

EMPLOYEE WELLNESS

Volume 8, Issue 11

Spokane Regional Health District • 509.324.1500

November 2009

Aim for Health

GET IN SHAPE FOR WINTER SPORTS – SAFELY

The following tips can help prevent an injury or re-injury from occurring:

- Know your limits.
- Avoid playing/exercising when very tired or in pain.
- Do warm-up exercises before you play any sport.
- Always stretch before you play or exercise. When you stretch the Achilles tendon, hamstring, and quadriceps areas, hold the positions – don't bounce.
- Don't twist your knees when you stretch. Keep your feet as flat as you can.
- Wear shoes that fit properly and, provide shock absorption and stability.
- Use the softest exercise surface available – avoid running on hard surfaces like asphalt and concrete.
- Run on flat surfaces. Running uphill may increase the stress on the Achilles tendon and the leg itself.
- When jumping, land with your knees bent.
- Avoid bending knees past 90 degrees when doing half knee bends.
- Use protective gear.
- Follow the rules of the sport.
- Cool down after playing or exercising.
- Don't overdo!



YOUR COMPANY'S NAME

- ☛ Your Company's Info
- ☛ Your Company's Info
- ☛ Your Company's Info

Your Safety

IS MEAT SUPPOSED TO BE THIS COLOR? HEALTHY BUFFET TIPS

A popular way to celebrate holidays is to invite friends and family to a buffet. However, this can leave the door open for uninvited guests — bacteria that cause foodborne illness. Here are some tips from the USDA to help you have a SAFE holiday party.

Safe Food Handling

Always wash your hands before and after handling food. Keep your kitchen, dishes and utensils clean also. Always serve food on clean plates — not those previously holding raw meat and poultry. Otherwise, bacteria which may have been present in raw meat juices can cross contaminate the food to be served.

Cook Thoroughly

If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe minimum internal temperatures using an accurate kitchen thermometer. Reheat hot foods to 165°F.

Use Shallow Containers

Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Arrange and serve food on several small platters rather than on one large platter. Keep the rest of the food hot in the oven (set at 200-250°F) or cold in the refrigerator until serving time. REPLACE empty platters rather than adding fresh food to a dish that already had food in it.

The Two-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Keep Hot Foods HOT and Cold Foods COLD

Hot foods should be held at 140°F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers, and warming trays. Cold foods should be held at 40°F or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

www.fsis.usda.gov

ONLINE HOLIDAY SHOPPING?

If you're buying items from an online retailer or auction website, the FTC offers this advice to help you make the most of your shopping experience:

- Know who you're dealing with. Which company owns the website that you are using?
- Make sure the page is secure before you enter credit card information. There must be a letter "s" after http (or https://) for the transmission to be secure.
- Know exactly what you're buying.
- Know what it will cost.
- Check out the terms of the deal, such as refund policies and delivery dates.
- Keep a paper trail.
- Don't email your financial information.
- Check the privacy policy.



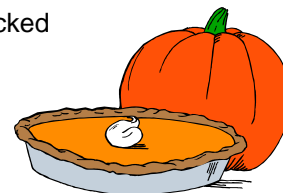
SENSIBLE HOLIDAY EATING TIPS

The same sensible eating habits that apply throughout the year can be followed during the holidays when you're putting the final touches on your own menus, or as you head out to grandma's house or the office social.

- Keep to a regular eating schedule. Skipping a meal makes you hungrier later when you're more likely to go for the holiday snacks and goodies.
- Keep fruits and vegetables handy for snacking.
- Be sure to drink plenty of water.
- Switch to healthier oils (olive and canola) and trans fat-free margarines. Avoid saturated and trans-fats.
- Season dishes with onion, celery, or herbs instead of extra salt.
- Trade the stuffing for wild rice pilaf.
- Use egg whites or an egg substitute instead of whole eggs, skim milk instead of whole milk, and choose low-fat cheeses.

CRUNCHY PUMPKIN PIE

- 1 cup quick cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 Tbsp brown sugar
- ¼ tsp salt
- 3 Tbsp vegetable oil
- 1 Tbsp water
- ¼ cup brown sugar, packed
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated skim milk



Preheat oven to 425°F.
Mix oats, flour, almonds, sugar, and salt in small mixing bowl. Blend oil and water in measuring cup with fork or small wire whisk until emulsified. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together. Press into 9-inch pie pan, and bake for 8–10 minutes, or until light brown. Turn down oven to 350°F.

To prepare filling: Mix sugar, cinnamon, nutmeg, and salt in bowl. Add egg and vanilla, and mix to blend. Add pumpkin and milk, stir to combine.

Pour filling into pie shell. Bake for 45 minutes at 350°F or until knife inserted near center comes out clean.

Serves 9 – Nutrition per serving:

Calories 169, Fat 7g, Cholesterol 24mg, Sodium 207mg, Carbohydrates 22g, Fiber 3g, Protein 5g

Calendar of Events

INLAND CRAFTS ANNUAL SALE
November 6-8; Spokane Convention Center
Three day event showing find contemporary crafts by 65 artists in basketry, ceramics, fiber, furniture, glass, jewelry, metal work, sculpture and much more!
www.inlandcrafts.org

INCREDIBLE RACE FOR AUTISM
November 8; An urban adventure race through historic downtown with all proceeds benefiting The Isaac Foundation, details at www.theisaacfoundation.org

JINGLE BELL RUN/WALK
November 21; Riverfront Park - Raise funds to benefit the Arthritis Foundation. More information: (206) 547-2707, ext.102; Website: <http://www.arthritis.org/>

ICE PALACE AT RIVERFRONT PARK
The Ice Palace is open from October thru March. So, if you're a seasoned skater, or if you've never been ice skating, come enjoy ice skating, indoor seating, expanded food service, lessons and more.
www.spokaneriverfrontpark.com