

March 2010 Member Newsletter

18 Ways to Stretch Your Food Budget

Try these helpful tips provided by the Center for Disease Control and Prevention to create healthy meals for your family while staying in your food budget.

1. **Calculate an appropriate food budget** for your family.

2. **Create a meal plan** for the week that uses similar ingredients, prepared in different ways. Make the most out of what you buy.

3. **Cook enough** for several meals and freeze leftovers. Place enough food for 1 – 2 meals in each container.

4. **Buy in season produce** at farmers' markets or at your local grocery store.

5. **Grow your own vegetables.** Invest a little in seeds, and get a lot of vegetables in return. Try indoor pots or greenhouse growing for the cooler months.

6. **Mix it yourself.** 100% juice from frozen concentrate is often less expensive per serving than pre-bottled juice.

7. **Minimize waste** by buying only the amounts your family will eat.

8. **Stay home.** Eating out at restaurants can increase the amount you spend on food.

9. **Be creative!** To get the most out of your purchase, enjoy ingredients in different ways. For example, you can use fruits for dessert. Try baking apples or poaching pears with some cinnamon.

10. **Homemade soup** is a healthy and tasty way to use leftover vegetables and bones. Make a big batch and freeze leftovers in small lunch-size containers.

11. **Cut your produce at home.** Pre-cut produce or deli food can cost much more than ingredients.

12. **Don't shop hungry.** Eat a healthy snack, such as an apple, before going to the grocery store so that you stick to your budget.

13. **Maximize your time and money.** Cut coupons for foods only on your grocery list and shop at stores that have everything you are looking for.

14. **Dried fruit** lasts for a long time, but can be expensive. Buy in bulk with friends and share the cost or make your own.

15. When trying new ingredients, **buy in small amounts.**

16. **Keep it simple.** Buy dried beans, peas and lentils in their raw or uncooked form instead of the processed and packaged versions which cost more.

17. To make food last longer, **store them in the refrigerator or freezer** soon after getting home from your shopping trip. Many cookbooks offer specific freezing instructions.

18. **Clearly label** your foods in the freezer and refrigerator with the contents and date to stay within a safe time frame.

National Nutrition Month

March is National Nutrition Month when the Y raises awareness about nutrition and healthy eating.

Save the Date

Member Appreciation Day
March 17, 2010

Food, fun and laughter for members, family and friends. Participate and be eligible for a chance to win a Wii.

Healthy Kids Day

April 17, 2010

Bring in the kids for fun, healthy activities. Fun giveaways, while supplies last.

Clark County Family YMCA
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Vancouver, Washington 98682
360.885.9622



Make Grocery Shopping a Healthy Habit

Grocery shopping can be daunting. It can be difficult to try to choose the healthiest (and least expensive) foods from among all the options that line every aisle. Read the labels and fill your cart with the most nutritious foods. Remember, you always have a choice with what you choose to purchase. The foods you stock your pantry, refrigerator and freezer with are the foundation for your diet. It all starts in the grocery store.

Nutrition Facts Panel Reading Made Easy

The first thing you'll see is the label on the front of the food package. Manufacturers can say all most anything they want on the front label. To get the real story, see the Nutrition Facts panel on the back. Here are some key phrases you'll see on the Nutrition Facts.

- **Serving Size.** Portion control is important for weight management, but don't expect manufacturers to make it easy for you. Pop-Tarts, for instance, come two to a package. The label says one serving is 200 calories -- for "one pastry." If you are aware of the serving size you can always portion out one serving prior to food preparation.
- **Calories and Calories From Fat.** This tells you how many calories are in a serving, and how many of those

calories come from fat. Remember that this information is for one serving as defined on the label.

- **Nutrients by Weight and Percentage of Daily Value (%DV).** This shows how much of each nutrient is in one serving, by weight in grams and by %DV. This symbol refers to the recommended daily allowance for a nutrient based on a 2,000-calorie diet (some nutrients, such as sugar and protein, don't have a %DV). Fats are listed as "Total Fat" and also broken down so you can see how much is unhealthy saturated fat and trans fat. Unsaturated fats are the best kind.

- **Vitamins and Minerals.** Vitamins and minerals are listed by %DV only. Pay particular attention to vitamin A, vitamin C, calcium and iron. Most Americans don't get enough in their diets.

- **Sodium.** Processed foods can sometimes contain a very large amount of sodium.

- **Ingredients.** They're listed in order from the greatest amount present to the least. Experts offer a rule of thumb: the fewer the ingredients, the better.

Top 10 Foods to Put on Your Grocery List

Here are some foods that experts say should be on any health conscious shopper's grocery list.

