. Use this opportunity to talk to kids and explain to them that candy, like many of our other favorite treats, is a “sometimes” food. “Sometimes” foods aren’t foods we eat at every meal because they don’t give our bodies the nutrients we need to grow and stay healthy. We enjoy “sometimes” foods on occasion, and because we enjoy them only once in a while, it makes them that much more special.

Make Halloween about more than the candy. Be sure to eat supper before trick-or-treating to help reduce all the quick grabs into the candy bag on the route around the neighborhood. Try Yummy Mummy Pizzas on whole-grain English muffins and explain to your kids that whole grains help fill their bellies and provide the energy they need to play. Add a few chopped veggies and “wrap up” your mummy pizzas with pieces of string cheese. Fill half their plates with fruits and vegetables dunked in a dip such as hummus, guacamole or salsa. According to a recent study, kids eat more vegetables and will consume a greater quantity when served with a dip.

Not all Halloween “treats” need to be candy. Look for non-food Halloween items like pencils, tattoos, glow sticks or small bottles of water like Nestle Share a Scare Halloween water bottles. After all, little goblins will need to stay hydrated on their trek through the neighborhood.



Not all children have the luxury of participating in all of goodies Halloween can provide. Several children have food allergies or celiac disease making it difficult to navigate their bag of sweet treats. Hy-Vee has partnered with The Teal Pumpkin Project, a worldwide movement helping give kids with food allergies or other known diet restrictions have a safe and happy Halloween. Participating is quite easy! Simply provide non-food treats for trick or treaters and place a teal pumpkin near your front door or where treats are distributed. For more information about The Teal Pumpkin Project, contact your Hy-Vee dietitian today.

Use the excitement of the holiday to create memorable experiences. Carving pumpkins and roasting the seeds for a fun and nutritious snack are a great way to engage children while filling their hearts and minds with memories.

Tropical Popcorn Balls

Serves 12 (1 ball each).

All You Need:

- 6 heaping cups popped corn
- 1/4 cup agave nectar (see Note) or honey
- 1/4 cup creamy natural peanut butter or almond butter, at room temperature
- 1/4 cup finely chopped Hy-Vee macadamia nuts
- 1/4 cup Hy-Vee coconut, preferably unsweetened



All you do:

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water.
2. Put popcorn in a large bowl.
3. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.
4. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in macadamia nuts.
5. Dip both hands in the ice water. Working quickly, press small handfuls (heaping 1/4 cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the macadamia nuts.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together. Roll each ball in coconut or sprinkle with coconut while still a little damp and sticky.
6. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

Make Ahead Tip: Wrap airtight for up to 2 days, but best the day they are made.

Note: Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar.

Nutrition Facts per serving: 100 calories, 6g fat, 2g saturated fat, 0mg cholesterol, 20mg sodium, 10g carbohydrates, 1g fiber, 6g sugars, 2g protein.

Source: adapted from EatingWell, Inc.

Fall Festival



SATURDAY OCTOBER 8
10 A.M. – 1 P.M.

- ◆ **Bounce House**
- ◆ **Games**
- ◆ **Face painting**
- ◆ **Make your own caramel grapes on a stick**



Winona Hy-Vee's

HyVee. CHARCUTERIE PREMIUM • CRAFTED

(shär-kü-tə-rē)

Taste of the Finer Things

Wednesday, October 12 from 5 p.m.—6:30 p.m.

This class will include the 101 on charcuterie and cheese. Come sample 4 different cheeses and 6 different charcuterie meats. We will also teach you how to make your own board to take home and pairing ideas.

Timeline:

5:00-5:10 p.m. Introduction

5:10-5:30 p.m. Charcuterie 101 (this will include samples of prosciutto and all other meats with 2 pairings)

5:30-5:50 p.m. Cheese 101 (4 cheese samples and ideas for the upcoming holidays)

5:50-6:30 p.m. Hands on experience making your own board to take home.

The cost for this class is \$30. Register by October 9 at the Winona Hy-Vee Deli with Calluim or Austin.



FAMILY-FRIENDLY

Freezer Meal Workshop

Tired of asking what's for dinner?

Wednesday, October 12 at 5:30 p.m.

