

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

DECEMBER 10, 2018

MANAGING YOUR NUTRITION DURING THE HOLIDAYS!

FIRST OF ALL, OUR CLASS SCHEDULE: WE'LL HAVE ONE MORE CLASS THIS MONTH – AND THEN THE NEXT TWO MONDAYS OFF, OBVIOUSLY! PLEASE, PLEASE FEEL FREE TO DROP IN & WEIGH YOURSELF! YOU CAN WRITE IT DOWN AND LET THE FRONT DESK LADY PUT IT IN MY BOX. OR SEE ME IN MY OFFICE; I'LL PROBABLY BE HERE.

HOLIDAY MEAL PLANNING IS CHALLENGING...BUT WHAT ABOUT YOUR REGULAR MEALS? I DON'T KNOW ABOUT YOU, BUT THE DICKEY HOUSEHOLD IS GETTING A LITTLE SHORTCHANGED THESE DAYS! IT'S EASY TO GET CAUGHT UP IN THE FESTIVITIES, BUT YOU & YOUR FAMILY STILL HAVE TO EAT! HERE ARE A COUPLE TIPS TO HELP KEEP YOU ORGANIZED.

1. WRITE IT DOWN! MAKE A MEAL PLAN ALONG WITH A GROCERY LIST. WHAT REALLY, REALLY WOULD COME IN HANDY RIGHT ABOUT NOW IS IF YOU PRACTICED "BATCH COOKERY" A FEW MONTHS AGO & FROZE THE MEALS IN APPROPRIATE SIZES! LAST NIGHT, KEN & I ATE A DOCTORED FROZEN PIZZA (WELL, I DID UN-FREEZE IT FIRST!) I CUT UP A CUCUMBER AND A GREEN PEPPER TO PRETEND I'D MADE A LITTLE EFFORT! TONIGHT, WE'LL HAVE SOME CHILI I MADE AND FROZE IN OCTOBER. THE REST OF THE WEEK, I'M NOT SURE. I AM POSITIVE, THOUGH, THAT THE DICKEYS WILL NOT STARVE! NEVER FEAR!
2. PREP YOUR MEALS! AS YOU ARE WELL AWARE, MANY TIMES IT'S NOT THE ACTUAL COOKING THAT TAKES PRECIOUS MINUTES: IT'S THE CHOPPING, DICING, & SO FORTH. YESTERDAY I WASHED & CUT UP FRUIT I BROUGHT HOME FROM KROGER. NOW, I HAVE FOUR OR FIVE DAYS WORTH OF "FAST FOOD," IN THE FORM OF BLUEBERRIES & PIECES OF MANGO, JUST WAITING TO BE DEVoured! WHEN I BUY LEAN GROUND BEEF, I BROWN, DRAIN, & FREEZE IT IN PORTIONS THAT I'LL USE LATER. I LIKE TO HAVE HARD-BOILED EGGS READY TO GO. I ALSO AM A FAN OF PACKAGED SALADS. (USUALLY, ANYWAY!) BE AWARE WHEN YOU BUY VEGETABLES OR FRUIT THAT ARE ALREADY CUT-UP THAT IF YOU DON'T USE THEM, IT'S AN EVEN BIGGER WASTE OF MONEY THAN BUYING THEM WHOLE, SINCE THEY DEFINITELY COST MORE. YOU PAY FOR CONVENIENCE. EAT YOUR PRODUCE!
3. USE YOUR SLOW COOKER! IT CAN BE YOUR BESTEST FRIEND AT THIS TIME OF YEAR! SOUPS, STEWS, CHILI, ROASTS...YOU MIGHT BE SURPRISED AT WHAT YOU CAN ACCOMPLISH WITH

THIS NIFTY ITEM. IT'S A GREAT FEELING TO KNOW YOU'RE COOKING SUPPER AT THE SAME TIME YOU'RE AT WORK! IT'S TRUE MULTI-TASKING!

4. LEARN TO LOVE LEFTOVERS! I WOULDN'T EXACTLY CALL MY HUSBAND A PICKY EATER, BUT HE'S NOT GREAT ABOUT EATING LEFTOVERS. WITH A LITTLE CREATIVITY, THEY CAN BE DISGUISED. FOR EXAMPLE: THE BEEF ROAST BECOMES VEGETABLE BEEF SOUP! LEFTOVER SHREDDED CHICKEN BREAST (MAKE EXTRA ON PURPOSE!) CAN BE PUT IN A CASSEROLE OR ENCHILADAS. MY OLD BOSS USED TO CALL THEM "PLAN-OVERS!"
5. KEEP IT SIMPLE. THIS IS NOT THE TIME TO EXPERIMENT WITH A NEW RECIPE! MY CHRISTMAS COOKIE BAKING? BETTY CROCKER'S MY BUDDY AT THIS TIME OF YEAR. BAD ENOUGH I NEEDED TO BAKE, BUT FROM SCRATCH?! MAYBE ANOTHER TIME. I NEED THE EXTRA ENERGY TO WRAP SOME GIFTS...OR SHOP FOR MORE GIFTS!
6. SIMPLE...SAME CONCEPT GOES FOR THE FOOD AT MY HOLIDAY GATHERINGS. I TRY TO KEEP IN MIND *LOW MAINTENANCE, QUICK CLEAN UP* – IT DOESN'T ALWAYS WORK, BUT IT'S A GOOD GOAL! AND WHO NEEDS FINE CHINA WHEN YOU'VE GOT CHINETTE! I'M NORMALLY MORE OF A "GREEN" GAL...I DON'T LIKE THE IDEA OF BEING WASTEFUL. HOWEVER – I'LL BE SURE TO MAKE UP FOR IT IN THE LONG RUN!

I'M EXCITED TO HOST THE FAMILY GET TOGETHER THIS YEAR. MY MENU WILL BE ALMOST ALL FINGER FOODS, AND ANY COOKING WILL TAKE PLACE BEFORE THE ACTUAL PARTY. IT'S STILL A LOT OF WORK, NO MATTER WHAT – BUT IF YOU KEEP MOST OF THE ITEMS ON YOUR MENU BASIC, YOU CAN PAY MORE ATTENTION TO WHAT'S IMPORTANT – FRIENDS, FAMILY, AND THE REAL REASON FOR THE SEASON!

HOW DID EVERYONE DO WITH "NO CHIPS OR SALTY SNACKS!" LAST WEEK? EPIC FAILURE FOR KATHY D!

OUR "NO!" FOOD FOR NEXT WEEK: **NO SWEETS!!!**

SEE YOU NEXT MONDAY!!!!!!