1. Juicy, red **tomatoes** are loaded with the antioxidant lycopene, which has been shown to reduce the risk of cardiovascular disease in women.
2. **Low-fat proteins** include seafood, skinless white-meat poultry, eggs, lean beef (like tenderloin, sirloin, eye of round) and skim or low-fat yogurts, milk and cheeses.
3. **Whole grains, oats and fibrous foods** contain fiber that helps your digestive tract work properly and lowers cholesterol levels while keeping your belly feeling full.
4. **Berries** are loaded with vitamins and minerals, as well as phytochemicals with cancer-fighting properties. Red grapes, in the form of one glass of red wine daily, may reduce the risk of heart disease, according to the American Heart Association.
5. A handful of **nuts** like almonds, cashews, pecans, or walnuts provides fiber, vitamin E and healthful, monounsaturated fats.
6. **Fish and fish oil** contain omega-3 fatty acids that can reduce the risk of heart disease by protecting the heart against inflammation.
7. **Unsaturated fats** such as olive, canola and soybean oils are the best kind of fats.
8. **Low-fat dairy products** provide plenty of calcium to help keep bones and teeth strong and are a great source of protein.
9. All **vegetables**, except avocados, are fat-free and loaded with disease-fighting phytochemicals.
10. **Legumes** (like pinto, garbanzo, kidney and black beans and lentils) are naturally fat free and loaded with protein, fiber, vitamins and minerals, especially iron.

Health and Fitness News

Welcome

There are several new faces at the YMCA. Please take a moment to welcome these new staff members in Membership, Child Watch and Health & Wellness.

Ben Svoma - Health & Wellness
Ryan Walker - Health & Wellness
Matt Stromnes - Health & Wellness
Kelly Cole - Health & Wellness
Kelli Crocker - Membership
Jill Bingham - Membership
Kristina Schroeder - Membership
Amber Gamble - Child Watch
Desiree Rule - Child Watch

New Water Heater

The new water heater is installed and working great! The new water heater installed and working great! This new high efficiency water heater will produce more hot water while reducing our carbon footprint. Thank you for your patience while it was being repaired.

Spring Basketball

Spring Basketball Registration has begun. Registration ends on March 31st. Don't delay, register today! Boys and girls league. \$55 for K - 5th grade leagues, \$80 for 9th - 12th grade leagues.

March Member of the Month – Larry and Jane Germann

Larry and Jane have been members of the Clark County Family YMCA for nearly two years. They originally joined the Y because Jane had an injury and needed to rebuild her muscle using pool therapy. The Germann's are known for attending the YMCA 4–5 days a week, usually Monday to Friday. If they miss a day at the YMCA, they feel there is a hole in their day, as coming to the Clark County Family YMCA has become part of their daily routine. The friendly staff and long lasting friendly relationships they have made with other members keep them coming back to the Y. Larry and Jane say they “are honored to be Members of the Month.” Larry exercises on the Fitness Floor using the cardio equipment and occasionally using the strength training machines. Jane attends Water Exercise/Aerobics and the Arthritis Class in the pool. Jane and Larry Germann have been happily married 46 years in June. They have 3 children and 6 grand-children. Both Larry & Jane are members of the Genealogical society. In their spare time they travel cross-county and enjoy site seeing. Congratulations to Larry and Jane Germann.



March Employee of the Month – Jared Elvestrom

Jared Elvestrom has been a part of the Clark County Family YMCA team since July of 2009. His professionalism and politeness make him a wonderful employee, and his quick smile and kind humor make him an indispensable YMCA team member. You can find Jared at the YMCA either keeping our pool patrons safe as a lifeguard, or belaying and teaching youth how to climb in our Rockwall area. When he isn't at the YMCA, Jared spends a lot of his time in community groups such as ROTC and his Church Youth Group. Thank you Jared for all of the hard work and talent you bring to the YMCA!



From Eddie's Desk

Thank you to all of the volunteers, staff and donors helping to make our goal of raising \$70,000 for our 2010 Strong Communities Campaign a success. The money raised is used to help offset the more than \$600,000 provided in financial assistance each year by your YMCA. For updates on our progress please check out the barometer in the downstairs lobby. It is not too late to help out as a donor or campaigner so please see myself or another staff if you are interested.

Email Updates

Hopefully you have noticed all the signs around the facility asking for your updated e-mail address. Thank you to those who have provided this information to us. I can assure you we are collecting this information so we can use it as a tool to get information either to you or from you to make your YMCA a better place. Please keep your eye out for e-mail surveys over the next couple of months.

Sincerely,

Eddie White

What's New

Brand New Furniture

The community room has new furniture! Please take a minute to enjoy after your next work-out. The Member Community Room received new furniture recently, including chairs and a matching loveseat. Pictured are members (Terry, Arlene, Don & Keith) of the "Tea Timers" group that enjoys the Member Community Room during the week. Members socialize and enjoy coffee, tea and often times homemade treats together. The members have commented that the new furniture is very comfortable.



Child Watch Update

What a great time our kiddos are having in Child Watch. This month the crafts focused on the 2010 Winter Olympics. The children made many different crafts centered on the Olympics including: Gold Medals made with CD's, yellow paper, and ribbons. Another kid favorite that was created was Olympic torches and Olympic games in the gymnasium. Child Watch has received many compliments about the new structure and we are thankful for each child and family who attends Child Watch.

You are Y.

