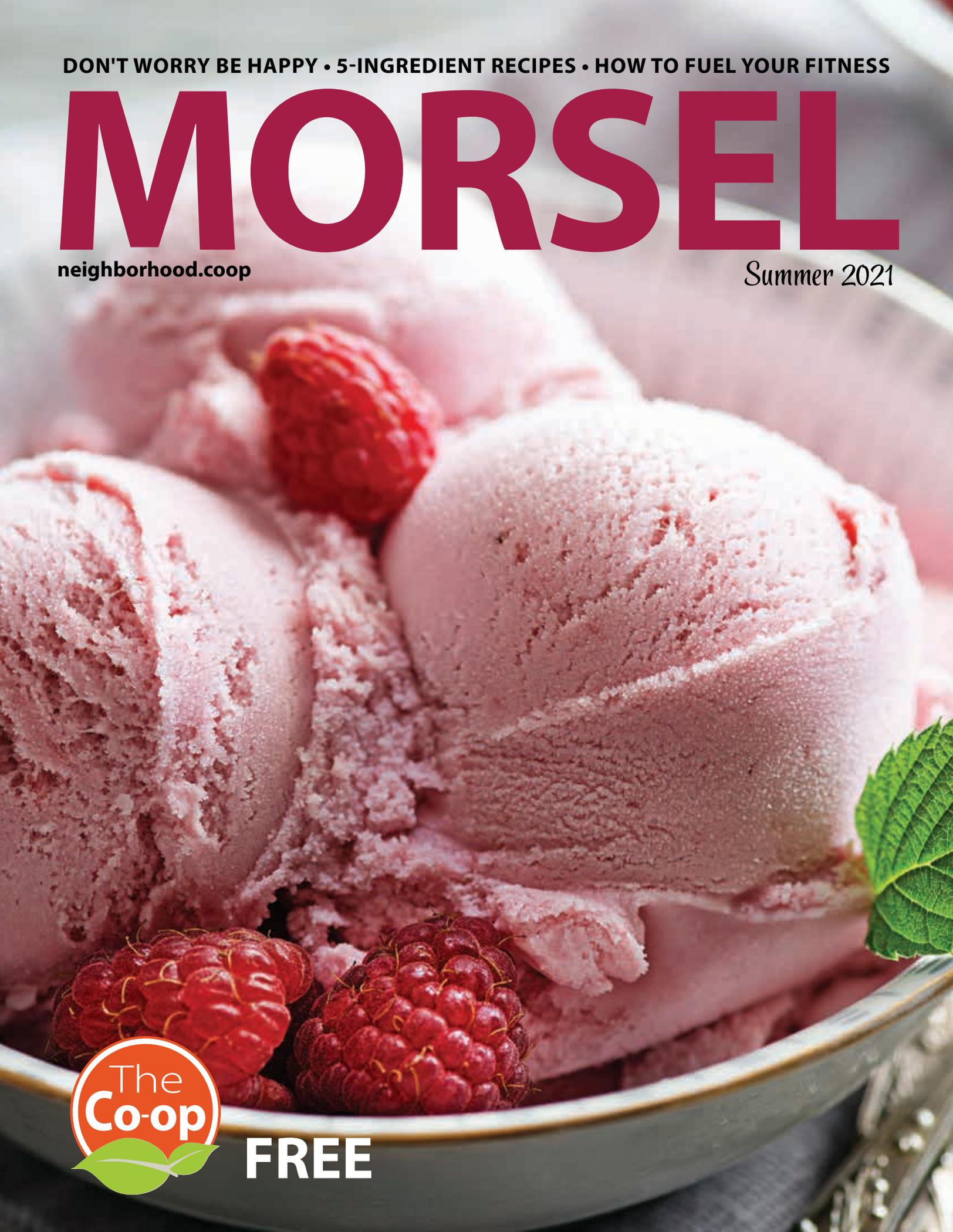


DON'T WORRY BE HAPPY • 5-INGREDIENT RECIPES • HOW TO FUEL YOUR FITNESS

# MORSEL

neighborhood.coop

Summer 2021



**FREE**

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Summer 2021

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FITNESS

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## {CO-OP THROW BACK}

While nothing compared to COVID, this photo shows a major disruption to the Co-op operations. In the early 1990s, the Co-op was located at 102 E. Jackson Street in the Dunaway Building. The tin ceiling, original to the early 20th century, had badly peeling paint. The only solution was to close the Co-op and relocate all of the fixtures and products to an adjoining storefront while the ceiling was sandblasted and repainted. Pictured are a group of staff and volunteers packing things up.

