



MID-BERGEN REGIONAL HEALTH COMMISSION

NEWSLETTER

**WHAT'S
INSIDE THIS
ISSUE:**

WHAT IS A BALANCED MEAL?

**EAT A RAINBOW WITH
EVERY MEAL**

HOW TO EAT SMART ON A BUDGET

NUTRITION RESOURCES

REHS SPOTLIGHT

**HACKENSACK MERDIAN
HEALTH EDUCATION EVENTS**

VIRTUAL GROCERY STORE



Eat Smarter!

Celebrate National Nutrition Awareness Month with the Mid-Bergen Regional Health Commission! This month we are bringing awareness on how to eat smarter. Smart nutrition is about making every calorie count, and ensuring what goes in your body benefits you. Our newsletter will go over easy-to-follow tips and resources such as insights into crafting a balanced meal, the concept of 'eating the rainbow,' and tips on how to stay on a budget when eating smart.

Dive in and enjoy!

What is a Balanced Meal ?



Healthy Oils



Water

What are Healthy Oils?

Here are some common cooking oils that contain more of the "better-for-you" fats and less saturated fat: Canola, Corn, Olive, Peanut, Safflower, Soybean, Sunflower, Vegetable. [AHA]

How much water should I drink?

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women [Mayo Clinic]

Fruits and Vegetables

1
2

Try to aim for half of your plate to be fruits and vegetables. A good tip to remember is to eat the rainbow, meaning eat different colors when possible.

Grains

1
4

Aim for one-fourth of your plate to be whole grains over refined grains when possible.

Protein

1
4

Aim for one-fourth of your plate to be protein such as seafood; meat, poultry, and eggs; beans, peas, and lentils; and nuts, seeds, and soy products.

Eat a Rainbow With Every Meal.

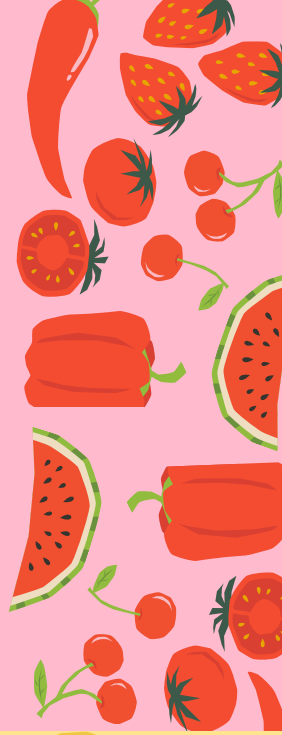


For more
information
go to:

www.health.harvard.edu

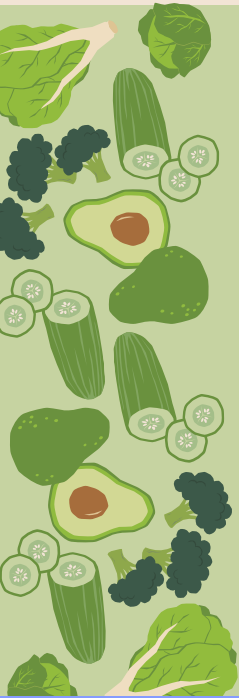
Red

strawberries
cranberries
raspberries
tomatoes
cherries
apples
beets
watermelon
red grapes
red peppers
red onions



Green

spinach
avocados
asparagus
artichokes
broccoli
alfalfa sprouts
kale
cabbage
brussels sprouts
kiwi fruit
collard greens
green tea
green herbs



Yellow Orange

carrots
sweet potatoes
yellow peppers
oranges
bananas
pineapple
tangerines
mango
pumpkin
apricots
winter squash
peaches
cantaloupe
corn



Blue Purple

blueberries
blackberries
elderberries
Concord grape
raisins
eggplant
plums
figs
prunes
lavender
purple cabbage



White Brown

onions
cauliflower
garlic
leeks
parsnips
daikon radish
mushrooms





How to eat smart on a budget



Shop smart



Shop smart by searching for sales, using coupons, joining reward programs, visiting local farmer markets, and purchasing seasonal produce. To learn more about seasonal produce, visit <https://www.heart.org/en/healthy-living/healthy-eating/add-color/seasons-of-eating-infographic>.

Plan ahead

Plan for the week! You can start by drafting a family menu for the week which will help you stick to a grocery list to avoid impulsive food spending. Pre-planning can also include meal prepping for the week.



NEW!

Create a new routine

One step at a time! You can start by encouraging family participation or researching healthy and budget-friendly foods that make you want to cook. Check out this list of [healthy foods under \\$1](#) and [budget-friendly recipes](#).

