



— Food for Health —

Wellness Newsletter

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How to Reduce Food Waste and Boost Nutrition

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When you change the way you look at things, the things you look at change.

– Max Planck



Food as Fuel: What is Food to You?

Imagine having a conversation with a newborn baby, but let's pretend she understands what you are saying and can answer you back in actual words. You ask her why she eats and with a puzzled look she says, "To make my hunger go away. Why else would I eat?" To her, food is fuel.

What is Food to You?

Besides babies, I don't know many people who eat for hunger and hunger alone. Food can be many things besides just fuel for your body. So, what is it to you?

Is it your:

- Remedy for a growling stomach?
- Sleep aid?
- Way to cope with boredom?
- Procrastination tool?
- Entertainment?
- Stress reliever?
- Medicine to prevent disease?

Feelings of shame over emotional eating doesn't solve anything; it just turns food into a foe. What you are doing here is building awareness of what food means to you, and that is a very powerful discovery.

For example, I've discovered over the years that for me, food serves as:

- A cure for physical hunger
- Medicine to keep my body healthy
- Something I turn to when I'm dreading a task (like cleaning the house)

The rewards for the first two are positive and tangible: my hunger goes away and—when I eat the right foods—my body remains in good health. As for the third reason I eat, the truth is, food never really removes my urge to procrastinate. It only makes it worse because I still have to clean the house!

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EASY WAYS TO REDUCE FOOD WASTE AND BOOST NUTRITION

Have you ever eaten a cabbage core? I would guess most people feed it to the garbage disposal, but for me that would mean breaking my number one meal prep rule: if it can be safely eaten, find a way to use it. Using this approach, I save money and gain valuable nutrients from the edible parts of fresh produce typically thrown away. It's a win-win.

Here are some practical ways I extend the life of my produce, reduce food waste, and boost the nutrient density of my diet. I think you'll find them helpful too!

How to Reduce Fruit Waste

Avocados. Refrigerating ripe avocados will halt further ripening and extend their life. You can also peel, seed, slice, and freeze ripe avocados, then drop a few slices into smoothies. If you only plan to eat half of the avocado, store the other unpeeled half with the pit in a glass container with lid, like a small Mason jar.

Citrus peels. Grate organic citrus peels and blend in smoothies, mix into salad dressings, or add to fruit-infused water.

Overripe bananas and pears. Chop overripe pears and peel overripe bananas, then freeze in freezer bags for smoothie-making, or make a batch of banana walnut muffins!

Banana peels. I can hear you now: "No way, Mell!" It's true. Just like bananas, their peels offer fiber and potassium and are perfectly edible if you stick to organic varieties and rinse the peel well. Simply remove the stem, chop the peel, and blend into smoothies.

Want to dazzle your vegetarian friends this summer? Whip up a vegan "pulled pork" using banana peels. To prepare, use a spoon to scrape out the inner white part of

the peel, then slice the peel into thin strips and boil for about 5 minutes. Strain and toss with Traeger pork and poultry rub (vegan) and sauté for a few minutes, finishing with Fx™-approved Noble Made barbecue sauce.

Berries. To store your berries for longer, remove fresh blackberries, blueberries, raspberries, and strawberries from their plastic containers and store them unwashed in Mason jars with the lids secured. Rinse before eating.

Pineapple cores. Cut into chunks and freeze, then add to a glass of water for a touch of cool sweetness.

Overripe tomatoes. Salsas, sauces, and hot vegetable soups are great ways to use overripe tomatoes.

How to Reduce Vegetable Waste

Beet stems and leaves. Chop and add to salads and smoothies or sauté and mix with vegetables for a side dish.

Broccoli stalks. Peel and slice lengthwise into chips, then enjoy as a snack with Esti Baba Ghanoush, a nutritious dip made from eggplant and roasted red peppers! I've also been known to spiralize broccoli stalks and mix with pasta for extra veggies.

Cabbage cores. For a boost of fiber, vitamin C, and vitamin K, chop cabbage cores and add to soups, stir-fries, and salads, or eat as a crunchy snack with carrots, bell peppers, and celery. If you're into pickling, cabbage cores can also be fermented along with the rest of the cabbage.

Cauliflower stalks. Roasted, steamed, or stir-fried, cauliflower stalks go perfectly right along with the florets!

Celery leaves. These leaves blend nicely in green smoothie and make a bright addition to salads.

Kale stems. Delicious to blend into your favorite pesto.

Swiss chard stems. These make a nutritious addition to homemade soups. You can also add them to canned soups to boost nutrition and lower sodium. Just chop them up and heat the soup a bit longer until the chard is fork-tender.

Herbs. Limp and lifeless herbs can be resurrected by adding them to dressings and sauces.

Potato skins. Reduce food waste and increase dietary fiber by not peeling your potatoes in the first place. It doesn't matter if you bake, roast, or boil sweet, purple, red, or white potatoes... just leave the skin on!

Pumpkin or squash seeds. Seeds can be dry-roasted and eaten as a snack or used as a crunchy salad topping in place of croutons!