# MORSEL

A QUARTERLY PUBLICATION OF  
**NEIGHBORHOOD CO-OP GROCERY**

## DIRECTOR OF DESIGN

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## ADVERTISING

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## EDITORIAL POLICY

Morsel is a quarterly magazine produced by Neighborhood Co-op as a means to share news from the Co-op, promote local food, celebrate the seasons, and inspire our owners and patrons to enjoy a healthy lifestyle full of delicious and nutritious food. The views expressed in Morsel are the authors' and do not necessarily reflect those of the Co-op's directors, staff, or ownership. Health and nutrition articles are for informational purposes only and do not constitute medical advice.

## SUBMISSION POLICY

Morsel accepts submissions on an ongoing basis. Letters, articles, artwork and ideas are all welcome! We reserve the right to edit content for brevity and clarity. Please send inquiries and submissions to amy@neighborhood.coop.

## OUR STORE

1815 W Main Street, Carbondale, IL 62901

Neighborhood Co-op is a cooperative grocery store owned by members of our very own community. Most of our staff are even owners! We are a founding member of the National Cooperative Grocers, a network of more than 200 cooperative grocery stores all across America. We combine our buying power to bring you the best food at the best value while staying locally governed. We work hard to support our community and improve our local food system.

## OUR MISSION

Neighborhood Co-op Grocery aims to serve the needs of its owners and patrons by providing wholesome foods, economically, in the cooperative tradition and in ways that best promote the health of the individual, the community and the earth.

## BOARD OF DIRECTORS

Generally, meetings are held in the Co-op Community Room once a month at 6p.m.

Contact the Board at:  
boardlink@neighborhood.coop

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Kristy Bender  
Lauren Bonner  
Quianya Enge  
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Erika Peterson  
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## ECO PRINTING

This magazine was printed by ModernLitho. They are certified to the Sustainable Forestry Initiative® (SFI®) and by the Forestry Stewardship Council® (FSC®) for their efforts in utilizing papers originating from a sustainable, ecological source and for maintaining rigorous processes, procedures and training to ensure their standards of excellence and environmental responsibility.

# Sales & Events

at the Co-op

## AUG.

**04** **Wellness Wednesday**  
*10% off all wellness items!*

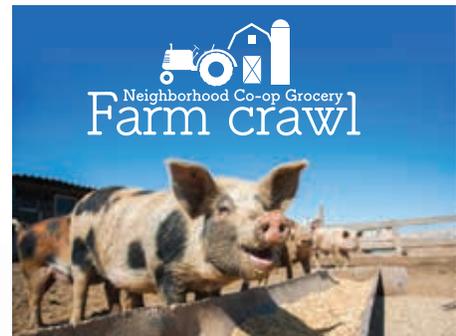
**01**  
**31** **OWNER APPRECIATION**  
**MONTH**

**Owner Appreciation**  
*Owners receive a 10% off coupon good toward any one transaction they choose during the month of August.*

## SEPT.

**01** **Wellness Wednesday**  
*10% off all wellness items!*

**11**  
**12** **Co-op Farm Crawl**  
*Neighborhood Co-op's annual Farm Crawl is a fundraiser where farmers in our region open their properties and allow folks to learn about what they do. (Tickets go on sale Aug. 23, 2021)*



**16** **Red Cross Blood Drive**  
*Co-op parking lot from 1-6pm.*



# GENERAL MANAGER'S REPORT



FRANCIS MURPHY

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## Things to note...

If the last 16 months have taught us anything, it is that no one knows what will happen next. Nevertheless, as I write this at the end of June, it appears that the many disruptions the Co-op has dealt with and the adaptations that we have made since March 2020 are coming to an end. Thank you to everyone who has helped us pivot to meet the challenge of a global public health crisis the likes of which has not been seen in over a century. Even my 92-year-old father says that COVID was the weirdest thing that he has ever seen in his life. Below are the several ways that the Co-op is moving back to something more like pre-pandemic practices:

- Store hours are currently 8 AM to 9 PM daily. The deli is open from 10 AM to 7 PM daily. It was never really an issue, but there are no longer capacity limits for the store.
- Our Community Room and counter seating area are open.
- You now have the option of getting your deli food in to-go containers or on a plate for in-house dining.
- Coffee Club has been reinstated; you are welcome to bring in your personal tumblers or mugs.
- Sampling has been resumed. Feel free to ask a staff person if you would like to try something.
- You may now bring in personal containers for bulk items. Please make sure to have a cashier write the tare weight on the container before you fill it.
- The Wooden Nickels program has been reinstated. If you use a reusable grocery bag (clean only please) we'll give you a wooden nickel that you can use

to contribute to one of two local not-for-profits organizations. We will bag your groceries for you, too.

- You are also welcome to use your reusable produce bags (again, please keep them clean).
- Product testers have been put back on the shelves.
- We anticipate resuming in-person events beginning with the annual Farm Crawl in September.

Because we want everyone to continue to be safe while working and shopping at the Co-op, we strongly encourage anyone who is not fully vaccinated to continue to wear a mask while in the store. Fully vaccinated individuals are welcome to wear a face covering or not according to what you are comfortable doing.

