

FAB

Fun, Advocacy, and Brainpower



August FAB Topic – Nutrition – Cooking Links



Agenda



Introductions:



Ground Rules

- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.



- ✓ Have fun learning, sharing and doing some of the exercises you find for the month we are in.



Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



Brainpower - Information and resources to empower SA members to be Self Advocates



- 1) This link will help you Eat Right - Stay Healthy

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/Eat-Right-Stay-Healthy>



- 2) This link will help you make good choices if you Eat Fast Food

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/If-you-Eat-Fast-Food-Make-Good-Choices>



- 3) This link talks about Fast Food and Your Health

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/Fast-Food-and-Your-Health>



- 4) This link is a Fast Food Check list

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/Fast-Food-Check-List>



5) This link is about Home Cooking the Right Way

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/Home-Cooking-the-Right-Way>



6) This link is about When Food Goes Bad

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/When-Food-Goes-Bad>



7) This link is about Outdoor Safety

<https://portal.ct.gov/AdvocatesCorner/Life-Tips/Eating-Healthy/Outdoor-Food-Safety>

Virtual Board



Cooking Ideas and Exercise



August Recipes

Tomato, Onion and Cucumber Salad

Ingredients

5 medium plum tomatoes, halved lengthwise, seeded, and thinly sliced



A generous drizzle of extra-virgin olive oil, about 2 tablespoons



1/4 red onion, peeled, halved lengthwise, and thinly sliced



2 splashes red wine vinegar



1 cucumber, halved lengthwise and thinly sliced



Black Pepper and Salt to taste – shake each one or two times!



Preparation:

In a **LARGE** Bowl

“Dress”/ cover the tomatoes, onions, and cucumber with olive oil, red wine vinegar, salt, and pepper.

Let stand while you prepare dinner, about 20 minutes. Re-toss and serve salad with crusty bread for mopping up juices and oil.



Cheddar Corn Muffins

Ingredients

1 cup unbleached flour



1 cup Cornmeal

(coarser polenta also is great)



1 tablespoon of Baking Powder



½ teaspoon of Salt



¼ cup of Sugar



1 large Egg



1 cup of Milk



4 tablespoons Unsalted Butter – melted



1 ¼ cups of Grated Sharp Cheddar Cheese



Preparation

Butter the insides and the top of a regular muffin pan



In large bowl thoroughly combine the flour, cornmeal, baking powder, salt and sugar.



In medium bowl, beat the egg.



Beat in the milk and the melted butter. Combine with the dry ingredients until just evenly moistened. **Do not overmix.**

Stir in **1 cup of cheese.**

Immediately spoon the batter into the muffin pan.



Evenly sprinkle the remaining cheese on top of the muffins.

Bake 17 minutes or until a knife inserted in the center of the muffin comes out clean.





Roasted Zucchini with Garlic



Ingredients

1 lb. zucchini, each cut in half across the middle, then each half quartered lengthwise



1 teaspoon fresh minced garlic cloves



1 tablespoon extra virgin olive oil
Kosher salt



Freshly ground black pepper



1/2 teaspoon dried thyme, or 1 teaspoon of fresh chopped thyme



Preparation

Preheat oven: Preheat oven to 450°F. Make sure there is a rack on the top rack spot in the oven.



1. Toss zucchini and garlic with olive oil, spread out onto lined sheet pan: Place the zucchini and garlic in a bowl and toss with olive oil.



2. Spread the zucchini out onto a foil or silicone-lined sheet pan, skin side down.



Sprinkle with salt (1/4 to 1/2 a teaspoon)

3. Roast zucchini: Roast the zucchini at 450°F for 8-15 minutes, or until it begins to brown.



(Start checking at about 7 minutes and keep checking every few minutes.)

Toss with herbs, salt, pepper: Once the zucchini has started to brown at the edges, remove it from the oven and place the zucchini in a bowl. Gently mix in the herbs and salt and pepper to taste.



Exercises August

Rowing in place



Sitting in a chair with your back straight stretch your arms out to the side palms down, lift your arms up and down 3 times.

Do this three times.



Arms still straight out, palms up facing the ceiling lift your arms up and down for 3 times.

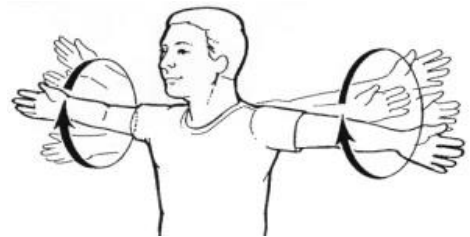
Do this 3 times.



Pull both arms in bending at the elbow to above your waist, fist closed like you are holding onto boat oars.



Move your arms in a circular motion forward five times (like you are rowing a boat). Do this 3 times. Repeat the cycle a long as you would like.



If you can't use your arms lift your left leg up 3 times. Repeat this with your right leg. Do this 3 times.



Move your left leg to the left 3 times. Repeat with you right leg (3 times to the right) Do 3 times.



The link below connects you to several outdoor Active Rowing Programs.

<https://search.yahoo.com/search?fr=mcafee&type=E211US752G0&p=adaptive+rowing+helps+those+with+disabilities+stay+active>

Resistance Arm-Raises in the Pool

Supporting yourself on the side of the pool or with someone there to support you, fully extend one arm outward while its completely in the water.



The natural resistance from the water provides a pain-free lift to help build muscle. This one is relatively easy but you will soon find it makes a big difference.



This is great for the arms, shoulders, and upper-back muscles.



Swimming



The link below explains the benefits of exercising in the water.

<https://www.ymcacw.org/blog/health-benefits-water-aerobics-and-exercise>