Key Takeaway

There's something so satisfying about stretching your food dollar. Besides shopping the weekly sales at Heinen's, you can extend the savings once you get home by practicing a few of the above tips. Even more of a victory is the nutrition boost you'll get from eating the rescued parts of produce you used to feed to the disposal.

By the way, if you've never tried a cabbage core, you're in for a treat. I would argue it's the best part of the cabbage!



Mel's Product Picks



Just Ingredients Electrolytes and Moon Juice Mini Dew Electrolytes + Minerals

Besides being essential minerals, sodium, potassium, magnesium, and calcium are important electrolytes essential for life. Electrolytes are charged particles that work in your body to regulate chemical reactions, maintain proper blood volume and pressure, support nerve, muscle, and heart function, and control fluid levels.

These minerals come perfectly packaged inside fresh vegetables, fruits, legumes, nuts, and seeds. So, if you follow an Fx™-style diet, you don't have to worry about meticulously measuring every

milligram of these minerals to ensure you're getting enough.

But intense exercise, super-hot weather, or periods of illness where you lose body fluids through excess sweating or vomiting may require you to supplement with an electrolyte replacement to help keep your body in balance.

Here are two of my favorite high-quality electrolyte replacement products in Heinen's Wellness Department.

Just Ingredients Electrolytes are made with five different sources of electrolytes to support your hydration needs. With a 3:1 potassium to sodium ratio, you can enjoy balanced hydration without

worrying about excessive sodium levels. Plus, they're sweetened with nourishing, whole food ingredients and no artificial sweeteners or sugar alcohols.

Available in Orange Pineapple and Guava Mango.

Moon Juice Mini Dew Electrolytes + Minerals. This electrolyte powder tastes like organic watermelon, a pinch of minerals, and a dash of pink salt. It instantly dissolves in water, has zero sugar, and offers a nice blend of sodium, potassium, chloride, magnesium, and calcium.

Available in a jar or single serving packets.

FOOD AS FUEL: WHAT IS FOOD TO YOU? *continued*

Creating Healthy Coping Strategies

You cannot begin to improve your relationship with food until you know what it is. So, take out a piece of paper and write down all the reasons you eat other than physical hunger.

Once you have this valuable information you can arm yourself with appropriate coping strategies to practice. And just like any habit you want to build, practice is key. After a little while you'll notice that reaching for food feels strange when you're not physically hungry.

For example, now when I'm faced with a mound of laundry and toilets to be scrubbed, instead of tearing open a bag of chips, I step out of the kitchen and head straight to the laundry room to separate clothes. This one simple act is enough to put procrastination in its place!

Change the Way You Look at Food

German physicist Max Planck said, "When you change the way you look at things, the things you look at change."

In other words, something magical happens when you shift your perspective. When you recognize and appreciate food's role as fuel, and prioritize this view above all others, you alter your interpretation of food, and this changes how you respond to it.

You will find yourself eating more in response to physical hunger and less in response to stress, boredom, or any other reasons you identified. On top of that, the food you choose will be better for your body.

You're not ignoring the other reasons you eat, you're simply choosing to focus on food as fuel and moving the others to second and third place.

Key Takeaway

Food is fuel, but to say I only eat to fuel my hunger is a lie. I've made peace with that and as a result the procrastination monster keeps his distance most of the time. Whatever food is to you, it's OK; just don't lose sight of its primary role in your life as fuel first. This simple shift in perspective makes you a winner.

HEALTHY RICE CRISPIE TREATS

The following recipe and photography was provided by Christina Musgrave of Tasting with Tina.



Made with just four ingredients, they come together in no time with no baking required. The creamy almond butter and rich maple syrup bind Heinen's organic brown Rice Crispies cereal into perfectly chewy bars and a drizzle of bittersweet chocolate adds a touch of indulgence without overwhelming the natural sweetness.

*Servings: 10; Prep time: 10 minutes;
Total time: 75 minutes*

Ingredients

- 3-1/2 cups Heinen's organic gluten free rice crispies cereal
- 1/2 cup Heinen's pure organic maple syrup
- 1/3 cup Heinen's creamy natural almond butter
- 1/4 cup Equal Exchange bittersweet chocolate chips

Instructions

1. Line an 8-inch baking pan with parchment paper.
2. Place the cereal in a large, heat-proof bowl.
3. In a saucepan over medium heat, combine the maple syrup and almond butter. Stir while the mixture is heating, until the mixture comes to a light boil. Remove from the heat.
4. Slowly pour the mixture into the cereal and stir until the ingredients are combined.
5. Transfer the mixture to the prepared baking pan. Use a spatula or your hands to press into a smooth layer. Chill for one hour.
6. Remove from the freezer. Heat the chocolate chips in a microwave-safe bowl for 30 seconds, until melted. Drizzle the chocolate over the rice crispie treats, then return to the freezer for 5 minutes, until the chocolate is set.
7. Cut into squares and serve immediately.



Club Fx is a FREE program for Heinen's Tasteful Rewards members that offers education, nutrition tips, product recommendations and recipe inspiration for customers to live their healthiest lives. Interested in becoming a Club Fx member? Update your Tasteful Rewards account to ensure you get our weekly emails and access to personalized nutrition services!