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University of Nebraska Cooperative Extension in Lancaster County
"Helping Nebraskans enhance their lives through research-based education."

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Give the Gift of Camp This Holiday Season

See back page.



**Camp Counselors
Create Friendships,
Memories...p. 9**

ABC's for Good Health because Every Woman Matters!

Maureen Burson
Extension Educator

Peggy, a 55 year old fun-loving grandmother has lot of reasons to stay healthy. Unfortunately, her job doesn't include health insurance. She is one of over 40,000 Nebraska women over the age of 40 who has received preventative health exams through Every Woman Matters Program (EWM). This program provides exams to eligible women to detect breast and cervical cancer in early stages, and also tests for cardiovascular disease and diabetes. The Nutrition Education Program (NEP) has teamed up with EWM to provide hands-on interactive experiences designed to keep busy women healthy.

"I've eaten a veggie at every meal and have added fruit to breakfast," Peggy proudly reported to her new friends at the ABC's for Good Health class. Peggy's granddaughter lives with her and she likes to involve her in preparing meals. They save money by eating most meals at home.

Peggy reports she almost always plans meals ahead of time as a result of the program.

Cardiovascular disease is the #1 killer of women in Nebraska and across the nation, accounting for one out of every two deaths among women ages 40 and over. The classes encourage healthy lifestyle changes which can reduce cholesterol, control high blood pressure and maintain a healthy weight.

Each session encourages participants to Aim for Fitness, Build a Healthy Base and Choose Sensibly. Participants receive a pedometer and walking logs to help set



If you are a woman between the ages of 40-64 with little or no health insurance and are low to moderate income, you may be eligible for the Every Woman Matters Program.

Contact the Lincoln/Lancaster County Health Department at 441-6264 to learn more.

activity goals and track the number of steps they take each day. They also plan and prepare healthy meals using the Food Guide Pyramid while receiving information on ways to moderate fat and sugar.

"A valuable part of the class is learning from women who bring a variety of life experiences," says Mardel Meinke, Extension Associate. "They encourage each other to achieve their weekly goals and they add much humor which makes the classes fun to teach. The support provided by Lynn Jones, EWM Intervention Coordinator at Lincoln/Lancaster County Health Department, is especially important in helping them achieve their goals."

Jones adds, "The women who participate in this program enjoy not only the

education they receive, but the socialization a class like this provides."

In addition to pedometers which inspire walking, participants receive a NEP cookbook to encourage healthy food choices. Participants have had many creative successes with



An Every Woman Matters program participant learns ways to prepare healthy meals at an ABC's for Good Health class.

the **Create-A-Casserole Chart** (below) which encourages families to prepare quick meals with foods they have on-hand.

The statewide partnership is coordinated by Cathy Dillon, Lifestyle Intervention Coordinator for the Every Woman Matters Program, Nebraska Department of Health and Human Services and Dr. Linda Boeckner, University of Nebraska Cooperative Extension Nutrition Specialist.

Stretch Your Food Dollar — Create-A-Casserole Chart

Take one ingredient from each column numbered 1-4. (Column 5 is optional.) Combine all ingredients in an 8 cup baking dish, large skillet or fry pan. Bake in oven 350 degrees for 35 minutes, or if using stove top, heat until all food items are thoroughly cooked and mixture is bubbly. Makes 4-6 servings. If you do not have enough of one item in a column, you may substitute two ingredients from that column, but use only half the suggested amount for each. Season your casserole to taste.

1. Meat, Eggs, Cheese, Fish, Beans	2. Potatoes-Pasta-Rice	3. Vegetables (fresh, canned or frozen)	4. Sauces	5. Casserole Toppings: (Optional)
<p>Cooked beef or pork 2 cups diced roast beef or ground beef 8 to 12 slices meatloaf 2 cups pork or ham 1 pound hot dogs or sausage</p> <p>Cooked poultry or lamb 2 cups diced or ground chicken, turkey or lamb</p> <p>Eggs or Cheese 8 hard-cooked eggs, sliced 2 cups diced or shredded cheddar cheese or any hard type</p> <p>Fish 1 (16 oz.) can or 2 cups tuna, salmon, mackerel or other fish</p> <p>Beans 2 cans or 1 pound dried lima beans, kidney beans or any other favorite variety 2 cups lentils</p>	<p>3 cups cooked rice 3 cups leftover stuffing 2 cups leftover biscuits, crumbled 2 cups crackers, crumbled 2 cups mashed potatoes 2 cups slice potatoes 3 cups cooked macaroni, noodles or other pasta 1 package (1 pound) macaroni and cheese 2 cups whole kernel or cream style corn 2 cups green lima beans</p>	<p>About 2 cups of any vegetables. These can be leftover, canned fresh or frozen. Root vegetables should be partially cooked or sauteed.</p> <p>green beans green peas carrots celery sliced zucchini, diced broccoli, chopped red or green peppers, chopped spinach onions, chopped and sauteed tomatoes cucumbers, pared, cubed and cooked 5 minutes rutabagas turnips parsnips</p>	<p>Note: Amount of sauce required may vary depending on the consistency of the other foods used.</p> <p>2 cups prepared casserole sauce mix 2 cups lowfat white sauce 2 cups stewed tomatoes 3/4 cup mayonnaise or salad dressing plus 1/2 cup skim milk and 2 tablespoons lemon juice 2 cups tomato juice or sauce 1 cup plain yogurt and 1/2 cup milk 1-1/2 to 2 cups meat stock (broth) 2 cups vegetable cooking liquids 2 cups bouillon 2 cups leftover gravy 2 cups cream soup</p>	<p>tomato sliced topped with grated cheese crushed cracker crumbs or croutons crushed crisp ready to eat cereal dumplings mashed potatoes biscuits shredded cheese soft or dry bread crumbs popcorn snipped parsley</p>

Source: Food Preparation, University of Nebraska Nutrition Education Program (NEP Handout 1 BL7)

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