Welcome to a Healthy School Year!

Exercise and good nutrition can help you feel energized, stay focused, and sleep better, and lift your mood. However, with classes and studying, it can be hard to eat well and stay active. Here are a few tips to help you stay healthy during the school year:

**In the Dining Hall**

Enjoy your food, but eat less. Everyone loves the all-you-can-eat dining hall! Resist the urge to eat too much: use a smaller plate and take small portions. Eat slowly. You can always go back if you are still hungry. Look for options that are baked, grilled, steamed or roasted.

Make half your grains whole grains. At the sandwich station or for a bowl of cereal in the morning, make the switch to whole grains, such as 100% whole grain bread, oatmeal or cereal made from whole grains.

Re-think your drink. Americans drink about 400 calories every day. Drink water instead of sugary beverages, such as pop, juice drinks, and sports and energy drinks.

Make half your plate fruits and veggies. Fruits and veggies can make your meal more nutritious, colorful and flavorful. Add these to pastas, eggs, pizza, sandwiches, and soups. Try spinach in a wrap, or add pineapple to your pizza.

Cut down on sauces. Sauces, gravies and dressings tend to be high in fat and sodium. Stay away from foods prepared with a lot of oil, butter, or heavy condiments such as mayonnaise. Ask for sauces on the side to reduce calories and help you manage weight.

Go “Gold n’ Greens.” This WSU dining hall offers 100% vegetarian food. Yum!

**In the Dorm**

Make over your mini-fridge: Keep these items on hand for quick, convenient and healthy snacks.

- **Low-fat cheese.** Pair a cheese slice with 100% whole-grain bread or crackers. Munch on a low-fat cheese stick before class.
- **Fruits and Vegetables.** Visit the WSU Farmers Market and stock up on tasty grab-and-go snacks. Try fresh apples or pears.

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**Eat Healthy, Practice Food Safety**

A big part of eating healthy is keeping food safe. Follow basic food safety tips to keep food fresh longer and reduce your risk of getting sick.

**Always wash your hands with soap and water** for at least 20 seconds before and after food preparation. Good hand washing habits can eliminate half of all food-borne illnesses. Wash your hands after handling raw meat, and before and after you eat.

**Clean all surfaces and utensils** that come in contact with food, including countertops, cutting boards, peelers, knives and hands with hot water and soap. Use separate cutting boards for meats and produce.

**Always rinse fruits and vegetables with clean, cool, running water** before use. Gently scrub firm-skinned fruits and vegetables like apples, cucumbers, potatoes or turnips with a clean brush under running water. Sand and soil can be removed from leafy greens and herbs by gently agitating them in a pot of cold water.

**Never use bleach, dish soap or other harsh chemicals to rinse your fruit and vegetables.** These cleansers are absorbed by the food and can be toxic. Instead, try a fruit and vegetable wash that you purchase at the grocery store. Or, use lemon juice or a few drops of vinegar in water to dissolve contaminants. Remember, cool running water will remove most dirt and other particles from our fruits and veggies.

**Keep cold foods cold.** Bacteria multiply quickly in warm temperature, causing milk, meat, and even fruits and vegetables to spoil. Keep your refrigerator at or below 40 degrees, and your freezer at or below 0 degrees. Keep a thermometer in your fridge and freezer to make sure food is being stored at the right temperature.

**Refrigerate cut, peeled, or cooked fresh fruit and vegetables within two hours.** Check that fresh cut fruits and vegetables like packaged salads and pre-cut melons are refrigerated at the store before buying. Do not buy fresh cut items that are not refrigerated.

**Bring a cooler** to transport meat, dairy and other perishables from the grocery store. Keep fruits and vegetables away from meat, poultry and seafood in your cart, cooler and fridge.

**Keep summer salads on ice** at picnics and barbecues. Potatoes, pastas, beans and rice will spoil if left in the sun too long (more than 1-2 hours). Refrigerate all food within 2 hours. When the temperature is 90 degrees or more, refrigerate food within 1 hour.

Source: www.fightbac.org
Start Off School Feeling Just Peachy

**Peaches**

- Choose peaches with reddish, velvety skin, without bruises.
- Rinse peaches in cool water before eating. Avoid the pit and stem.
- If a recipe calls for peeled peaches, dip peaches cut into halves in boiling water for 30 seconds or until skins loosen. Remove the peaches with a spoon and dip in cold water. The skins will slide right off.
- If peaches are too hard and need to ripen, place them in a loosely closed paper bag at room temperature. Check daily until they are soft enough to eat.
- Peaches can be stored fresh, up to 5 days in the refrigerator.
- Peaches contain vitamin A, which is good for healthy skin and eyes.
- For a flavor and health boost, add peaches to:
  - Waffles/pancakes
  - Low fat yogurt
  - Cereals
  - Salads

**Jalapeño Peppers**

Jalapeños are mild/moderately spicy peppers that originate in Mexico, and now grow in many places of the world, including the United States. The pepper is typically eaten when still green, but it matures to a brilliant crimson red.

**Some ways to serve jalapeños:**

- For chipotles, smoke fresh, ripe peppers
- Mince fine for salsas and chilies
- Slice for use as garnish in sweet drinks or stir fries
- Pickled, sliced jalapenos make a great nacho topping
- Jalapeño Jelly is made using jelly-making methods used for grapes, berries and other fruit

**Peach Salsa**

**Ingredients:**
- 3 medium peaches, diced (about 2 cups)
- 1/2 cucumber, diced (about 3/4 cup)
- 1/4 cup red onion, finely diced
- 1/4 cup cilantro, chopped
- 1 jalapeno, seeds removed and finely diced
- 2 tbsp lime juice

**Directions:**
1. Add all ingredients in medium bowl, and toss to combine.
2. Serve immediately, or refrigerate.

**Makes 8 servings.**

Adapted from JSYfruitsveggies.org

**Lime Juice**

Lime juice can be added to nearly any dish to kick up the flavor. Try adding a twist to:

- Guacamole dip, tangy lime contrasts creamy avocado
- Rice, for an exciting flavor
- Your favorite beverage, tea, for example, for an island kick
- A vinaigrette: lime juice, olive oil, cilantro and a tiny bit of honey make for a tasty, flavorful dressing for salads and sautés