





SALISH KOOTENAI
COLLEGE

ADVANCING HEALTHY AND SUSTAINABLE DIETS FOR ALL

LESSON 9: INTERACTING WITH YOUR FOOD ENVIRONMENTS

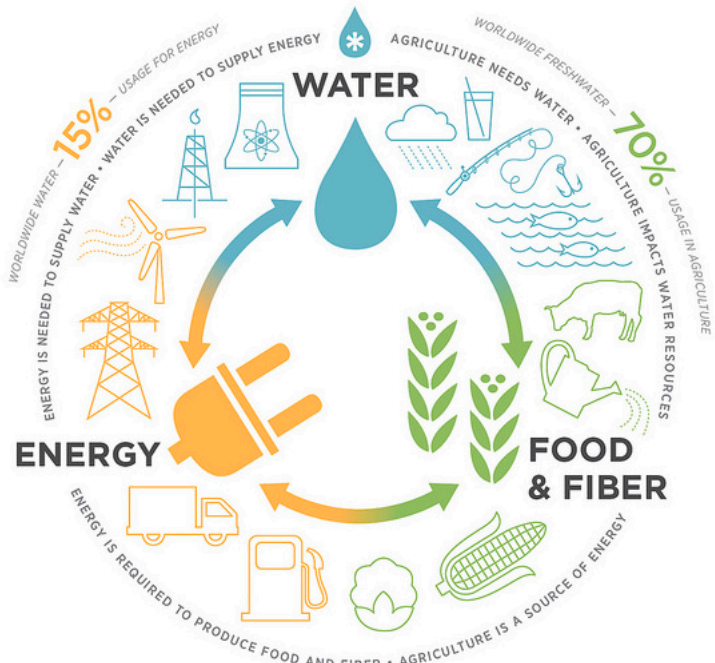


With Ian Issaia McRyhew

LESSON 8: FOOD ENVIRONMENTS

- **DEMONSTRATE THE ROLE OF THE FOOD ENVIRONMENT IN INFLUENCING FOOD AND BEVERAGE CHOICES**
- **PROVIDE COOKING DEMONSTRATIONS THAT HELP BUSY FAMILIES ON THE GO**
- **PROVIDE INTRODUCTORY SKILLS, INFORMATION, AND SELF-EFFICACY TO FACILITATE POSITIVE INTERACTIONS WITH THE FOOD ENVIRONMENT**
- **INSPIRE CONSUMER ADVOCACY FOR A HEALTHY AND SUSTAINABLE FOOD ENVIRONMENT AND FOOD SYSTEM**

FIRST



<https://mundellassociates.com/science-environment/innovative-performance-optimization-of-food-water-energy-system-simulation-agro-ibis/>

SECOND



<https://twitter.com/dailyhealthtips/status/478220575815786496>

THIRD



<https://www.pinterest.com/pin/295699531781019507/>





When Humans Quit Hunting And Gathering, Their Bones Got Wimpy



Farming helped fuel the rise of civilizations, but it may also have given us less robust bones.

Leemage/UIG via Getty Images

<https://www.npr.org/sections/health-shots/2014/12/22/372441550/when-humans-quit-hunting-and-gathering-their-bones-got-wimpy>

THE FOOD ENVIRONMENT

Market
Food Environment

Availability

Affordability

Convenience

Desirability

**WHEN CHOOSING WHICH FOODS TO EAT-
AVAILABILITY, AFFORDABILITY, CONVENIENCE, AND
DESIRABILITY OF FOODS IN CERTAIN SETTINGS
INFLUENCES OUR DECISION-MAKING.**

GROCERY SHOPPING



	Available	Affordable	Convenient	Desirable
Question Prompt	Do you think healthy and sustainable foods are available in the community? How so? What are the barriers?	Do you think healthy and sustainable foods are affordable in the community? How so? What are the barriers?	Do you think healthy and sustainable foods are easily obtained in the community? How so? What are the barriers?	Do you think healthy and sustainable foods are desirable in the community? Desirable means good quality and the type of food preferred. How so? What are the barriers?
Ways the food environment IS accommodating to sustainable food systems				
Ways the food environment is NOT accommodating to sustainable food systems				
Things consumers can do to advocate or navigate for the food environment to be more sustainable				



Healthy Choices On the Go

Need Healthy Snack Ideas?

If you have healthy snacks ready to go it will be easier to skip the vending machine or corner store. You'll save money and calories! Make sure your snack includes a balance of protein and carbohydrates. The next time a craving hits, try one of these:

- Apples and peanut butter
- Cheese and crackers
- Veggies and hummus
- Peanut butter and crackers
- Popcorn
- Frozen grapes
- Bananas
- Apple slices
- Raw almonds or walnuts
- Garbanzo beans, drained and eaten straight from the can
- Baked plantain chips
- Fruit or veggie slices with chili powder and lime
- Bell pepper or jicama sticks with salsa
- Turkey cubes
- Hard-boiled eggs

Got a Sweet Tooth?

Everyone needs a sweet treat every now and then. Try these options without the extra sugar or fat.