On a totally separate note, we need help from our Link Match participants. Link Match is a program supported by grants from Experimental Station, an Illinois not for profit. In brief, customers who use Link cards receive Link Match currency that allows them to buy local fruits and vegetables sold at the Co-op at no cost to the customer. Our problem is that the Co-op has distributed \$20,000 in Link Match currency, but only about \$7,000 or 35% has been redeemed. The folks at Experimental Station have promised to give us additional grant monies, but only when our redemption rate increases to something like 65%. If you are holding on to Link Match currency, please use it as soon as possible as this will allow us to start issuing more currency. There are many delectable local fruits and vegetables increasingly available at the Co-op as we head into the peak summer season. Thank you for helping us to serve our community.



## High Tunnels: Extending Food Growing Seasons

by *Margaret Anderson*

Is your garden suffering from the unpredictable weather this spring? Did you work hard to grow strawberries and greens, only to find them mowed down by the local deer and rabbits? There may be a solution for you. Unlike a greenhouse that typically includes only potted plants, a high tunnel system is a structure that covers the garden and is an increasingly popular conservation practice for the backyard gardener, farmer, or producer.

Did you know that high tunnel systems can extend your growing season by making your summers longer and winters warmer? They also improve plant quality and soil quality, improve air quality through transportation reduction, and reduce energy use by providing a local source of fresh produce. Since high tunnels prevent direct rainfall from reaching plants, you can use precision tools such as drip irrigation to deliver water and nutrients to plants. High tunnels also offer the ability to control pests and pesticide drift. A variety of soil health practices can be used inside high tunnels including cover crops and crop rotations, which can prevent erosion, increase soil water content, and suppress weeds.

To get all these benefits, there is planning involved when selecting a high tunnel that is right for your operation. High tunnels can come in many different shapes and sizes and the main selection considerations are the type of crop being grown, available space, if equipment access will be needed, and snow and wind levels. High tunnels can come from commercial kits or do-it-yourself designs. There are two main styles we use in southern Illinois: Quonset and Gothic. Quonset is the common style with round steel arches. Gothic style has a peaked cathedral roof.

When planning location for your new high tunnel, keep in mind environmental conditions. Sunlight (does the site provide at least 6 hours of direct sunlight per day, or is there shade), access to water, soil (could the soil be used for crops

or is it too rocky), orientation, drainage (will runoff be a problem), wind and accessibility are all important factors when choosing the location of your high tunnel. It is also a good idea to check your local building code and city ordinances, though high tunnels are typically exempt from municipal regulation if they meet certain criteria. There are many sources of information and funding opportunities for high tunnels that can be found at your local U of I Extension Office and USDA service center.

One of the best things about high tunnels is that they help provide our community with healthy, local year-round food that requires less energy and vehicle transportation. Whether you are selling your produce at the Coop, farmers market, or just growing food for your friends and family that you can feel good about, a high tunnel might be a worthwhile investment.



# COMMUNITY CONNECTIONS

## Wooden Nickels is back!



Our third quarter **Wooden Nickels** recipients are **Green Earth** and **WDBX Community Radio Station**

**Green Earth** was created in 1974 to acquire, preserve, and provide public access to natural areas in Carbondale. Currently, they own and maintain six natural areas, totaling 220 acres and nine miles of hiking trails - all open to the public for outdoor recreation and enjoyment. They depend on our local community for financial support and hands-on help in land management, trail maintenance, community outreach, hosting school field trips, and community educational events.

**WDBX** provides a public forum for artistic and cultural expression and for the exchange of ideas among individuals and the community. Since 1996 Heterodyne Broadcasting, has been broadcasting from Carbondale, Illinois, at the frequency 91.1 FM under the FCC assigned call letters WDBX. With this non-commercial, educational FM license, WDBX operates as a Community Radio station with almost all programming created by local DJs.

Visit [neighborhood.coop](http://neighborhood.coop) if you know of an organization that could benefit from our program.



## 2021 Co-op Farm Crawl

Farm crawls (also called farm tours) are among the most enjoyable and effective forms of agritourism because they immediately engage community members with local growers. The Farm Crawl is an excellent opportunity for families and friends to tour local farms in southern Illinois. Farmers in our region open up their doors during this unique opportunity to share the history of their farm and how they got started. Things you can expect and learn:

- The unique farming industry in Southern Illinois
- One-on-one interactions with local farmers
- See demonstrations
- Learn about various crops, livestock, and unique ups and downs in farming
- How farms operate and developed their business

It makes a difference when you know the story behind your food! This kind of interaction is tremendously effective at conveying the delights of local food and the importance of supporting a local food economy.

