

JUNE 2020



News for a Healthy Summer

Victory over the Virus: The Value of Home Gardening

Don't worry if you haven't planted any fruits, veggies or herbs yet, there is still time to find a sunny spot in the yard or use a container. For a summer harvest, plant pre-started plants or seed for a fall harvest.

But is it worth it? Do the costs and efforts of home gardening out-weigh the rising food costs at the markets?

- In April of this year, we experienced the greatest hike in food costs since February, 1974. By category, we saw a 4.3% increase in meats poultry, fish and eggs and 2.9% increase for cereals and baked goods. Prices for fruits and vegetables increased 1.5%.
- The value of home gardening could be between \$113 and \$1133 over the cost of seeds, starts, soil, stakes, water and other investments, not including any labor.
- Of course, the value of your garden will depend on what you plant, the soil quality and the your knowledge, skill and effort. You can up your success by planting **tomatoes, leafy greens, peas, strawberries, squash and eggplant**, which are known to be the top producing plants relative to the investment.
- For more information, check out this article by Gail Ann Langellotto, *What Are the Economic Costs and Benefits of Home Vegetable Gardens?* at <https://bit.ly/COPEgarden>.

The No-Diet Tips for Losing Weight

1. Create an eating schedule. Eating regularly keeps your body energized. Establish set times for eating within shorter frames of your waking day. Instead of eating throughout the 14 hours you may be awake, narrow your food frame.
2. Eat more, yes I said more, naturally low-calorie vegetables.
3. Go for single ingredient foods, a.k.a. whole foods, to cut calories, aid metabolism and shed fat.
4. Make and take your own food. Buying food out is notorious for hidden and tempting calories.
5. Sometimes, just have a treat. And **REALLY** enjoy it!

COPE is now offering VIRTUAL nutrition counseling services to employees under the University's health plan. And starting June 1, your 6 FREE visits have reset for the year. Even if you're used to working from home one or two days a week, having to work from home ALL week is certainly a break in the routine, and this break certainly comes with eating and exercise pitfalls. Libby Mills is here to listen and guide you through this transitional time. Appointments are now available via two-way video communication. **Go to <https://bit.ly/BookWithLibby> to sign-up online via Microsoft Teams!**

Wondering if telehealth can really work?

Go to these sites to learn about the beneficial health impacts from telehealth counseling:
<https://bit.ly/Telehealthweight>; <https://bit.ly/Telehealthbloodsugar>

Reminder

CONGRATS!

Whole Foods \$50 Gift Card Raffle Winner

Congratulations to Villanova employee Mike Sgier! For participating in the January campus health screen and 3 Nutrition Counseling sessions, his name was drawn in the Whole Foods \$50 Gift Card raffle. Look out for more incentives coming fall 2020!

Corn Crab and Stuffed Tomato Salad with Lemon Basil Dressing

Ingredients

1 tablespoon grated lemon rind
3 tablespoons fresh lemon juice
1 tablespoon extra virgin olive oil
1 teaspoon honey
1/2 teaspoon Dijon mustard
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
2 tablespoons fresh lemon juice
1 cup corn kernels (about 2 ears)
1/4 cup thinly sliced basil leaves
1/4 cup chopped red bell pepper
2 tablespoons finely chopped red onion
1 pound lump crab meat, shell pieces removed

Instructions:

1. Combine rind, 3 tablespoons juice, and next 5 ingredients (through black pepper) in a large bowl, stirring well with a whisk. Reserve 1 1/2 tablespoons juice mixture. Add remaining 2 tablespoons juice, corn, and next 4 ingredients (through crab) to remaining juice mixture; toss gently to coat.

2. Arrange 2 tomato slices and 1/2 cup cherry tomatoes on each of 4 plates. Drizzle about 1 teaspoon reserved juice mixture over each serving. Top each serving with 1 cup corn and crab mixture.



Original recipe by Jackie Mills, Cooking Light, 2002...not a Libby Mills original recipe.

COPE in the News!



June 2020- Reader's Digest Best Health

11 Ways You're Reading Food Labels Wrong; <https://bit.ly/COPENews4>

Libby Mills, RDN, culinary nutritionist for Villanova University's MacDonald Center for Obesity Prevention and Education is quoted throughout this article about common misleading food labels and what really to pay attention to when food shopping.

6/11/2020- Healthline.com; <https://bit.ly/COPENews>

Eating an Early Dinner Can Help You Burn Fat, Lower Your Blood Sugar

"This study provides a reminder that cultivating eating habits addressing not only traditional factors such as meal content and size, but also meal timing, may influence the risk of chronic diseases such as diabetes and heart disease down the road" explains Lisa Diwald, MS, RD, LDN, COPE's Program Manager.

April 2020 issue- Woman's Day, Keep Your Bones Strong ; <https://bit.ly/COPENews2>

COPE's Program Manager Lisa Diwald talks about what you eat really does matter for bone health.

3/18/2020- Parade.com; <https://bit.ly/COPENews3>

Everything You Need to Know About Food Safety in the Time of the Coronavirus.

"It is possible for the virus to get on food via a person's respiratory droplets, which could happen with a cough or sneeze," explains Elizabeth "Libby" Mills, a COPE registered dietitian nutritionist with the MacDonald Center for Obesity Prevention and Education. So taking extra steps can be the safest option.