- Fruit smoothie made with nonfat plain yogurt or milk
- Dried fruit
- Fruit cobbler with no added sugar and a light crust
- Banana pudding made with fat-free pudding and milk
- Sweet potato pie with no added sugar
- Plain dark chocolate
- Fresh, canned, and frozen fruit dipped in vanilla yogurt



Healthy Choices On the Go

Restaurant Swaps

Choose:	Instead of:
Steamed, grilled, or broiled	Fried or sautéed
Small or medium-size portions and drinks	Large portions and drinks
Side salad or fruit	French fries
Healthy appetizer	Regular entrée
Brown rice	White rice
Veggie side dish	Bread or starchy side dish
Whole beans	Refried beans
One dish from the menu	The all-you-can-eat buffet
Small hamburger	Double cheeseburger
Grilled chicken sandwich (no mayo)	Fried chicken sandwich
Hot sauce on potatoes and salads	Butter or salad dressing



Mom Tip

"When we eat out, we do our best to order things that are not too bad. I get a hamburger without the bun and wrap it in lettuce. Or I order it without cheese. And we don't order fries, which also saves money." –Carol



Healthy Choices On the Go

Eating Out

Try these tips when eating out.

- Look at the menu online before you go to make sure they serve healthy options.
- Drink water with lemon. It is free, has no calories, and can help you feel full.
- Order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole wheat bread or skip the bread.
- Start your meal with a salad to control hunger and help you feel full sooner.
- Ask for salad dressing on the side. Just dip your fork in instead of pouring it on.
- Choose main dishes that include vegetables such as stir fries or kebobs.
- Not sure what to get? Look for these:
 - A salad with grilled chicken and low-fat salad dressing (on the side)
 - Grilled fish or steak tacos on corn tortillas (no cheese or sour cream)
 - Whole beans and brown rice
- Watch how much you eat. Control the amount by:
 - Sharing a meal
 - Ordering an appetizer for your main dish
 - Ordering from the kid's menu
 - Asking for a to-go box as soon as your meal comes so you can take half home



Mom Tip

"When my husband and I go out to dinner, we usually split an appetizer and an entrée. It helps us save money and eat less." –Kate

Hold it!

Watch out for high-calorie additions on salads and meals. It's better to skip them, or order these items on the side so you can control how much you eat:

- Butter
- Salad dressing
- Bacon or bacon bits
- Croutons
- Shredded cheese
- Sour cream
- Creamy sauces or gravies
- Mayonnaise

EATING OUT





SPARKPEOPLE Dining Out Guide

Dining out can pose plenty of challenges to a healthy eater. Our dining out guide provides tips from both our experts and members to help you make the best choices at national fast food and casual restaurants.

Click a restaurant below to find foods.



Fast Food Restaurants

- [Arby's](#) 17 healthy finds from members
- [Boston Market](#) 2 healthy finds from members
- [Burger King](#) 18 healthy finds from members
- [Chick-fil-A](#) 27 healthy finds from members
- [Chipotle](#) 5 healthy finds from members
- [Corner Bakery](#)
- [Dairy Queen](#) 8 healthy finds from members
- [Domino's Pizza](#)
- [Dunkin' Donuts](#) 8 healthy finds from members
- [Extreme Pita](#)
- [Fazoli's](#)
- [Jimmy John's](#) 1 healthy finds from members
- [KFC](#) 9 healthy finds from members
- [Long John Silver's](#) 6 healthy finds from members
- [McDonald's](#) 34 healthy finds from members
- [Panda Express](#) 1 healthy finds from members
- [Panera Bread](#) 17 healthy finds from members
- [Penn Station](#) 4 healthy finds from members
- [Pizza Hut](#) 10 healthy finds from members
- [Potbelly Sandwich Shop](#)
- [Sonic](#) 11 healthy finds from members
- [Starbucks](#) 21 healthy finds from members
- [Subway](#) 26 healthy finds from members
- [Taco Bell](#) 15 healthy finds from members
- [Wendy's](#) 27 healthy finds from members

<https://www.sparkpeople.com/resource/sparkdining.asp>

Casual Restaurants

- [Applebee's](#) 19 healthy finds from members
- [Olive Garden](#) 19 healthy finds from members

E	Meatloaf	Sweet Potatoes Mushrooms Carrots Tomatoes Green Beans	Finely chop these ingredients and mix in with ground beef before baking for extra flavor and nutrition.
	Mashed Potatoes	Sweet Potatoes Pumpkin Carrots Spinach	Change up plain old mashed potatoes with canned vegetables for added color, flavor and nutrients.
Side	Rice	Olives Black Beans Kidney Beans Mixed Vegetables	Prepare rice with low-sodium/low-fat broth to boost flavor, then mix in olives or your favorite vegetables or beans for added color and nutrition.
	Macaroni and Cheese	Corn Tuna Ham	Combine prepared mac and cheese with corn, tuna or ham in a 9x13" baking dish; top with bread crumbs and bake until golden brown.
	Tossed Salad	Garbanzo Beans Pears Mandarin Oranges Beets	Add a can of fruit or beets to summer salads for extra flavor and nutrition. Or add canned beans for increased protein and fiber.
Starters	Chili	Canned Chicken Beans Green Chilies Black-eyed Peas	Simmer chili with any of these additional ingredients for added flavor and nutrition.
	Nachos	Drained, Diced Tomatoes Black Beans Olives	Top your nachos with these additional ingredients for an even tastier Southwest dish.

