

HEALTHY BYTES INITIATIVE



Green Beans

Green beans are a holiday favorite, popularized in green bean casserole. Green beans are rich in antioxidants, fiber and protein. But beware that their health benefits can be reduced by mixing with unhealthy ingredients like high fat creamy soups, fried onions and even bacon (carcinogenic).

Green beans are an excellent source of multiple antioxidants including vitamins C, K and beta-carotene, as well as other B vitamins folate, riboflavin and thiamin. Fresh or frozen beans are high in potassium and low in sodium making them a good choice to maintain healthy blood pressure (canned beans can be high in sodium). And they contain both soluble and insoluble fiber.

Use fresh beans in salads or with dips or toss into soups or stews. Boil, steam, microwave or roast. Mix green beans with mushrooms, garlic and onions and herbs for a healthy alternative to the typical green bean casserole. (see recipe at link below)

<https://minimalistbaker.com/>

Coos County Food & Nutrition Group Awarded **\$9,963 CHIP GRANT** for Nutrition Outreach Initiatives

The Coos County Food and Nutrition Group (FNG) has been working to improve resident intake of fruits, vegetables and other healthy foods since 2019. FNG is tasked with addressing data points identified in the 2018 Coos County Community Health Assessment:

- 1) Increase access to healthy foods for youth and adults
- 2) Increase intake of healthy foods by youth and adults
- 3) Decrease intake of sugar-sweetened beverages by youth and adults

FNG initiatives have focused on creating, sharing and distributing nutrition education outreach materials to address these data points with the goal of moving the needle to a healthier Coos County. Free nutrition education resources are available digitally on local websites, and serve all residents of Coos County (and Curry) from youth to seniors.

But without a budget for the last several years, the coalition has been unable to provide printed materials to local food sites and nutrition events. These grant funds will facilitate written resources for in-person outreach.

Three strategies include:

- 1) Printing *Healthy Bytes Initiative* monthly materials and other nutrition resources for distribution to local food sites and farmers' markets
- 2) Creating incentives for sharing Facebook and website posts
- 3) Translating nutrition education materials into Spanish

The Food & Nutrition Group would like to thank Advanced Health and the Community Advisory Committee for prioritizing the work of the Community Health Improvement subcommittee working to improve the nutritional intake of our residents.

If you are interested in helping FNG meet the grant requirements, consider joining the FNG committee or just drop by our meetings to provide your feedback or input. (see page 3)



More HEALTHY Thanksgiving Recipe Ideas

Why not try some healthy versions of sweet potato casserole, mushroom gravy, cranberry sauce, mushroom potpie, roasted squash salad, apple radish slaw, pumpkin soup, apple crumble dessert and more! Get recipes [here](https://www.loveandlemons.com/vegan-thanksgiving-recipes/) (https://www.loveandlemons.com/vegan-thanksgiving-recipes/)

Download a **FREE** healthy Thanksgiving cookbook to get menus which feature more than 20 healthy appetizers, main dishes, side dishes, and desserts! Find it on the [FNG website](https://coosheadfood.coop/join-us) (https://coosheadfood.coop/join-us)



Avoid Thanksgiving Day Calorie Coma

The South Coast Running Club is hosting the Coos Bay **TURKEY TROT** 5K Fun Run/Walk/Push the Pram event.

The run starts at 9 AM Thanksgiving Day (Nov 23) at John Topits Park (Empire Lakes), 250 Hull St, Coos Bay. This fun, low-key event is great for the whole family. The course is a 1.6-mile loop and you can do as many loops as you like!

No entry fee Just bring 2 or more non-perishable items to donate. [The race is free, but please sign up here to sign a waiver.](#) Or sign up the day of the event starting at 8 AM.

For more info: <https://southcoastrunningclub.org/contact-turkey-trot/>

THERE'S STILL TIME TO ATTEND Scary Food Wed Oct 25

6:00-7:30 pm in person
Bandon Public Library
1204 11th St SW, Bandon

What's in our food can be really grotesque! Get in the Halloween spirit with this scary exposé.



Presented by Stephanie Polizzi, RDN, OSU Extension Family & Community Health. Class is free. No registration required and healthy snacks will be provided.

Also still time to attend **D for Deficient** free webinar Thu Oct 26 at 10 am. Join here: <https://beav.es/TRB>



The Food & Nutrition Group (FNG) meets virtually, monthly on the 2nd Thu at 2 pm.

To learn more about what FNG is doing in our community, visit our webpage at <https://coosheadfood.coop/join-us> or check out our Facebook page and follow us: <https://www.facebook.com/FNGCoos>

If you are aware of other nutrition-related activities in our community, or to receive an invitation to join our meetings, please contact FNG chair and newsletter editor stephanie.polizzi@oregonstate.edu



NOV NUTRITION CLASSES

Note classes may be offered in in-person, online or hybrid formats. Most classes are free. Registration is not required unless specified.

Sun Nov 12: Eggs: Beyond Breakfast. 2:30-3:0 pm. In-person. Pasture-raised eggs are as delicious and nutritious as ever! *Eggs*its what's for breakfast, lunch and dinner! Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 562 N Broadway, CB

Tue Nov 14: Microbiome and Diet Related Chronic Disease. 6:00-7:00 pm. In-person. Learn the importance of a healthy microbiome and how to colonize your gut for optimal health. Presented by Stephanie Polizzi, RDN, OSU Ext. Coos Bay SDA Fellowship Hall, 2175 Newmark Av, CB

Sun Nov 26: Super Simple Ways to Support Immunity. 2:30-3:30 pm. In-person. Nourishing your body with the proper nutrition and supplement support will ensure your body is ready to handle whatever comes it's way this winter! Presented by Cheryl O'Dell, Nutritional Health Coach, 562 N Broadway, CB

Thu Nov 23: Cooking with the Co-op is taking a break for the holidays and will start again in Jan

Thu Nov 23: Monthly Nutrition Webinar To avoid interfering with the holidays, OSU Extension monthly webinar series will resume Jan 25

NOVEMBER GARDENER'S TO-DO LIST

- Cover your garden soil with leaves to build it up over the winter. No need to chop the leaves. There may be butterfly cocoons on them!
- Place a portable cold frame over rows of winter vegetables.
- Place mulch around berries for winter protection.
- Clean your tools and put them away for the winter.
- Bring container plants inside so that they can continue growing. First spray them down with a strong spray of water to avoid bringing in pests.
- Plant a window garden of lettuce, chives & parsley.
- If storing vegetables over the winter, check them to make sure they are free of bugs and mold.

Find the full list and more at: <https://beav.es/qog>

