

March is National Nutrition Month

Submitted by LaDona Johnson, CHR Coordinator



March is National Nutrition Month. This is a perfect time to consider better food choices and eating habits and to begin incorporating small changes into your diet—like reducing your fat intake and eating more green vegetables and leaner protein. The goal of National Nutrition Month is not so much to turn everyone into health nuts, but

Elders Advisory Committee Meeting
 Wednesday, March 13, 2013
 Stroud
 10:00am to 2:00pm
 Potluck & Bingo
 All elders age 55 and over are welcome

3 STEPS TO HEALTHY EATING

to make small dietary changes which, over time, can play a significant role in improving health.

There are lots of small steps you can take to ensure you and your family is eating healthy amounts of the right foods.

- Be Creative. Try something different, like washing and clipping grapes into small bunches and putting them in the freezer. Try with bananas too!

- Cut Down on Fat. Try low-fat dairy products, poultry without skin and lean meats to get flavor without a lot of calories.

- Serve healthy snacks and have smaller meals. Stock your kitchen with healthy lunch and snack foods, such as raisins, popcorn, sliced vegetables and fruit.

- Don't use food as punishment or reward.

- Keep Track. Let your kids "eat the rainbow." Keep a chart on the fridge so your kids can record each color fruit or vegetable they have each day. You can also have them plan, shop for and prepare meals—they are likely to make better choices when they are involved in the process.

- Get Moving. Encourage informal play virtually every day. If you can't participate with your kids during the week, plan on being active during the weekend. Go skating, walk your dog, clean the house . . .

- Turn off the TV. Never eat in front of the TV and encourage your children to do something

active instead of watching TV.

Because dietary nutrients change as we age, National Nutrition Month is an excellent time to make sure senior loved ones' diets include more of the following:

- Calcium and Vitamin D to help maintain strong bone health. Older adults should eat three servings of vitamin D-fortified low-fat or fat-free milk or yogurt daily. Other sources of calcium-rich foods include dark green leafy vegetables, canned fish and fortified cereals and fruit juices.

- Vitamin B12 is often low in people older than 50. Lean meat, fortified cereals and some fish and seafood are excellent sources of vitamin B12.

- Potassium is found in fruits, vegetables, and milk and yogurt products. To lower high blood pressure, seniors should increase potassium in their diets while reducing sodium or salt intake.

- Fiber found in whole-grain breads and cereals, beans, peas, fruits and vegetables is a natural way to stay regular, prevent Type 2 diabetes, control weight and lower one's risk for heart disease.

- Healthier Fats found in olive oil and peanut oil, for example, are considered polyunsaturated or monounsaturated vs. saturated and trans fats found in many commercially processed and baked foods.

Information provided by Chris Campbell Right at Home, Inc.



New Library Display: Celebrating Valentine's month with old and new . . . Recognizing our Sac and Fox Business Committee, Senior Man and Woman, Veteran's Princess, Tribal Princesses and a few couples. Hope everyone had a nice Valentine's Day filled with faith, hope and love. . . .
 By Catherine Walker, Historical Researcher

NEEDED A.S.A.P.

Open Hearts, Open Homes and Open Arms!

Contact Indian Child Welfare for complete details

to make a positive change in Children's Lives.

Contact Mrs. Tammy Arellano

Shawnee Multipurpose Building

1 - 800 - 259 - 1266

You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out My Native Plate placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on Printable Materials, Nutrition, then My Native Plate.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Muscogee (Creek) Nation WIC Program

Stroud Clinic
 USDA Building
 920883 S. HWY 99

Open 1st and 3rd
 Wednesday of each Month
 Hours: 9:30am - 3:30pm
 Closed for Lunch
 12:00pm - 1:00pm

1-800-648-2302 or
 918-968-1784
 for information

Closed last business day of each month for staff training.

Standards for participation are the same regardless of age, race, sex, color, national origin or handicap.



SAC AND FOX NATION

920883 S Hwy. 99 Building A • Stroud, Oklahoma 74079 • (918) 968-1141 • FAX (918) 968-1142

NAME CHANGE AND/OR CHANGE OF ADDRESS FORM

NAME

 PRINT CURRENT FULL NAME (First, Middle & Last) ROLL NUMBER

 SIGNATURE DATE

A COPY OF THE LEGAL DOCUMENT CHANGING YOUR NAME AND A COPY OF YOUR NEW SOCIAL SECURITY CARD MUST BE ATTACHED.

 PLEASE LIST PREVIOUS NAME (PRINT) DATE OF BIRTH

MAILING ADDRESS

<u>OLD</u>	<u>NEW</u>
_____ ADDRESS	_____ ADDRESS
_____ CITY STATE ZIP	_____ CITY STATE ZIP

STREET ADDRESS (IF DIFFERENT THAN MAILING ADDRESS)

<u>OLD</u>	<u>NEW</u>
_____ STREET ADDRESS	_____ STREET ADDRESS
_____ CITY STATE ZIP	_____ CITY STATE ZIP

CHANGE OF ADDRESS FOR MINORS REQUIRE A W-9 FORM BE COMPLETED FOR THE BANK. PLEASE REQUEST A FORM FOR EACH CHILD FROM THE ENROLLMENT DEPARTMENT, 918-968-3526 ext. 1040 or 1041.

TO BE COMPLETED BY THE ENROLLMENT DEPARTMENT

Date Electronic File Was Updated _____
Date Sac and Fox News Was Notified _____
Staff Initials