“JUST ADD ONE” FOR...

Nutrition

- Add canned tomatoes to your favorite dips and pastas for an extra boost of lycopene, an antioxidant naturally found in tomatoes that helps fight disease. Thanks to the canning process, canned tomatoes are actually a better source of lycopene than their fresh counterparts.
- Add canned pumpkin to your favorite puddings or pancake batter. It is an excellent source of vitamin A, containing more than three times the Daily Value compared to an equal amount of fresh, cooked pumpkin. Don't have canned pumpkin? Try canned, puréed sweet potatoes!

Value

- Make restaurant quality greens and beans at home by sautéing poached escarole with cannellini beans, garlic, and bacon and/or prosciutto. Who says gourmet dining has to be at an expensive restaurant?
- Fresh fruits and veggies spoiling faster than you can eat them? Stock up on your favorite canned fruits and veggies to enjoy on your own time. Since canned foods are shelf-stable, you can buy them in bulk to keep on hand, which saves you money and time going to the store. By the time food is consumed, fresh, frozen and canned fruits and vegetables may be nutritionally similar.

Convenience

Spending on little things

Have you ever thought about how much you might be spending on the “little things” every day or every week? It adds up over time. One way to find more money for eating healthy on a budget is to **track your expenses—even on the little things—and then change your spending habits**. Fill in the blanks below, and prepare to be amazed!

Soft Drinks

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Cigarettes

One pack a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Coffee

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Candy Bars

One a day at \$ _____ =

\$ _____ a week (x7)

\$ _____ a year (x365)

Fast Food Meal

Two times a week at \$ _____ =

\$ _____ a week

\$ _____ a year

SHOPPING ON A BUDGET



budget calendar

Writing down how much money you make and how much money you spend will help you stretch your SNAP dollars and pay your bills on time. This handout will show you how to do that.

INSTRUCTIONS

- Using the blank calendar, find your payday. Write the amount you get paid on that day and circle it.**

If you need help, look at the completed calendar below. We've included it as an example. If you look at it, you'll see that this household gets income from two sources: 1) SNAP benefits and 2) working a job.

They get \$300 a month in SNAP benefits on the 3rd. Their employer pays them every other week. So on the 5th and the 19th, their take-home pay is \$420. This equals \$1,140 of income for the whole month.
- Next, write down your household bills on the blank calendar on the day of the month they're due.**

Again, if you look at the completed calendar, you see that the household bought groceries on the 3rd and the 16th. They listed their other bills (car payment, cable and gas) on the days when they're due.
- See how much money you have left.**

On the completed calendar, if you subtract the household's expenses from their income, you'll see they have \$20 left at the end of the month.

This exercise is a great way to make sure your income can cover your expenses. Try completing a new budget calendar every month, and stretch your food dollars!

budget calendar

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rent \$300	2	3 SNAP \$300 Groceries \$200	4	5 Take-home pay \$420 Gas for car \$25	6
7	8 Car payment \$150 Insurance \$20	9	10	11	12 Gas for car \$25	13
14	15	16 Cable/ Internet \$30 Groceries \$100	17	18 Electric \$80	19 Take-home pay \$420 Gas for car \$25	20
21	22 Gas \$120	23 Water/Sewer \$20	24	25	26 Gas for car \$25	27
28	29	30	31			

Find more great tips, recipes and videos at eatgathergo.org

Here are some examples of expenses you may want to list on your sheet.

Fixed expenses (These expenses are the same every month.)

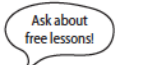
- Rent/mortgage
- Car payment
- Insurance
- Child care
- Trash
- Cell phone
- Cable

Flexible expenses (These expenses may be different each month.)

- Gas for house
- Gas for car
- Electric
- Water
- Sewer
- Groceries
- Food – eating out
- Personal care
- Laundry
- Household supplies
- Entertainment
- Medicine

Periodic expenses (every now and then)

- Birthdays
- Holidays
- Annual car registration
- Haircuts
- Clothing
- School supplies



budget calendar

Month: _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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EXTENSION | PROGRAM

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free lessons!

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Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans, are encouraged to apply. This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county Extension office.

Key Messages

What foods do you want in your community food environment? Ask for them! You have the power!!

Use these tips to 'Spend Smart Eat Smart'

<https://spendsmart.extension.iastate.edu/>

Keeping your home food environment well stocked can help save money and help with quick, healthy and sustainable meal preparation

<https://extension.psu.edu/a-well-stocked-pantry-equals-a-quick-meal-on-the-table>

CLOSING REFLECTION AND GOAL SETTING

