



HEAL Schuyler Newsletter

Volume 4, Issue 2, April – June 2019

Gardening at Your Doorstep

Did you know that you can grow your own food even if you have a small space like a deck or patio? Container gardens are suitable for many lifestyles. Novice and advanced gardeners will enjoy the convenience of growing plants in places that might be thought of as impossible. Additionally, container gardens are an opportunity for creative expression in small spaces. This blog is a great resource for those looking to learn more about container gardening: <https://bit.ly/2unW8i6>



There is nothing like growing your own nutritious fruit and vegetables at home. To get you started, the Montour Falls Library has a seed library that offers free seeds you can use to start your garden. In your reading you will see that some vegetables need to be started in March, so now is the correct time to get planning for this summer. For more information please contact Roger at rl028@cornell.edu or call 607

-535-7161

Are you Living Healthy?

URMC's Center for Community Health & Prevention is hosting a free nutrition and physical activity program, Healthy Living Montour Falls, this summer! This eight-week program can teach you how to live healthier by making small changes to your daily life. Meeting once a week, you will spend 45 minutes learning about nutrition and 30 minutes participating in physical activity. Learn how you can lower your risk for diseases like cancer, diabetes, high blood pressure and more!

To learn more about the class or to register for classes beginning the week of July 8th, contact Sarah Merritt at sarah_merritt@urmc.rochester.edu or 585-224-3510. Class location and times will be announced this spring.



Recipe Contest

HEAL Schuyler is announcing a new recipe contest this year. We are looking for recipes that meet the Choose HEALth gold standards, use local ingredients and taste great. To learn about the gold standards visit, HEAL Schuyler website. You can use the HEAL website to figure out what nutritional content is needed for your recipe. Prizes will be awarded to 1st, 2nd and 3rd place recipes. Entry forms for the recipe contest will be available on the HEAL Schuyler website in late April.



Please submit articles and HEAL Schuyler events to scph@co.schuyler.ny.us.

Black Bean Brownies

Ingredients

Nonstick cooking spray
1 (15-ounce) can black beans or 1 3/4 cups cooked, cooled black beans

3 large eggs
3 tablespoons canola oil
1 teaspoon vanilla extract
1/2 cup packed brown sugar
1/3 cup cocoa powder

Optional Ingredients:

1/2 cup chocolate, peanut butter or butterscotch chips, or chopped nuts

Materials-Measuring cups Can opener Measuring spoons Colander Rubber spatula Fork 9-inch square baking pan

Notes If you have a blender or food processor, you can use it to make these brownies. Put eggs, oil and vanilla in a blender or food processor, pulse to mix.



Add beans and blend until pureed and smooth, 1 to 2 minutes, scraping down the sides of the blender or food processor with a rubber spatula once or twice. Add sugar and cocoa, and blend until mixed, about 1 minute. Add chips or nuts (if using), and pulse once or twice to mix

Steps

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using.
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

Choose HEALth Eatery– Classic Chef's

Meet 10% Daily value of

- Vitamin A-500IU
- Vitamin C-6 mg
- Calcium-100 mg
- Iron-1.8 mg

Looking for a healthy dish this Spring? Check out Classic Chefs in Montour Falls. They have met the Gold Star Status which means they

- Meet all of the Bronze and Silver level requirements
- Sum of monounsaturated fats and polyunsaturated fats are greater than the total saturated fat content of food
- Fats <25 g
- Restricts saturated fats
 - <= 10% of daily calories, kids meal
 - 8g entrée
 - 3g side item.
- Sodium
 - Kids Meal <= 480 mg entrée
 - Kids meal <= 200 mg side item
 - Adult meal <=800mg
- Has one gluten free meal available

The gold dishes that Classic Chef's serves include:

- Veggie Omelet
- Broiled Tilapia with side steamed vegetables and salad bar
- Broiled tilapia with side vegetables, rice and quinoa blend and salad bar

To find out more information about the Choose HEALth program and all participating restaurants, please visit the HEAL Schuyler website.



Hacks for Cooking up a Healthy Lifestyle!



