

## FLAVORS OF HEALTH-SMALL CHANGES, HEALTHY HABITS 2020 February Newsletter-Keisha Fletcher, MPA, CHC

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**SMALL Changes, Healthy Habits, Pilot Program Participants at Rouses Market attending grocery store tour. Rouses Market employee helped guide the tour (pictured far left) (September-October 2019).**



# SMALL Changes, Healthy Habits

We are in the month of February and nearing February 15th, which is the date the average American stops their New Year's resolution. To help you succeed and stick to your resolution, join our SMALL Changes, Healthy Habits program! This program provides tools to identify habits and how to make healthy eating and physical activity changes.

How can I change my habits?

According to the National Institute of Health (NIH), to start changing a habit, the first step is to choose the size of the change, and, "start with a change where you think you can experience success". If you know you are great at going to the gym or walking at least once a week and done so in the past, that is a start, because you have experienced success in that area. NIH also recommends to "re-size" the habit, by making it smaller or larger in order to succeed and build on the habit. If you are successful at going to the gym once a week, increase your walking plan to two times per week. If you want to lose weight, find ways to make changes to achieve your goals one step at a time. Another recommendation is to track your progress, by logging information in a journal, downloading apps such as Super Tracker or Calorie Counter. It is also recommended that motivation to overcome obstacles is important, by checking in with supportive friends and family members with updates of your journey, such as if you walked the stairs instead of riding the elevator, cooked at home for a week, did not eat out, brought your lunch to work, or limited drinking sugary sweetened beverages.

Starting small and where you think you can succeed is a great tool to begin changing habits. To learn more about healthy lifestyles and how LSU AgCenter's "SMALL Changes, Healthy Habits" evolved,

Join our classes to learn more about how to make healthy choices! See pictures below of previous SMALL Changes, Healthy Habits participants engage in pantry makeover, grocery store tour, knife, and cooking skills.



*Pantry Makeover: Participants Read Nutrition Facts Labels to Make Healthy Choices*



*Grocery Store Tour at Rouses Market: Participant selects fresh produce*



Cooking and Knife Skills: Participants display food they prepared during class.

# UPCOMING EVENTS

## SMALL Changes, Healthy Habits

Small Changes, Healthy Habits-4-part educational series, learn how to change eating and physical activity habits through habits training, pantry makeover, grocery store tour at Rouses Market #61 in Hammond, LA and knife and cooking skills. This is part II of a pilot program, the last series was offered in September 2019, in which 9 participants enrolled. The cost of the series (4 classes) is \$10. Dates: February 24, March 2, March 9, and March 16 Time: 10:00 am-11:30 am Location: Hammond Recreation Center-601 West Coleman Street Hammond, LA 70403. Registration is required, [Visit the LSU AgCenter store to register](https://bit.ly/2OKFXpC), (https://bit.ly/2OKFXpC).



## Lunch and Learn

Join LSU AgCenter's monthly Lunch and Learn "Clean Eating" at the City of Hammond Recreation Center. The event will include recommendations on what is clean eating, how to incorporate healthy food options (in its most natural state) in your daily lifestyle, and what foods to avoid during clean eating? We will also have a light food tasting sponsored by the City of Hammond Recreation Center. Registration is required online via Eventbrite. Contact area nutrition agent, Keisha Fletcher, MPA, CHC at (985) 748-3787 or [KFletcher@agcenter.lsu.edu](mailto:KFletcher@agcenter.lsu.edu) for special accommodations. Follow us on Facebook @Tangipahoparishfcs. Cost: Free Event Location: City of Hammond Recreation Center 601 West Coleman Avenue Hammond, LA 70403 Date: January 31, 2020 Time: 11:00 a.m-12:00 p.m. Register for [Lunch and Learn](https://bit.ly/2voQIMZ) <https://bit.ly/2voQIMZ>.



## Dining with Diabetes

LSU AgCenter is offering a five-part educational series on diabetes. The program helps adults at risk of type-2 diabetes, who are pre-diabetic and families/caregivers learn how to manage their condition through meal planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthful foods using the concepts taught in class. The program costs \$25 and participants are required to register on-line by March 6, 2020.

Location of event: Ponchatoula Area Recreation Center District #1  
42074 Hoover Road Ponchatoula, LA 70454

Dates of classes: Thursday's, March 12, 2020 continuing March 19, April 2, and April 9, 2020, a follow-up class will be conducted at later date. Time: 10:00 a.m.-11:30 a.m. Register for Dining with Diabetes: [Visit LSU AgCenter store to register \(https://bit.ly/2SAuytG\)](https://bit.ly/2SAuytG).

