

RESOURCE HANDBOOK

On Healthy Living

Updated June 2010



3901 North 27th Street Unit 1
Lincoln, NE 68521
www.centerforpeopleinneed.org 476-4357



Need help? Don't know where to start?

To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to www.ne211.org.

Dial 2-1-1. Trained personnel will answer your call ...all languages.

Neighborhood FOOD Program



Center For People In Need Neighborhood FOOD Program

3901 North 27th St., Unit 1
Lincoln, NE 68521

476-4357

Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

**THE FOURTH WEEK OF EVERY MONTH IS
USDA COMMODITIES ONLY AT ALL LOCATIONS.**

Tuesday

1:00-2:00 p.m. **F Street Community Center**, 1225 F St.

5:00-6:00 p.m. **Center For People in Need**, 3901 N. 27th St., Unit 1

Thursday

1:00-2:00 p.m. **Malone Community Center**, 2032 U St.

3:00-4:00 p.m. **Oak Lake Evangelical Free Church** 3300 N 1st St.

You may only receive USDA Commodities once a month. Neighborhood FOOD may be received once a week.

For more information please call: (402) 476-4357



Income Guidelines

Size of Household	Current monthly income
1	\$1949
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260

**Being first in line does not mean you will receive better food. Foods with limited supply will be spread out throughout the hour.

Keys to Good Health

- Eat a balanced and healthy diet each and every day
- Get at least 30 minutes of exercise everyday.
- Take a multi-vitamin each day.
- Get at least 8 hours of sleep per night.
- Make sure you have an outlet for stress.
- See a health professional at least once per year.
- Create a happy, healthy and safe environment in your home.



Fruits



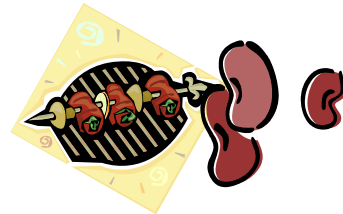
Vegetables



Grains



Milk



Meat & Beans

Exercise is important for long-term Health

Benefits of physical activity:

- Improves self-esteem and feelings of well-being
- Increases fitness level
- Helps build and maintain bones, muscles and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture.
- Helps maintain a healthy weight
- Lowers risk of heart disease, colon cancer and type 2 diabetes
- Helps control blood pressure
- Reduces feelings of depression and anxiety



Make physical activity a regular part of your day

Choose activities that you enjoy and can do regularly. Fitting activity into a daily routine can be easy—such as taking a brisk 10 minute walk to and from the parking lot, bus stop, or subway station. Or, join an exercise class. Keep it interesting by trying something different on alternate days. What's important is to be active most days of the week and make it part of daily routine.

Suggestions:

- Join a walking group in the neighborhood. Recruit a partner for support and encouragement.
- Push the baby in a stroller.
- Get the whole family involved—enjoy an afternoon bike ride or walk to the park with your kids.
- Walk up and down the soccer or softball field sidelines while watching the kids play.
- Walk the dog—don't just watch the dog walk.
- Clean the house or wash the car.
- Drive less, walk more.
- Do stretches or exercises while watching television.
- Mow the lawn with a push mower.
- Plant and care for a vegetable or flower garden.
- Play with the kids.

Exercise is important for long-term Health

Activity (one-hour duration)	Weight of person and calories burned		
	160 pounds	200 pounds	240 pounds
Aerobics, high impact	511	637	763
Aerobics, low impact	365	455	545
Basketball game	584	728	872
Bicycling, < 10 mph, leisure	292	364	436
Bowling	219	273	327
Dancing, ballroom	219	273	327
Football, touch, flag, general	584	728	872
Golfing, carrying clubs	329	410	491
Hiking	438	546	654
Ice skating	511	637	763
Jogging, 5 mph	584	728	872
Racquetball, casual, general	511	637	763
Rollerblading	913	1,138	1,363
Rope jumping	730	910	1,090
Rowing, stationary	511	637	763
Running, 8 mph	986	1,229	1,472
Skiing, downhill	365	455	545
Skiing, water	438	546	654
Stair treadmill	657	819	981
Swimming, laps	511	637	763
Tennis, singles	584	728	872
Volleyball	292	364	436
Walking, 2 mph	183	228	273
Walking, 3.5 mph	277	346	414
Weightlifting	219	273	327



Exercise helps manage stress

Other ways to manage stress:

- Eat right
- Laugh often
- Live within your budget
- Develop a forgiving attitude
- Seek balance
- Reconsider priorities
- Learn to say 'no'

Eating Healthy is Number 1



The 5 Food Groups:

- Grain
- Vegetables
- Fruit
- Milk
- Meat & Beans

Grain Group: Make half your grains whole

- Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day
- 1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

Tips for eating more whole grain:

- substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.
- Use whole grains in mixed dishes, such as barley in vegetable soup or stews and bulgur wheat in casserole or stir-fries.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.