There are many methods that can be used to make healthy meals from your kitchen. Often having the right tools in the kitchen can make healthy meals easier and taste better. Some tools that have made

eating healthier easier include:

- **Keeping kitchen organized and clean**– It's easier to keep your kitchen organized and clean if you clean as you cook. One of the best methods is to start with clean dishes before you get into cooking. Then leave the dishwasher in the sink, so that you are ready to wash if you need something cleaned while you are cooking. Also don't forget to clean out your refrigerator of unwanted items on a weekly basis when you go to take out the garbage.
- **Recipe Hacks**– Have a favorite milkshake recipe at a restaurant that is scrumptious but don't want the extra calories? Look up a recipe hack online. You often can find a lower calorie option that you can make at home with healthy substitutes.
- **Know what ingredients you have in the house**– When was the last time you went through your cupboards to discover 3 cans of pumpkin? Knowing what you have on hand and planning meals around them can make meals easier.
- **Baking Sheet**– Baking sheets can be used for multiple things in the kitchen. Try washing and freezing your fresh fruit and vegetables on baking sheet then bag once they are frozen. That way they will not be stuck to each other when you go to get them out from the bag. You can bake anything from granola to one pan dinners with the vegetables on one side and a protein on the other side of the sheet.
- **Parchment Paper**– If you are going to start using a baking sheet to cook a lot of your meals, you might want to get some parchment paper. Parchment paper helps avoid heavy scrubbing of pans and it can cut down on the oil used. Parchment paper can also be used to steam food by wrapping your food in the paper and baking it in the oven, which is called the papillote method.
- **Knives**– The essential knives set includes a Chef knife, paring knife, serrated knife and boning knife along with knife sharpener and some kid friendly knives for your kids to help in the kitchen.
- **Spiralizer**– Looking for way to freshen up your vegetables? Have you tried spiralizing them? Spiralizers turn your vegetables into various size noodles and

ribbons. The spiralized vegetables can be used in various salads, soups, main dishes and even breakfast dishes. Spiralizers can be used to rice vegetables as well, as long as you put the spiralized noodle in a food processor afterwards.

- **Food processor**– There are different sizes of food processor from mini 1.5 cup to full size 7 cup food processors. Food processor can help make your own nut butters, ground meat, make homemade pesto and pastes, chopped vegetables for soups, salsas and salads and make homemade hummus. Try making a healthy alternative to caramel with dates, chopping nuts, banana ice cream and bread crumbs. Start off with a small food processor and if you like it, integrate a larger one later on.
- **Immersion Blender**– A great tool to have if you don't have room for a full size blender in your cupboards is an immersion blender. Immersion blenders are great for making soups rich, smooth, and a complex taste. They are great at hiding hated vegetables with other desirable vegetables into a sauce or pesto that can be poured over your veggie noodles. Immersion blenders are also great for smoothies and milkshakes. Don't be afraid to mix vegetables in your smoothies either. Look for recipes online for ideas.
- **Electric Pressure Cooker**– You can make many dishes with an electric pressure cooker including breakfast, side dishes, soups, stews, salads, vegetarian food, protein and desserts. Cooking with steam pressure intensifies the flavors of your ingredients and can cut down the amount of oil used. The pressure cooker cooks food 50-70 percent faster than the traditional cooking methods. It also allows you to use dry beans, legumes and grains in a fraction of the time they would take on the stove.
- **Air fryer**– An air fryer is a mini convection oven that matches the taste and texture of your favorite deep-fried foods—minus the fat and all those extra calories. Most air fryer brands don't require oil for the machine to work, though a couple of teaspoons will improve the texture and flavor of air-fried foods. The little bit of oil you do add help everything brown, caramelize and get extra crispy and delicious. Compared to the amount of oil and calories in deep-fried foods, the amount you'll use in the air fryer is practically nothing. You can cook just about anything you would prepare in an oven or deep fryer in an air fryer.

HEAL Annual Report

HEAL Schuyler's programs grew in important ways in 2018. New developments included adding nutrition standards to the Choose HEALth program, integrating an Exercise is Medicine program into Schuyler Walks, making improvements to the newsletter distribution system to expand reach and collect new insights, and reaching more Schuyler County residents with information about cancer and diabetes screenings. New data from the 2018 Community Health Assessment (CHA) survey offers insight into areas where there is room for improvement in years to come and where progress has been made. In 2019, HEAL Schuyler plans to continue the programs we focused on in 2018 while also expanding the reach of the Choose HEALth and Schuyler Walks programs. For the full report, check out the HEAL website.

Upcoming HEAL Schuyler Activities and Events

HEAL Schuyler Committee Meeting- 4/1 9:00AM Montour Falls Human Service Complex

3rd Annual WG Kickball Classic and Family Fun Night- 4/5 5:30pm WG fieldhouse

ARC Grand Prix Run- 4/6- 8:00am Watkins Glen International

Priority Setting Meeting for Schuyler County 4/11 2:00-5:00pm Human Service Complex.

