



SAND Newsletter

Hungry for the Holidays?

HOLIDAY FOODS AND VOLUNTEER WORK

What's the Deal with Pomegranates?

By Lynnsy Leonard

For thousands of years, people have turned to pomegranates and their seeds for medicinal purposes. They are claimed to be effective against high blood pressure, inflammation, heart disease, and even some cancers! Not only are pomegranates a great source of fiber, they are rich in vitamins A, C, E, iron, and contain antioxidants!

However, many researchers still shake their heads when it comes to how beneficial pomegranates are in terms of being a "cure-all superfood." Studies have been conducted showing a positive correlation between pomegranate consumption and a lowered risk for osteoporosis and strengthening bones! However, there still is not sufficient evidence to show that this correlation is the causation.

Whether pomegranates are a magic fruit or not, they are still a delicious and healthy choice! Try sprinkling the seeds on top of a salad or mixing them into your Greek yogurt for a unique texture! Included below is an awesome guacamole recipe with pomegranate seeds in it from Food Network's Farmhouse Rules!



Ingredients

1/2 small white onion, finely chopped
 1 serrano chile, finely diced
 3 ripe avocados
 1/4 cup finely chopped fresh cilantro
 1 1/4 teaspoons kosher salt
 Juice of 2 limes
 1 large clove garlic, minced
 Seeds from 1/2 medium pomegranate (about 1/2 cup)

Directions: In a medium bowl, add the onion and the chile. Split the avocados in half and remove the pits. Scoop the avocados into the bowl along with the cilantro, salt, lime juice and garlic. Mash everything together, and then fold in the pomegranate seeds. The Grocery Manufacturers Association



Member & Volunteer Experiences

Pages 2 & 3



Healthy Holiday Eating Tips

Page 3

Source: Recipe by Nancy Fuller of Farmhouse Rules
<http://www.nhs.uk/Livewell/superfoods/Pages/is-pomegranate-a-superfood.aspx>

Food and Beverage Internship with Biltmore Estate

By: Abigail Hallmark

As a culinary-dietetics student, here at Indiana University of Pennsylvania, I have had many opportunities to receive experience in both the culinary and nutrition fields. One of my most rewarding experiences thus far was my food and beverage internship at the Biltmore Estate in Asheville, North Carolina.

The estate was built by George Vanderbilt in 1895 and has been privately owned property ever since. The house has multiple floors with 35 bedrooms, 43 bathrooms, 65 fire places, in-door swimming pool, and much more. The estate remained a family home until the 1930s when it transformed into tourism attraction. Since that time the property has expanded significantly, adding two hotels, a winery, equestrian center, an outdoor adventure center, shopping outlets, and multiple restaurants.

I had the privilege of working in the kitchens of the two highest volume restaurants on the property, the Stable Café and Cedric's Tavern. They were very hectic and busy work environments. Every day these establishments serve hundreds of people. The Stable Café served around 700-800 people per day and on the 4th of July we actually ended up serving 1000 people.

My responsibilities included working in the prep kitchen helping to complete the mass production of the main recipes for service. I was also able to work on the hot and cold service lines for the restaurant. Thus, I was responsible for preparing all the specific ingredients for my stations, making sure my equipment was ready, applying Serv-Safe food sanitation tactics, and preparing multiple foods orders through service.

Overall, I had a once-in-a-lifetime experience working for such a great company and learned so much during my time there.

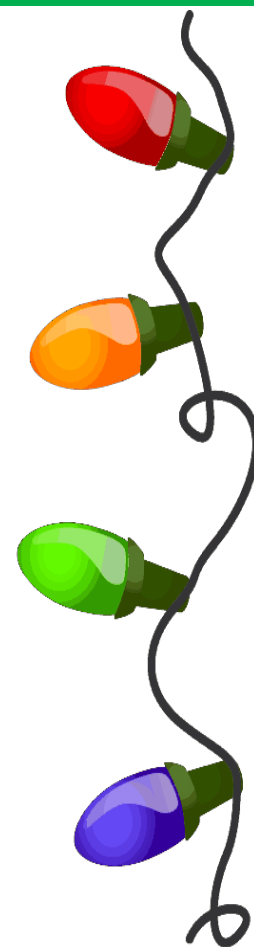


Healthy Holiday Eating Tips

By: Lynzi Smith

With the holidays (and finals) fast approaching, it can be extremely easy to throw nutrition out the window and pig out on everything in sight. Before you completely give in to the stress/gluttony of the holiday season in America, take some time to reflect on the following tips.

