

October 2021

### Howdy Colorado County!

#### *Slow Cooker Tips for Busy Weeknights*

It's five o'clock and you're driving the kids home from one of their many activities, when you hear the inevitable question, "What's for dinner?" If this scenario sounds familiar, the solution may be no further than the slow cooker on your kitchen counter. Slow cookers cook food while you do other things. Slow cooker recipes will specify the heat level (typically low or high) and how many hours to cook the food. Busy parents love the "set it and forget it" convenience that slow cookers bring!

Eating more homemade meals, and less fast food, can ensure that kids get the fruits, vegetables, lean proteins, whole grains and low-fat dairy their growing bodies need. A slow cooker does all the work of cooking for you while you're at work or busy with the kids, minimizing time spent in the kitchen.

Slow cookers aren't just for winter chilis, soups and stews — you can make appetizers, side dishes, fillings for sandwiches and tacos, and even desserts in a slow cooker. Unlike the oven or stove, a slow cooker gives off very little heat beyond the base, keeping your kitchen cool when it's hot outside.

Try these simple tips to make the most of this versatile kitchen tool:

- Prep ingredients in advance: Chop vegetables, soak beans and trim meats on a Saturday or Sunday when you have extra time. Be sure to cut uniform pieces for even cooking, and store prepped ingredients in airtight containers or zip-top bags in the refrigerator for up to

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three days.

- Make-ahead when possible: If your slow cooker has a removable insert, assemble the ingredients the night before and refrigerate the entire insert overnight. It's important to note that starting with cool ingredients may lengthen cooking time (but we be sure to keep them out of the temperature danger zone).
- Reinvent leftovers: Instead of serving the same recipe two nights in a row, turn last night's dinner into something new. If you make a large roast, serve the leftovers as a filling for quesadillas or sandwiches.

Whenever using a slow cooker, be sure to follow good food safety practices to ensure your food cooks to safe temperatures and to reduce the risk of foodborne illness.



# RETHINK YOUR DRINK!!

Sugar in 1 bottle a day for 1 week!!

$\frac{3}{4} \text{L} \times 37 = 45.5 \text{g}$

$1 \text{L} \times 2\% \text{T} = 56 \text{g}$

$1 \text{L} \times 3\% \text{T} = 58.5 \text{g}$

$2\% \text{M} \times 19\% \text{T} = 75 \text{g}$

$2\% \text{M} \times 19\% \text{T} = 75 \text{g}$

$1\% \text{M} \times 80\% \text{T} = 80 \text{g}$

$1\% \text{M} \times 73\% \text{T} = 73 \text{g}$



## What's Cooking!

### Peanut Butter Balls

#### Ingredients

- ¼ cup peanut butter
- ¼ cup honey
- ½ cup instant nonfat dry milk powder
- ½ cup crushed whole wheat cereal flakes

#### Directions

1. Mix peanut butter, honey, and dry milk in a bowl.
2. Shape into 1-inch balls. Roll in cereal.

Chill until firm for 30 minutes or longer.

Serves 12

Nutritional Facts: Per serving: Calories: 70; Carbohydrates: 11 g; Fiber 0 g; Fat: 3 g; Saturated fat: 0.5 g; Sodium: 40 mg

Resource: <https://extension.umaine.edu/food-health/recipes/peanut-butter-balls/>

It takes about 540 peanuts to make a 12-ounce jar of peanut butter.

<http://blogs.ifas.ufl.edu/suwanneeco/2018/06/30/peanut-fun-facts/>

# Health Benefits of Physical Activity for Adults

## IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

## LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.

### Sleep

Improves sleep quality



### Less Anxiety

Reduces feelings of anxiety



### Blood Pressure

Reduces blood pressure



### Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



### Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



### Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



### Healthy Weight

Reduces risk of weight gain



### Bone Strength

Improves bone health



### Balance and Coordination

Reduces risks of falls



**Please feel free to contact me if you have any questions.**

Sincerely,

*Jashae Horn*

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