Harvesting Schuyler's Heritage Series- 4/17 6:00 PM-7:30PM Tango Oaks Farm in Hector NY

Healthy Aging in Rural New York- 4/18 8:00AM -4:45PM Harbor Hotel Sponsored by Ithaca College Gerontology Institute

Join HEAL Schuyler for a Walk-4/24 10:00 AM Starting at Seneca Harbor Park in Watkins Glen.

Historical Catharine Valley Trail Walk- 4/27 9:00AM -11:00AM Starting at Montour Falls Library

Aerobic Fun in the Water-Starts 5/1 to 6/17 Monday & Thursday 6:30PM-7:30PM Odessa HS Pool.

Fly by Night Du- 5/4 6:00PM-10:00PM at Watkins Glen International Raceway

Wild Mushroom Walks and Talks- 5/5 1:00PM Cornell Cooperative Extension Schuyler

Aqua Aerobics- Starting 5/7 to 6/18 Tuesday 6:30PM-7:30PM Watkins HS Pool

Opening Day at Montour Falls Farmers Market 5/2 4:00PM-7:00PM

I Love My Park Day 5/4 at Catharine Valley Trail

HEAL Schuyler Committee Meeting- 5/6-9:00AM Montour Falls Human Service Complex

Canfield West Coast Swing Dance Party -5/11-Watkins Glen Community Center

Historical Catharine Valley Trail Walk- 5/12 9:00AM -11:00AM Starting at Montour Falls Library

Harvesting Schuyler Heritage Series- 5/14 6:00PM 7:30PM Forestry at Ray Forker Excavation in Montour Falls

Historical Catharine Valley Trail Walk- 5/18 9:00AM -11:00AM Starting at Montour Falls Library



Please submit articles and HEAL Schuyler events to scph@co.schuyler.ny.us.

Upcoming HEAL Schuyler Activities and Events– Continued

Opening Day Watkins Glen Farmers Market -5/24 3:00 PM -6:00PM at Lafayette Park. They will have a seed swap available on the day.

Live Like Liz 5K Race Walk– June Watkins Glen HS Track

Southern Tier Trail Fest 6/2 8:00AM Grist Iron Brewing Company

HEAL Schuyler Committee Meeting- 6/3-9:00AM Montour Falls Human Service Complex

Great Finger Lakes Bicycle Tour– 6/7-6/9 Sponsored by Southern Tier Bicycle Club

Harvesting Schuyler Heritage Series– 6/20 6:00PM-7:30PM Honey Production Lakewood Vineyards

Historical Catharine Valley Trail Walk- 6/22 9:00AM -11:00AM Starting at Montour Falls Library

Canfield West Coast Swing Dance Party -6/15- Watkins Glen Community Center

Summer Swim Program-7/1-7/19 Watkins Glen HS Pool

Sign up for your local Community Support Agriculture Share!

Ever Green Farms Pick up Wednesday at Seneca Sunrise in Watkins Glen June to October

Muddy Fingers Farms Pick up at Farm in Hector NY Early June to Late Summer/Fall

Plowbreak Farms Pick up Wednesdays at Farm 2-7 from June to November

Odessa Montour Fitness Center Monday– Thursday 5:30pm-8:00pm

Watkins Glen HS Pool Schedule Jan 7-June 7, 2019 Early AM Adult Lap Swim M,W,F 6:00 - 7:00 AM
Evening Family Swim M, W 7:30– 9:00 PM Saturdays 12:00-2:00pm

Yoga for your Health- Tuesday and Thursday 8am- Montour Falls Library

Fitness Center at Watkins Glen HS Mon-Fri 6:00am-7:15am and 5:00pm-9:00pm, Sat & Sun 8:30am-12:30pm

Bone Builders Classes: Mondays 10-11:15am Montour Falls, Mondays 9:30-10:30am-Watkins Glen

Tuesdays 9-10:00am Tyrone, Tuesday 8:30-9:30am Hector, Wednesday 9-10:00am Hector, Wednesday Men's Group 10:30-11:30 Hector, Fridays 9:45-11:00am Montour Falls

Please call Susan Larson at (607)535-2050 or email Sue at susan.larson@dor.org if interested.

Prayer Walk– Wednesday at 5:30pm for half an hour beginning at Lafayette Park, if the weather is bad, they are at WG field house.



To the HEAL Schuyler member:

HEAL Schuyler
106 S. Perry St
Watkins Glen, NY 14891

Our mission is: “To Reduce the rate of adult obesity in Schuyler County to less than the NYS average of 25% (2012-2013) ”

