

# Wednesday's Wisdom

January 2015



## Happy New Year!



New Breast Feeding Website! [www.zipmilk.org](http://www.zipmilk.org) is LIVE!

Zipmilk.org is now available for NH families and professionals looking for breastfeeding support resources in NH. This easy-to-use online tool will allow for timely and up to date information throughout the year and replaces the former printed NH Breastfeeding Resource Guide. .

### Food Safety and Physical Activity For Seniors

**To Your Health! Food Safety for Seniors:**

<http://www.fda.gov/Food/FoodbornellnessContaminants/PeopleAtRisk/ucm182679.htm>

This website from the U.S. Food and Drug Administration contains information for food safety for seniors. Also included is information that can be sent home and information about eating out.

**Go4Life: Everyday Fitness Ideas**

<http://www.nia.nih.gov/health/publication/exercise-physical-activity/introduction#.UnupU9jAEdl>

Regular exercise and physical activity are important to the physical and mental health of almost everyone, including older adults. This website by the National Institute on Aging contains information that can be used at all levels for Adult Day Care facilities.

### **\$1 Million Available through the Champions for Healthy Kids Grants!**

Over the past 12 years, the Academy of Nutrition and Dietetics Foundation and the General Mills Foundation has awarded over \$6 million in Champions for Healthy Kids grants to nonprofit organizations across the U.S. promoting healthy eating and active lifestyles targeted to kids and families. This year, the General Mills Foundation has committed to offering \$1 million in grants, awarding fifty, \$20,000 grants. Applications must involve the program expertise of an RDN or DTR member of the Academy of Nutrition and Dietetics. Visit [www.eatright.org/foundation/championgrants](http://www.eatright.org/foundation/championgrants) to access the grant application and learn more about previously funded programs. Applications are due Friday, January 23, 2015 at 5pm CST. Please email questions to [KidsEatRight@eatright.org](mailto:KidsEatRight@eatright.org).

### **Food Trend Predictions for 2015 according to National Restaurant Association – Local & Environmentally Sustainable**

1. Kids meals are predicted to be healthful and contain more whole grain items. In addition, there will be an increase in fruit and vegetable side dishes. Kids entrée salads will show up on menus and "oven-baked" is the trend.
2. **Hottest veggie?** Move over kale! BrusselKale, Rainbow Carrots, Broccoflower and Radishes are making headway in farmer's markets. Locally grown produce such as heirloom apples, uncommon herbs and organic are hot!
3. **Sweet Alternative!** Concerns with bee populations have food makers turning from honey and going to maple syrup to sweeten foods. Locally sourced in New England! An environmentally sustainable food product.
4. **From sweet to sour and smoky.** Sour and smoky are the flavor trends in 2015 and will show up in main dishes and desserts.
5. **Plant Proteins** As more plant based proteins are requested, ancient grains such as faro and barley will show up in foods as well as sprouted grain products and quinoa. Hemp seeds will be on the rise as they contain omega-3 fatty acids. Locally grown is the word!
6. **Ethnic cuisine gets authentic!** Peruvian and Spanish cuisine become popular along with Southeast Asian cuisine.
7. **Farm branded** items are still high on the trend list. Locally sourced meats, cheeses and sustainable seafood will be on menus.