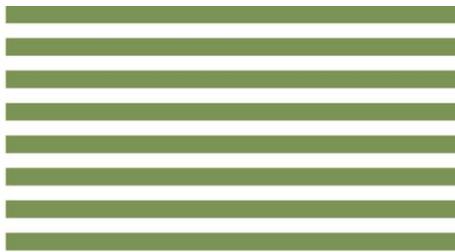
## January 2020 Updates

### Lunch and Learns

Hammond Recreation Center-January 31, 2020-Lunch and Learn "Mediterranean Diet vs Keto: Fad or Fabulous?" training, 12 participants attended the event. Participants learned about the benefits of the Mediterranean Diet, including how to incorporate the diet in a healthy lifestyle in eating and physical activity and Ketogenic diet, short and long-term variances. Participants sampled Mediterranean Quinoa Salad. Thanks to City of Hammond Recreation Center that sponsored the event.



**Rotary club Meeting** – Guest Speaker at the Ponchatoula/Hammond Rotary club monthly meeting. Nutrition Agent, Keisha Fletcher, spoke to 21 members about the "Flavors of Health" nutrition programs offered in the community and how to start a new year with healthy lifestyle tips.



February is Heart Health Month below is a heart healthy recipe:

## Chickadillo (Chicken Picadillo) Recipe (Source: NHLBI)

Ingredients 1 pound chicken breasts  
boneless, skinless, cut into thin strips  
2 teaspoons olive oil  
1 large yellow onion, finely chopped  
1 medium green pepper, finely chopped  
1 medium red pepper, finely chopped  
3 cloves garlic, mashed  
1 /3 cup no-salt-added tomato sauce  
1 /3 cup low-sodium chicken broth  
1 /3 cup fresh lemon juice  
1 /3 cup water  
1 /4 teaspoon ground cumin  
2 bay leaves  
1 /4 cup golden raisins fresh cilantro leaves  
1 tablespoon capers, drained  
2 tablespoons green olives chopped

1. Heat the olive oil in a large skillet over medium heat. Add the onion, peppers, and garlic, and sauté until the vegetables are soft, about 5 minutes.
  2. Add the chicken and stir fry for another 5 to 10 minutes, until the chicken has cooked through.
  3. Add the tomato sauce, chicken broth, lemon juice, cumin, bay leaves, water, and raisins to the vegetables and chicken.
  4. Cover the pan and reduce the heat. Simmer for 10 minutes or until the chicken is tender.
  5. Remove the bay leaves and serve with brown rice and black beans. Garnish with fresh cilantro, capers, and olives.
- Yield 6 servings, Serving Size 3 /4 cup, Calories 162, Total Fat 5g, Saturated Fat 1g, Cholesterol 46mg, Sodium 133mg, Total Fiber 2g, Protein 18g, Carbohydrates 13g, Potassium 380mg

Tangipahoa Family and Consumer Sciences (FCS)-Flavors of Health has a Facebook Page and blog page!

Please go like our page so you can keep  
informed on Flavors of Health events!

[Visit Facebook site \(www.com/tangipahoaparishfcs\).](http://www.com/tangipahoaparishfcs)

Southeast Region Food Family and Fitness blog [Visit Family, Food, and Fitness blog https://bit.ly/2uBG4g8.](https://bit.ly/2uBG4g8)

References: Recipe adapted from: National Heart, Lung, and Blood Institute (NHLBI) [Chickadillo Recipe](https://www.nhlbi.nih.gov/health/educational/wecan/downloads/chickadillo-4x6.pdf) (<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/chickadillo-4x6.pdf>).

National Health Institute (NIH). (2020). Make a Plan. (Retrieved from <https://wellnessatnih.ors.od.nih.gov/Pages/MakeAPlan.aspx>).

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**For more information, contact your local Tangipahoa LSU AgCenter Office**

Tangipahoa Office | 305 East Oak Street | Amite, Louisiana 70422 | Phone: 985-748-9381 | Fax: 985-748-3787

Office Hours: Monday – Friday 7:30 a.m. – 4:00 p.m.

If you require special accommodations to register, please contact Keisha Fletcher at (985) 758-9381

The LSU AgCenter and LSU provides equal opportunities in employment and programs.

**For more information, visit the [LSU AgCenter website](#).**