

# 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](http://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](http://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](http://www.fruitsandveggiesmorematters.org)