

Cooking up Health

Nutrition presentations are a great way to learn WHY it is important to eat a healthy diet. You can take what resonates with you and apply it in your own time. But experience has taught us that changing your diet is not just a matter of why, but HOW.

Adding short food demonstrations to nutrition presentations can not only be informative and fun, but tasty, too. When the recipe is easy and also delicious, you and your family are more likely to add it to your menu planner.

Each month, Extension Family and Community Health provides the WHY to make edits to your diet. The research shows we can prevent, and even reverse, many of today's chronic diseases like diabetes and heart disease. Community partners are in the process of planning more HOW TO food demos and tastings to jazz up the nutrition messages.

The monthly meetings in Coquille (2nd Mon at 6 pm) not only provide a nutrition message, but a potluck where you can taste healthy recipes. This Nov, Connie (right) demonstrated how to make soy and oat waffles. Don't knock them 'til you've tried them. They can be cooked up and frozen, then popped in your toaster for a quick, high-protein, high fiber version of this breakfast standard. Top with fresh or frozen fruit, or syrup.

More food demonstrations are planned for Coquille and Coos Bay in 2023. Watch the nutrition schedule in this newsletter for more information.



CB Library Food Access

Coos Bay Library patrons can now obtain fresh produce 6 days/wk. No eligibility required.

The community fridge was installed this Nov and is open during library hours. This project was made possible through a grant from THE BEET Food Systems Consortium and South Coast Food Share.

Recipes and nutrition education resources are also available. Come in and ask for produce. Bring your own bag and your appetite for fresh food.



DEC NUTRITION CLASSES

Sun Dec 11: Quick Class *DIY Body Care for Every Body* 3-4 pm. Scrub goodbye to skincare chemicals. Presented by Cheryl O'Dell, Nutritional Health Coach, 598 N Broadway, CB

Sun Dec 18: Quick Class *Got Chocolate?* 3-3:30 pm. Discover everything there is to know about irresistible chocolate! Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 598 N Broadway, CB



Connie demonstrated how to make healthy waffles this Nov at the Coquille SDA Better Living Center!

Healthy Bytes Initiative
Food of the month for Dec is
FIGS



Find recipes, handouts, posters, short articles, table tents and PowerPoint slides at
<https://advancedhealth.com/healthy-bytes-initiative>

Also find HBI materials posted at
<https://extension.oregonstate.edu/coos/healthy-families-communities>



No-Bake Fig Snowballs

Foodconfidence.com

Ingredients: 1 1/2 cup dried figs soaked in water 20 min, drained

Crust: 1 cup rolled oats, 1/4 tsp vanilla, 1 Tbsp orange zest, 3 Tbsp almond flour, 1/4 cup raw almonds

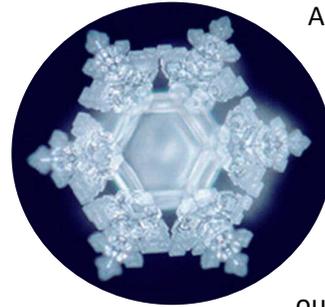
Instructions:

1. In a food processor, add the ingredients for the crust and process into a flour-like consistency. Set aside in a bowl.
2. Add the soaked figs and the vanilla powder. Process until the figs are broken down. Add 1 Tbsp of water, if needed. Then add 1/2 cup of the powder crust into the processor with the figs and pulse until well-combined. The texture should be soft, but don't over-process. Adjust the texture as needed with the powder crust and water.
3. Roll the fig mixture into balls and place on a baking sheet lined with wax paper. Place balls into the freezer for about 10 minutes. Remove from the freezer and one by one roll the balls into the powder crust.
4. Store leftovers in the fridge or freezer.

Water Consciousness?

By Stephanie Polizzi

Dr Masaru Emoto, a Japanese scientist, discovered that the molecular structure of water transforms when it is exposed to human words, thoughts, sounds and intentions. His research in magnetic resonance was photographed using water crystals that form snowflake images when exposed to positive words.



As the human body is mostly water, we, too, can be negatively or positively affected by thoughts, emotions and intentions. Dr Zach Bush took Dr Emoto's research further to show that water shows electrical shifts that responds to intention. Just a simple blessing or showing of thanks for our water may improve its energetic capacity. Foods, especially fruits and vegetables, are also mostly water.

This season, why not try giving thanks to your food and water before consuming. Maybe set your 2023 goal to be kind to the food and water that nourishes your body, since it may be true that it can sense your thoughts.

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Holiday Reading:
The Hidden Messages in Water
by Dr Masaru Emoto



The Food & Nutrition Group (FNG), Coos County is working to address 3 needs from our community health assessment:

- Education to support increased intake of fruits & veggies
- Policies & program support to increase access to healthy foods
- Policies and education to decrease intake of sugar drinks

FNG webpage is hosted by Coos Head Food Co-op. <https://coosheadfood.coop/>

FNG meets monthly on the 2nd Thu at 2 pm virtually on Zoom. <https://oregonstate.zoom.us/j/92123558748?pwd=Qi9saEhiQ09McXlvMkI0N3dXNDRvUT09>
Password: 952412

Join by Telephone 971 247 1195
Meeting ID: 921 2355 8748

Or contact Stephanie Polizzi, Chair, for a Zoom invitation email: stephanie.polizzi@oregonstate.edu



NEW CONTENT

Health Benefits of Figs video
Meatless Monday Meal Prep handout
Oh My Gourd pumpkin and chia handout
Role of Healthcare Provider in Supporting a Plant-based Diet video

FOR KIDS

Meatless Monday Kids Edition handout
Quick n Easy Breakfast Your Kids Will Love handout

Pea Podcasts projects and more nutrition resources can be found here: <https://coosheadfood.coop/food-nutrition-group>

FNG 2023

FNG is beginning to create its workplan for 2023. Here are a few of the initiatives which we hope to finalize in January:

- * Based on survey results, continue with the *Healthy Bytes Initiative*, providing 8½ x 11 posters for easier printing on site and seeking funds for printing hard copies and fabric banners
- * Meeting with grocery stores to share HBI and Pea Podcast materials including video with consumers
- * Establish next steps for the Mobile Food Pantry project
- * Partner with Extension SNAP-Ed and Master Gardeners to distribute educational materials for growing food at home
- * Continue with Healthy Tobacco Retail and cookbook projects