



OUT OF DARKNESS CLASSES

We are resuming monthly Coquille nutrition classes for 2024 meeting the second Mon of the month. Classes have usually been held at 6:30 pm with a 6:00 potluck. But many people are uncomfortable driving at night on dark roads, especially in the wind and rain.

We will be changing class times from evening to mid-day for Feb and Mar, before daylight savings springs forward again. Evening classes will resume in Apr.

Join us for **Fiber for Heart Health**, Mon Feb 12 at 1:30 pm at Coquille SDA Fellowship Hall. (see calendar pg 2) Come early at 1:00 for a plant-based potluck. Class is free and open to all.

Not sure what to bring to a plant-based potluck? You do not have to bring a dish but if you want to, here are some ideas for first-timers:

- Green salad & vinaigrette
- Veggie tray & hummus
- Whole fruit or fruit salad
- Side of cooked veggies
- Loaf of Dave's Killer Bread
- Cole slaw, 3 bean salad
- Corn chips & salsa
- Unsalted raw nuts

Or contact stephanie.polizzi@oregonstate.edu for recipes you can make and bring.

HBI in Spanish

Check it out and share!!

There are now **37** of the 78 HBI handouts that have been translated into Spanish on the Extension Family & Community Health website. <https://extension.oregonstate.edu/coos/healthy-families-communities>

These include most from the first 3 years (2017-2020). Stay tuned for more next month.



Despite medical advances, heart disease continues to be the #1 killer of Americans today.

But according to studies conducted by Dean Ornish and Caldwell Esselstyn, heart disease is not only preventable, it is REVERSIBLE.

5 HEART HEALTHY THINGS YOU CAN DO:

- 1. EAT PLANT STRONG** Eat fresh greens, legumes(beans, lentils) for protein, vibrant colors from whole fruits and vegetables, intact or 100% whole grains, and small amounts of nuts and seeds. Reduce foods high in fat and cholesterol (meat, poultry, dairy, fish, eggs), high sugar foods (ice cream, candy, pastries, snacks), and high sodium foods (cheese, canned foods, chips, etc).
- 2. TARGET HEALTHY EATING** Hide junk food from view and put fresh produce in line of sight. Purge cupboards of processed foods, sugar and refined flour products, sweet or salty snacks. Choose fruit, veggies and raw nuts for snacks. Eat more meals at home and try new recipes. **Cookbooks:** How Not to Die Cookbook, Oh She Glows, Forks Over Knives, Power Plates and The Blue Zones Kitchen.
- 3. GET MOVING** Build movement into your daily routine. Include a combination of cardio (walking, biking, hiking, dancing, etc), strength training (free weights, machines, bands, calisthenics), and stretching (yoga, Pilates). Join a gym, attend group classes or hire a personal trainer to get you started, especially if you are new to exercise. Choose activities you enjoy like pickleball or dancing, and invite friends and family to join you.
- 4. STAY CALM** Take time alone to be quiet, peaceful and removed from daily stressors. Practice meditation, or focus your attention on something enjoyable like reading, music, art, T'ai Chi or exercise. Pressed for time? Take deep-breathing breaks by taking a 3 count deep breath in and exhaling for a count of 6 for at least 10 breaths. This works especially well to instantly calm if you are angry or frustrated.
- 5. EDUCATE YOURSELF** Changing your lifestyle to be more heart healthy may be easier if you are convinced by the evidence. **Check out these books:** Dr Dean Ornish's Program for Reversing Heart Disease, Un Do It, Prevent and Reverse Heart Disease, How Not to Die. **Studies:** <https://jamanetwork.com/journals/jama/fullarticle/188274> **Websites:** <https://www.ornish.com>, <https://esselstynfamilyfoundation.org/ef-content/uploads/2022/06/PB-jumpstart-guide.pdf>, <https://nutritionfacts.org/>

Don't forget to tune in for the heart-healthy webinar, **Say NO to Disease**, Feb 22 from 10 to 11 am (PST). (see calendar pg 2 for details)

Stephanie Polizzi

GET READY TO RETHINK YOUR DRINK NEXT MONTH!