Vegetable Group: Vary your veggies

- Eat more dark green veggies like broccoli, spinach, and other dark leafy greens
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans and peas like pinto beans, kidney beans, and lentils

Tips for eating more Vegetables

- Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
- Include a green salad with your dinner every night.
- Buy vegetables that are easy to prepare.
- Shred zucchini and carrots into casseroles, muffins and breads.
- include chopped vegetables into pasta sauces and lasagna.
- stock up on frozen vegetables for quick and easy cooking in the microwave.

Fruit Group: Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned, or dried fruit
- Go easy on fruit juices

Tips for eat- ing more fruits.

- keep a bowl of fruit on the table, counter or refrigerator
- buy fresh fruit in season when they may be less expensive and have better flavor.
- buy fruits that are dried, frozen or canned for easy use.
- Make most of your choices whole or cut-up fruit, not juice
- For dinner try meat dishes that incorporate fruit
- many fruits taste great with a dip or dressing, like yogurt.

Milk Group: Get your calcium-rich foods

- Go low-fat or fat-free when you choose milk, yogurt, and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

Tips for drinking more milk.

- include milk as a beverage at meals. Choose low-fat or non-fat.
- add low-fat milk instead of water to oatmeal and hot cereals.
- have low-fat yogurt for a snack.
- Make fruit-yogurt smoothies as a snack.
- there are calcium fortified juices, cereals and breads if you cannot consume milk products.

Meat & Beans Group: Go lean with protein

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

Tips for eating more meat & beans

- choose lean cuts of all meat products, such as round steaks and roasts, 90% -95% lean ground beef, pork loin, skinless chicken, lean turkey and low-fat luncheon meats.
- trim excess fat from meats prior to cooking and drain off fat while cooking.
- choose dry beans or peas as a part of your meal often
- eat nuts as snacks, on salads or in main dishes.

Know the limits on fats, sugars, and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.

Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

Make Sure to take a Multi-Vitamin

What are vitamins and why are they important?

Vitamins are organic substances that are essential for the proper growth and functioning of the body. Unlike protein, fat, and carbohydrates, vitamins provide no calories.

However, they are necessary (in small amounts) for normal chemical reactions (metabolism) inside the body. Vitamins must be obtained from food because the body cannot produce them. (The exception is vitamin D, which can be produced by the skin when it is exposed to the sun). If the intake of vitamin(s) is insufficient due to poor nutrition, restricted diets, or inadequate intestinal absorption of the vitamins, diseases can occur.

Multivitamin supplements provide a wide range of essential and non-essential nutrients and vitamins for the body. A nutritional multivitamin supplement gives you sufficient vitamins to reach the amount of nutrients recommended by doctors. These multivitamin tablets help prevent vitamin and mineral deficiencies and are taken by many, although often hardly any multivitamin supplement facts are known.

Multivitamins can help prevent vitamin deficiencies as they supply the body with every needed nutrient and will help the body stay healthy, taken every day, you are sure to receive every needed nutrient. Multivitamins can provide an excellent daily basis of nutrients but can and should in no way replace our daily intake of vegetables, fruit and carbohydrates. A healthy and balanced diet will have all these necessary nutrients included. After periods of illness or surgery, or a stressful period, the body may have used up reserves of vitamins and in that case supplements can be helpful.

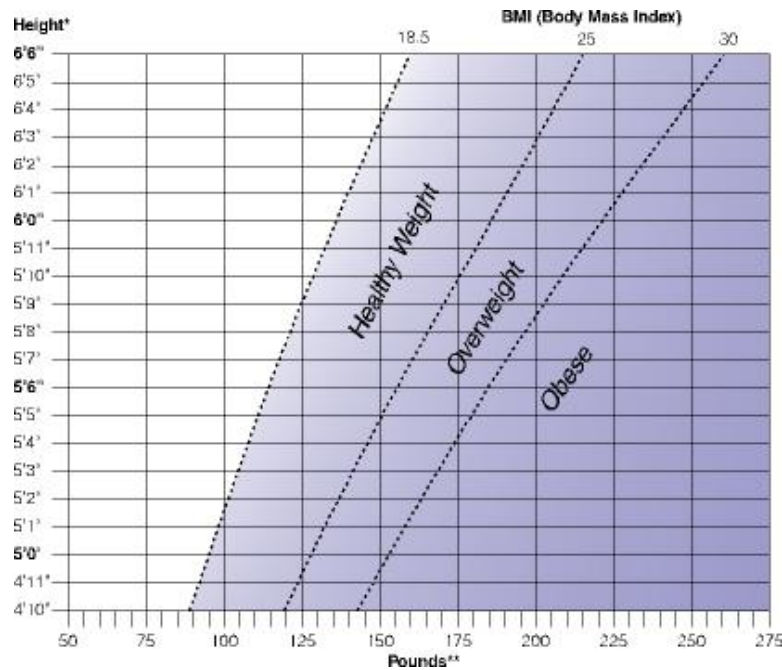
Make Sure to take a Multi-Vitamin

Here are general vitamin and mineral guidelines to follow:

