

Working on Wellness

Monthly wellness newsletter from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

WorkWell Webinar

The next webinar will be held on Tuesday, October 12th from 12:30-1:00 CT.

Our presenter will be Avera Health Plans.

Please watch for details!

WorkWell Partnership Summit: Create a Thriving Organization

Monday, October 2, 2017

Highland Conference Center in Mitchell, SD

8:00 am - 3:30 pm CT | \$30 per person

Learn how to encourage sustainable behavior change, personal well-being, and how to overcome barriers.

[CLICK HERE TO REGISTER NOW](#)



Are you Smart Shopping for Veggies and Fruits?

It is possible to fit vegetables & fruits into any budget. Getting enough of these foods promotes health and can reduce your risk of certain diseases. Here are some low-cost ways to meet your fruit & vegetable needs.

1. **Celebrate the season.** Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive.
2. **Why pay full price?** Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs.
3. **Stick to your list.** Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need.
4. **Buy small amounts frequently.** Buy small amounts more often to ensure you can eat the foods without throwing any away as some don't last long.
5. **Buy in bulk when items are on sale.** For fresh vegetables or fruits you use often, a large size bag is the better buy.
6. **Store brands = savings.** Opt for store brands when possible. You will get the same or similar product for a cheaper price.
7. **Plan and cook smart.** Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Overripe fruit is great for smoothies and/or baking.

Source: www.choosemyplate.gov

September Vegetable of the Month: Tomato

This fruit is amazing...wait, fruit? That's right, tomatoes are *technically* a fruit. Most people associate their hearty flavor with vegetables, which makes it the vegetable of the month. Remember: whether it's a fruit or vegetable, it's good for you! Aim for 5 fruits and vegetables each day.



Did you know...

- Tomatoes are chocked full of essential vitamins C, A, and B6, along with iron, potassium, manganese, and fiber.
- One cup of canned tomatoes contains only 41 calories and no fat.
- Tomato products also fight inflammation associated with chronic diseases such as cardiovascular disease.

Learn more about this Vegetable of the Month at HealthySD.gov!

Avocado & Fresh Tomato Salsa

Ingredients

- 1/3 cup fresh squeezed lime juice
- 1/8 tsp. black pepper
- 1/8 tsp. salt
- 1 tsp. minced garlic
- 1 medium avocado diced
- 2 cups fresh tomatoes diced

Combine ingredients together and chill until ready to serve. Enjoy!

Source: www.fruitsandveggiesmorematters.org