HEALTHY BYTES INITIATIVE



Papaya is a sweet, tropical fruit native to Mexico and South America. Today, it is grown all over the world in warm climates like Brazil and India. In the US, papaya is grown mainly in Hawaii. There are 2 main varieties.

Mexican papaya are larger, oval fruit found in many US and Latino supermarkets. Hawaiian varieties are smaller, round or pear-shaped, and slightly sweeter. All varieties of papaya provide vitamins, minerals and antioxidants that offer a wide range of health benefits. The skin, seeds and pulp are all edible.

Toss diced papaya in salads, salsas, smoothies or cereal. Puree for a thick juice. Papaya can also be found dried for an on-the-go snack or used in baked goods. The seeds have a slight peppery flavor and can be used in soups or dressings.

For recipes, get the handout from these websites:

[Coos County OSU Extension website](https://extension.oregonstate.edu/coos/healthy-families-communities)

<https://extension.oregonstate.edu/coos/healthy-families-communities> **ENCUENTRE FOLLETOS EN ESPAÑOL AQUÍ**

[Advancedhealth.com](https://advancedhealth.com)

<https://advancedhealth.com/community-focus/coos-community-health-improvement-plan/healthy-eating-active-living-heal-chip-subcommittee/healthy-bytes-initiative/>

[Coos Head Food Co-op](https://coosheadfood.coop)

<https://coosheadfood.coop/news/testflmagcom/healthy-bytes-initiative>



February Gardener's To-Do List



- Make a cold frame or hotbed to start early veggies or flowers.
- Plan an herb bed for cooking. Consider parsley, sage, chives and rosemary. Choose a sunny spot and plan to plant once danger of frost has passed.
- Plant a windowsill container garden of herbs like chives, cilantro and parsley.
- Plant Cole crops (cabbage, broccoli, cauliflower) in a cloche, cold-frame, or greenhouse.
- Sow snap peas and snow peas directly in the garden from now through April if not too wet.
- Prune fruit trees, vining plants, blueberries, and roses.

Find the full list and more at: <https://beav.es/5H7>



UPCOMING FEBRUARY CLASSES

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

Sun Feb 4: 21 Days to Health: Kick Sugar Cravings. 2:30-3:0 pm. In-person. Turn education into action with a 7-day challenge focused on removing added sugars to support increased energy, positive mood, better sleep. Presented by Cheryl O'Dell, Nutritional Health Coach, Natural Grocers, 562 N Broadway, CB

Sun Feb 11: 21 Days to Health: Detoxify Your Life. 2:30-3:30 pm. In-person. Learn 2 key ways to minimize the negative impact of toxic chemicals and discover the benefits of daily detoxification. Presented by Cheryl O'Dell, Nutritional Health Coach, 562 N Broadway, CB

Mon Feb 12: Fiber for Heart Health. 1:30-2:30 pm. In-person. See how foods high in fiber can prevent heart attack and stroke. Presented by Stephanie Polizzi, RDN, OSU Ext, Coquille SDA Fellowship Hall, 1051 N Cedar Pt Rd, Coquille. Come at 1 for a plant-based potluck

Wed Feb 21: Lowering Cholesterol with Food. 12:30-1:30 pm. In-person. Learn how foods can lower cholesterol, blood pressure and risk for heart attack. Presented by Stephanie Polizzi, RDN, OSU Ext. Chetco Activity Center, 550 Chetco Lane, Brookings

Thu Feb 25: Say NO to Disease. 10-11 am webinar PST. Nitric oxide (NO) from whole plant foods can lower blood pressure and improve blood circulation. Presented by Stephanie Polizzi, RDN, OSU Ext. Join here: <https://beav.es/qz6>



Thu Feb 22: Cooking with the Co-op. 5:30 pm on Zoom. Kelli Boask will be making maple-mustard tempeh bowls with a kale salad. The Coos Bay Library hosts this event with ten \$25 ingredient vouchers which are available at the Co-op one week before the event. Register here: <https://bit.ly/3powyqG>



Click on the FNG Facebook page and start liking and sharing <https://www.facebook.com/FNGCoos>

The Food & Nutrition Group (FNG) meets monthly on Zoom 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>.

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