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/eat-healthy-on-a-budget-by-planning-ahead>



Nutrition Resources

Academy of Nutrition and Dietetics

THE WORLD'S LARGEST ORGANIZATION OF FOOD AND NUTRITION PROFESSIONALS. THE ACADEMY IS COMMITTED TO IMPROVING THE NATION'S HEALTH AND ADVANCING THE PROFESSION OF DIETETICS THROUGH RESEARCH, EDUCATION, AND ADVOCACY. FOR MORE INFORMATION VISIT: [HTTPS://WWW.EATRIGHT.ORG/](https://www.eatright.org/)

Nutrition.gov

A USDA-SPONSORED WEBSITE THAT OFFERS CREDIBLE INFORMATION TO HELP YOU MAKE HEALTHFUL EATING CHOICES. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.NUTRITION.GOV/](https://www.nutrition.gov/)

Bergen County, Division of Senior Services Nutrition and Wellness Unit

PROVIDES A VARIETY OF HEALTH PROMOTION ACTIVITIES THAT INCLUDE WELLNESS FAIRS, HEALTH, NUTRITIONAL AND PHYSICAL FITNESS PROGRAMS TO EDUCATE, EMPOWER AND ENCOURAGE OLDER PERSONS TO LEAD HEALTHIER LIFESTYLES. FOR MORE INFORMATION VISIT: [HTTPS://WWW.CO.BERGEN.NJ.US/DIVISION-OF-SENIOR-SERVICES/NUTRITION](https://www.co.bergen.nj.us/division-of-senior-services/nutrition)

The Food Brigade

THE FOOD BRIGADE CONSISTS OF A NETWORK OF VOLUNTEERS WHO ASSIST IN THE ACQUISITION, TRANSPORT, PREPARATION, DISTRIBUTION, AND DELIVERY OF FOOD TO THOSE IN NEED. FOR MORE INFORMATION VISIT:

[HTTPS://FOODBRIGADE.ORG/](https://foodbrigade.org/)

Shop Rite- The Recipe Shop

RECIPES BASED ON WHAT'S IN YOUR CART, YOUR PREFERENCES, AND WHAT'S IN SEASON. FOR MORE INFORMATION VISIT:

[HTTPS://WWW.SHOPRITE.COM/SM/PICKUP/RSID/3000/RECIPESHOP/](https://www.shoprite.com/sm/pickup/rsid/3000/recipeshop/)



MID-BERGEN REGIONAL HEALTH COMMISSION

Registered Environmental Health Specialist Spotlight

March 2024



Ruby Parra, REHS

Ruby Parra joined the Mid-Bergen Regional Health Commission in 2014 and during this period she has developed a diverse experience as an REHS in several Bergen County towns such as Bogota, Carlstadt, Wallington, S. Hackensack, Tenafly, New Milford, and Leonia. Sporadically, Ruby has assisted in River Edge, and Bergenfield, as requested. As a public health professional at the local level, Ruby keeps conducting inspections for retail food establishments, schools, daycares, public recreational bathing

facilities, youth camps, beauty salons, permanent cosmetic facilities, tattooing parlors, tanning facilities, and rabies control cases. Additionally, she constantly cooperates with community complaints by investigating and solving them. To assess her work properly, she uses the state, county, and local regulations as guides. Ruby believes her background in environmental and sanitary engineering led her more to the public health field. For Ruby, working the last decade in the commission showed her the complexity of the community dynamic and its changes.

Hackensack Meridian Health Education Events

March 2024

For more information visit: https://events.hackensackmeridianhealth.org/c/calendar/5add99e2-c1d9-462e-b53b-40d71d775290?_ga=2.16426800.704716346.1709876496-912413152.1709876496

- Nutrition and Colorectal Health Awareness / March 13, 2024 at 12:00 PM - 1:00 PM ET
- Beyond the Table with Healthy Snacking / March 13, 2024 at 1:00 PM - 2:00 PM ET
- GROUP HEALTH COACHING - Personal Resilience Empowerment Program / March 13, 2024 at 5:00 PM - April 10, 2024 at 6:15 PM ET
- The Cutting Edge Kitchen: Gut Microbiome and Colon Cancer / March 27, 2024, at 1:00 PM - 2:00 PM ET



VIRTUAL GROCERY STORE TOUR WORKSHOP

Are you stumped in the grocery aisles or in a grocery shopping rut? This workshop is for you! Your Inserra Dietitian team will “walk” the aisles with you, giving their best tips on each department and pointing out favorite products!

*TUESDAY, MARCH 26
6-7 PM*

For more information
and to register, visit
bit.ly/inserrastoretour



For questions, e-mail
inserradietitians@wakefern.com

Attendees of the class will be
entered into a raffle for a chance to
win a \$50 ShopRite gift card!





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