- Eat at least 5 servings of vegetables and fruits daily. Fruits and vegetables are high in fiber and are rich in vitamin C and other antioxidant vitamins.
- Women in childbearing years should take a multivitamin that contains at least 400 micrograms of folic acid daily for the prevention of neural tube birth defects.
- Adults and elderly should take one multivitamin daily. One multivitamin a day is safe and inexpensive. The multivitamin should contain 400 micrograms of folic acid, and RDA levels of other vitamins. (The folic acid and vitamins B-6 and B-12 can help lower homocysteine. The vitamin D is important in preventing and treating osteoporosis).
- People with an inadequate amount of calcium in their diet should consider calcium supplements.
- Eat less cholesterol and saturated fats, stop smoking cigarettes, control high blood pressures and diabetes, lose excess weight, and exercise regularly.
- Adults should check their blood cholesterol profile (LDL cholesterol, HDL cholesterol).
- Vitamin E (400 IU/day) is recommended for patients with small LDL cholesterol particles and elevated Lp(a) cholesterol to help decrease oxidation of these cholesterol particles. Vitamin E may also prevent prostate cancer.

Vitamins should not be used as a replacement for healthy food.

Maintain a Healthy Weight



Healthy Recipes

Mexican Skillet Rice:

- 1 lb of lean ground turkey
- 1 medium onion chopped
- 2 Tbsp of chili powder
- 1 tsp of ground cumin
- 3 cups of cooked brown rice
- 1 16-ounce can pinto beans drained
- 2 4-ounces cans diced green chilies
- 1 medium fresh tomato (seeded and chopped)
- Fresh cilantro for garnish



1. In a large skillet over medium-high heat, cook meat until brown, stirring to crumble; drain. Return meat to skillet
2. Add onion, chili powder, cumin and salt; cook until onion is tender
3. Stir in rice, beans and chilies; thoroughly heat.
4. Top with tomato and garnish with cilantro if desired. Serve immediately. (6 servings)

Healthy Recipes



Beans and Rice:

½ package of Kids for Hunger Rice
1 can red or black beans
1 can tomatoes –chopped or diced
½ can chopped jalapeño peppers
Chopped onion or pepper optional

Prepare Rice mix according to directions add beans and tomatoes. Stir together. Place in a casserole and bake with a sprinkling of cheese on top. Or heat and serve and sprinkle with cheese just before serving. Serves 6-10.

Chicken Stuffing:

1/2 Package Kids for Hunger Rice
3 cups dry bread cubes or dry stuffing mix
1 onion chopped
1 cup of chopped celery
1/2 cup butter
1 cup chicken or turkey broth
1 egg

Make rice according to package directions. Heat butter and add celery and onion. Cook until soft. Add rice mixture and stir to combine. Add dry bread and mix well. Stir together stock/broth and egg and mix into bread/rice mixture. Add more liquid if needed. Put into a 9x12 inch pan and bake 30-45 minutes until brown and crisp around the edges. Cut into squares. Makes 12 servings.

Pork & Bean Casserole:

1 pound (2 cups, drained) cooked pork, diced
It can be substituted for pork sausage
1 (15.5-ounce) can black or pinto beans, drained and rinsed
1 (10.5-ounce) can condensed cream of chicken soup
2 (4-ounce) cans diced green chili peppers, drained
1 cup rice
¼ cup water
1 to 2 tablespoons salsa
1 teaspoon ground cumin (optional)
¼ cup shredded cheddar cheese

1. Preheat oven to 375°F.
2. Place all ingredients, except cheese, in 2-quart casserole dish.
3. Bake, uncovered, for 25 minutes or until rice is tender.
4. Sprinkle with cheese. Bake 3 to 4 minutes more or until cheese is melted. Makes 6 servings.

Emergency Information

Emergency Numbers

Adult Abuse —NE Health and Human Services TDD	800-652-1999 471-9570
Animal Abuse –Break the Link	441-0212
Child Abuse and Adult/Elder Abuse Reporting Hotline	800-652-1999
Drug/Alcohol Drug Crisis Line	475-5683
Fire/Medical Emergency	911
HIV/AIDS NE Hotline	800-782-2437
Planned Parenthood Facts of Lifeline	1-866-631-7526
Poison Center Children’s Hospital	800-222-1222
Police/Emergency	911
Police-Non-Emergency TDD/TTY	441-7204 441-7802
Rape /Spouse Abuse Rape/Spouse Abuse Crisis Center	475-7940
Suicide/Mental Health Lancaster County Mental Health	441-7940
Youth/Family Crisis Cedars Youth Services V/TDD	437-8888

Notes

Notes

Resource Books

Other resource books available:

- Yellow Book-Medical Services-Free or low cost
- Gold Book-Food-Free or low cost
- Orange Book-Services for the near homeless and homeless
- Green Book-Rides for \$7.50
- Purple Book-Healthy Living
- Pink Book-Miscellaneous Services-Free or low cost
- Blue Book-Children's Services-Free or low cost

Also available in Russian, Spanish and Arabic.



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The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

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This handbook was prepared by the Center for People in Need for the Neighborhood FOOD program. Please call the number above to add, update or remove information.

The Center for People in Need is a 501 (c)(3) organization and all contributions are tax deductible.

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