1. First of all, be realistic. The idea that you will keep your diet and not touch a single piece of junk food over the holidays is not only unrealistic, but will most likely make you miserable as well. Experts suggest to aim for weight maintenance over the holiday season, not weight loss. This sets you up for a more enjoyable (and realistic) break.
2. If you anticipate overeating at a family get together, eat a small meal beforehand. Fill up on fresh fruit or veggies an hour or so before to avoiding binging.
3. Plan time to exercise! One way to not feel guilty about that extra slice of pie is to engage in at least 30 minutes of moderate activity per day.
4. Swap out holiday favorites for lighter, healthier alternatives. Cut back on the gravy/ dressings and focus on implementing lean cuts of meat and veggies into dishes.
5. Finally, focus on enjoying time with your family and don't let food become the focus of your vacation. Engage in group activities/games that don't put an emphasis on overeating.



Nourishing the Next Generation

By: Meghan McCreary

While getting children to consume healthy foods is tricky, it is important for parents to put forth effort for their kids to eat more healthful foods in a fun way. First, adults are the people who decide which foods to offer their kids, as well as where and when to eat the meals. There are a few tips in order to help! First, the adults should allow the kids to decide if he or she will eat any of the foods they offer, and if so, how much of it. Adults should offer healthful foods, and give the kids some choices. For each meal, adults should try to include all of the important food groups including fruits, veggies, whole or enriched grains, dairy, and protein. Most kids will say no to new healthful foods when presented for the first time. To overcome this obstacle, there is a recommendation to introduce the new food along with a familiar food, or possibly mix the two foods together. If those strategies do not work, it is suggested to try to prepare the new food in different ways that would look appealing to a kid. Next, getting kids to help their parents and becoming more involved in the process will increase the chance of kids wanting to try a new food. For example, kids should accompany their parents when they go to the grocery store, so they can look together for the ingredients. Also, kids should help their parents prepare the meals in the kitchen and educate them along the way about the process. In order to encourage kids to form healthy habits, do not promise a dessert or some other reward in exchange for eating a new, healthful food served for that meal. By promising a reward the adult is defeating the purpose of teaching the kid to experience new foods. In addition, the adult should only suggest for the kid to try the food, the adult should not insist on it. By insisting that the kid should eat the new food will make the kid not want to try it even more. Suggesting the new food will raise the chances of the kid wanting to try it a little later on during the meal.



Source: Higgins, Mary. "Nourishing the Next Generation". K-State Research & Extension, Mar 2016, p. 2

Summer Internship Experience

By: Katie Mihelcic

This summer, I had the pleasure of interning at the Mid-Ohio Foodbank in Columbus, Ohio. This foodbank is a large, non-profit organization, and is part of America's largest nongovernmental domestic hunger relief organization called Feeding America. As such, the MidOhio Foodbank aspires to make nourishing food accessible to hungry people in their times of vulnerability and need. The organization operates under their belief that "no one should go hungry", and strives towards their goal of "A hunger-free and healthier community". Their efforts are evident on a large scale, as they provide more than 130,066 meals every day for hungry people that they serve.

In addition to the main foodbank facility, the foodbank also has other initiatives coming to life across various locations in Columbus. A few of these locations include two urban farms, a food pantry, and a "pay-what-you-can" café and fresh market at a local community center in a low-income neighborhood, all of which I was able to work at during my time there this summer. My preceptor was a registered dietitian who also served as the director of nutrition at the foodbank, and she designed a multidimensional experience for me during the course of seven weeks, which allowed me to work with a variety of people in diverse settings.

The knowledge I gained from this internship was vast, and admittedly, difficult to quantify, as new realizations and understandings developed along the way. One of the major points I will carry with me from this experience is how those in poverty are so misunderstood. From being at the pantry, farm stand, and through teaching the health and wellness class, I heard firsthand the laments and frustrations of those in the lower class, and with each story, new truths and fresh perspectives were revealed, which I may not have possessed prior to this. There is an evidence-based relationship between poverty and poor health, and it is crucial as an aspiring nutrition professional to recognize the often harsh realities of the lower class and be able to creatively meet their needs with an understanding of their situation, a willingness to conquer barriers, a passion to bring them health and wellness, and an abandonment of all judgement hindering this progress.

