Session 3
Plan for Success!

KC Fresh Rx

Lesson highlights

Using MyPlate

When you are making a plate of food, try to fill half of it with fruits and vegetables. Another great way to fuel your body is by eating whole grain pasta, bread and tortillas. Look for the word “whole” or “whole grain” on the label. Vary the protein at each meal by choosing different types like beans, fish, poultry and lean meat. Choose low-fat or fat-free dairy, such as cheese (look for lower sodium varieties), yogurt and milk. Check out the MyPlate handouts on our website (marc.org/kcfresh) for easy ways to build your plate.

How can you use food labels to keep an eye on added sugar?

On food labels, “total sugars” includes sugars naturally found in food, which are healthier sources of sugar. “Added sugar” is the sugar that is added to food and should be limited or avoided if it is a high source. On the right of the label, you will see a percentage. If it is 5% or less, it is a low source of added sugar. If it is 20% or more, it is a high source of added sugar. You will also see how many grams of added sugar is in that food. Try keeping added sugars under 50 grams for the entire day.

Read more about food labels and added sugar at marc.org/kcfresh under “Helpful Tips.”

Meal planning and grocery shopping

Meal planning can help both your health and your budget. Start by writing down the meals and/or recipes you want to make for the week. Determine the items you will need to make these meals and arrange your shopping list in order of where it is in the store to save time on shopping. Aim to minimize the number of highly processed or canned items, since those tend to be high in sugar, salt and/or fat. Try to fill your basket or cart half full of fruits and vegetables. Look up high and down low on the shelves to save money. More expensive brands of food are at eye-level.

Highlight on herbs

Adding herbs to your meals is an affordable and great way to give more flavor to food without the extra salt. Basil pairs well with fresh mozzarella cheese and tomatoes, or in your favorite pasta dish. Cilantro gives salsa, dressings, stir-fries and salads a delicious kick. Fresh parsley can be added to almost any dish, such as roasted or grilled vegetables, pasta, soups and salads for a fresh flavor.

Join us at our next in-person class to receive recipe cards and a fun gift!

Tuesday, July 9, **1:30–2:30 p.m.** — University of Kansas Medical Center, Room 1001 Miller, 2100 Olathe Boulevard, Kansas City, Kansas

Wednesday, July 10, **5:30–6:30 p.m.** — Merriam Community Center, Loomis Room, 6040 Slater Street, Merriam, Kansas

Thursday, July 11, **English: 2–3 p.m., Spanish 3:30–5:30 p.m.** — Samuel U. Rogers Health Center, Wayne Miner Community Rooms, 1st floor, 825 Euclid Avenue, Kansas City, Missouri

Movement ideas

Being active can also help your body control blood pressure and blood sugar. Here are some fun ideas to keep you moving!

Visit some farms and farmers markets!

- Walk around **City Market** in the River Market area of Kansas City, Missouri, from April through October, Saturdays and Sundays from 8 a.m.–3 p.m. to enjoy the farmer's market.
- Visit **Young Family Farm** at 3819 Wayne Avenue in Kansas City, Missouri, on Saturdays from 9 a.m.–1 p.m., May through October, to see an urban farm. You will find instructors and performers in addition to local products.
- **Kansas City, Kansas, Farmers Market**, located at 501 Minnesota Avenue in Kansas City, Kansas, is open on Saturday's from 8 a.m. to noon.
- The **Overland Park Farmers Market** in downtown Overland Park, Kansas, is open from 7:30 a.m. to 1 p.m. on Saturdays, and 7:30 a.m. to 1 p.m. on Wednesdays.
- **La Placita Market** in Bethany Park, 1120 Central Ave, Kansas City, Kansas. Saturdays, May 4 – Sept. 7. Start the season with the market's Cinco de Mayo celebration and end the season with the Central Avenue Dotteversity Parade where you can also enjoy music, art and food.
- **Pick your own fruits and vegetables!** Pack a picnic and enjoy time with friends and family. Visit Cider Hill Family Orchard, 3341 N. 139th Street, Kansas City, Kansas, or The Berry Patch in Cleveland, Missouri.

Food safety tip

Do not use soap or other cleaning products on fruits and vegetables. The best way to wash produce is to rinse them well under clean running water.

Cooking tip

Try cooking your vegetables in the microwave when you don't have a lot of time. This way of cooking also keeps a lot of the food's nutrients (like vitamins and minerals) because of the short time it takes to cook. Cut up your favorite vegetable, such as fresh carrots, green beans, bell peppers, broccoli and cauliflower, and add your favorite no-salt seasonings, if you like. Put them in a microwave-safe bowl with 1-2 tablespoons of water and cover with a plate to trap the steam. Microwave for 3-4 minutes until tender. Allow the bowl to cool for a few minutes before taking it out of the microwave, as it will be very hot.

Recipes for the month

Visit www.marc.org/kcfresh to access recipes online.

- Beet and Cabbage Slaw
- Pasta and Vegetable Salad
- Scrambled Egg and Vegetable Muffins
- Turkey, Sausage Vegetable Skillet
- Summer Squash Medley — *as seen in our meeting!*

What's in season now?

BEETS

CAULIFLOWER

CHERRIES

GARLIC

HERBS