Registration and payment due Wednesday, October 5

- Cider-Braised Pot Roast
- Hawaiian Chicken
- Chicken Taco Chili
- Slow-Cooker Pulled Pork Tacos
- Fiesta Quinoa and Black Bean Burritos
- Slow Cooker Beef Stroganoff

**6 family– friendly
meals for your
freezer in 1.5 hours**

**Each meal serves
4 people**

**\$80.00 (covers
groceries, space,
cooking utensils,
storage bags and
clean-up)**

**To register visit the
Winona Hy-Vee
customer service
or call 507-452-5411**

**We shop, you prep,
we clean up!**

**WINONA HY-VEE
1475 Service
Drive
Winona, MN
507-452-5411**

**Jennifer Holden
Hy-Vee Dietitian**

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Halloween



Kids in the Kitchen

Cooking Class

Tuesday, October 18 at 4 p.m.

at Winona Hy-Vee

Does your child enjoy helping out in the kitchen? This class is perfect for him or her. Kids ages 6 to 12 years old are invited to join our Hy-Vee dietitian, Jennifer for a Halloween themed cooking class.

Don't forget to wear a Halloween costume!

Register your child today [on our store calendar](#) or by contacting Jennifer Holden at jholden@hy-vee.com or 507-452-5411



Cost is \$5 per child.



Brought to you by your Winona Hy-Vee Dietitian, Jennifer Holden, RD, LD



HALLOWEEN PARTY

**TRICK-OR-TREAT
AT HyVee®**



Saturday, October 22 · 1-3 p.m.

**GET A
FLU SHOT
GET**



NO APPOINTMENT NECESSARY.

STOP IN MONDAY-FRIDAY 8AM-8PM SATURDAY-SUNDAY 9AM-5PM

HIGH DOSE AND QUADRIVALENT AVAILABLE.

FUEL SAVER OFFER AVAILABLE TO MEDICARE RECIPIENTS.

SEE PHARMACY FOR DETAILS. RESTRICTIONS APPLY.

We Bill Insurance - \$0 Copay!*

***Restrictions may apply. Visit pharmacy for more details.**



QUAKER OATS



5 REASONS TO CHOOSE QUAKER OATS:

1. Made with only one ingredient: 100% whole-grain rolled oats.
2. Helps you meet current recommendations of making half your grains whole grains.
3. One serving contains 5 grams of protein and 4 grams of fiber to help keep you full longer!
4. Top cooked oatmeal with nuts, fresh fruit and you have a quick and easy on-the-go breakfast!
5. Oatmeal isn't just for breakfast; try it in savory side dishes or even as your entrée.

DILLED SALMON CAKES

Serves 6

ALL YOU NEED:

SALMON CAKES

- 2 quarts water
- 1 lemon, halved
- 1/2 tsp salt, divided
- 16 oz fresh salmon, skin and bones removed
- 3/4 cup uncooked Quaker old fashioned oats
- 1/3 cup Hy-Vee skim milk
- 1 egg, lightly beaten
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill

SAUCE

- 1/2 cup Hy-Vee light plain nonfat yogurt
- 1/3 cup chopped seeded tomato
- 1/3 cup chopped English seedless cucumber
- 1 tbsp finely chopped onion
- 1 tbsp finely chopped fresh dill

ALL YOU DO:

1. Bring water, lemon halves and 1/4 teaspoon salt to a rolling boil in a large pot. Add salmon, reduce heat and simmer for 8 to 10 minutes or until salmon reaches 145 °F.
2. Remove salmon from water and lay flat on paper towel. Gently pat dry with second paper towel.
3. In small bowl, combine yogurt, tomato, cucumber, 1 tablespoon onion and 1 tablespoon fresh dill. Cover and refrigerate while making salmon cakes.
4. Meanwhile, flake salmon in a medium bowl. Stir in oats, skim milk, egg substitute, 1 tablespoon onion, 1 tablespoon dill and remaining 1/4 teaspoon salt. Let stand 5 minutes. Shape into 6 oval patties.
5. Lightly spray large nonstick skillet with cooking spray. Cook salmon cakes over medium heat 3 to 4 minutes on each side or until golden brown and internal temperature reaches 165 degrees. Serve with sauce.

Nutrition Facts per serving: 250 calories, 10g at, 2g saturated fat, 0g trans fat, 65mg cholesterol, 290mg sodium, 11g carbohydrate, 1g fiber, 3g sugar, 26g protein. Daily values: 10% vitamin A, 10% vitamin C, 8% calcium, 8% iron.

Source: <http://www.quakeroats.com/cooking-and-recipe/dilled-salmon-cakes.aspx>