Neighborhood Co-op has worked with local farmers and producers in Southern Illinois for many years to build up our local food economy. We feel it is essential to educate and connect our customers with our local food sources. Not only is it an excellent opportunity to learn, but it is also a fundraiser! This year's Farm Crawl is partnering with Food Works to support their outstanding work in building our local food economy.

This year's **Farm Crawl is set for September 11-12**. Car passes will be available for purchase in late August 2021 at the Co-op. This event is a self-guided tour. Each pass will give you access to each of the farms on the crawl for two days!

*Food Works is a non-profit organization facilitating the development of a regional food economy in Southern Illinois. Every ticket that is purchased will go to support this great organization.*





# DON'T WORRY, BE

by **Monica Tichenor**

When I was growing up in central Illinois in the 1960s and '70s, my late mother loved to play Louis Armstrong's "On the Sunny Side of the Street" on the piano and sing along in her pure soprano voice. The tune was one of her favorites not only because she was fond of the melody, but also because the lyrics mirrored the positive nature she exuded, seemingly without effort, throughout her life.

My mom's early life wasn't easy – as a teen during WWII, she survived the Nazi occupation of her home country of France – and as a wife and mother of 10 children, she experienced her share of trials. Like most women of her era, she was stoic about hardship and tended to withhold her deepest worries from her children. Still, you would often find her at the piano, processing her feelings through music as she played everything from American standards to opera, ever seeking that sunny side of the street. "The sun is behind the clouds," she'd say.

It's true that a positive attitude can be a lifeline when an unexpected setback or challenging situation shakes our foundation. It can transform a bad turn of events into new opportunities – a job that better suits our talents or a relationship that is more reciprocal and fulfilling. Numerous research studies confirm that a positive attitude can help to reduce stress, boost confidence, and improve our health and relationships.

But what happens when a loved one dies or we're suddenly faced with a serious illness? Platitudes such as "everything happens for a reason" or "what doesn't kill us makes us stronger" aren't what we need to hear when we're in crisis. In fact, they are examples of toxic positivity, which is harmful and potentially dangerous.

## **What is Toxic Positivity?**

Toxic positivity overgeneralizes a happy state of mind and applies it to all human experience across the board, regardless of circumstances. We may feel pressure to be happy all the time, no matter how complex or tragic the situation we're facing, and feel like failures when we're not. Social media exacerbates this phenomenon because we invariably begin to compare ourselves to others based on what we see online. *They're thriving, we say to ourselves, but I'm not. What's wrong with me?*

"I define toxic positivity as the belief that the only response to any life experience, internal and external, is a positive one," says Elana Floyd-Kennett, LCSW, a psychotherapist in private practice in Carbondale. "I believe it has evolved out of the genuine use of positivity to help us in times of struggle and difficulty."

In therapy, patients can learn how to shift a negative mindset, enabling them to view a situation that feels intractable from a different perspective, but the practice of toxic positivity can be more difficult for some people to unlearn.

"In evidence-based practices in psychotherapy, cognitive reframing is an effective and very common focus because our internal beliefs and perceptions can be narrow and distorted or we may not genuinely know another way of viewing an experience," says Elana. "Human nature is often about experiential avoidance. This is one of the most common ways humans manage difficult moments. One way we can avoid pain is to have a rigid requirement and response. For some folks, the only response is a toxic positivity one. We risk minimizing or devaluing a person's experience."

# HAPPY

## How Toxic Positivity Hurts and What To Do About It

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### **The Positive Psychology Movement**

Self-help teaching is not new in human history; it's been around since Ancient Greece. We all want to find purpose, to be healthy and happy, to live our best life as we envision it. To reach those goals, some of us turn to self-help books, videos, and workshops for guidance.

Positive psychology, however, is a bit different. It's a relatively new psychological theory that emerged in the last two decades, explains Elana, and it has a specific focus.

"Positive psychology emphasizes the positive influences in a person's life and is based on the belief that happiness is derived from both emotional and mental factors," she says. "Applied in psychotherapy, it becomes part of cognitive reframing and reprocessing, looking at human characteristics such as strength, kindness, honesty, and compassion. It also applies to social situations and institutions that are constructive, supportive, and life enhancing. The self-help approach may pull from psychological, social, and medical models and evidence-based data can include positive psychology."

### **Is Being Happy a Choice?**

Positive thinking messages have been around for generations – and in the last few years, we've been inundated with them on social media. Sometimes we share them! While the messages can offer encouragement or make us laugh when we're having a bad day, those same words can ring hollow when we're confronted with life-altering news.

"In a personal crisis, what we need most is to be acknowledged, to be heard, and our story witnessed," explains

Elana. "Responses like 'think positive' or 'choose happiness' can add to a person's current overwhelm, activate isolation, and add to their distress."

Abraham Lincoln, who struggled with depression most of his life, famously said, "Most people are as happy as they make up their minds to be." Perhaps he meant that we can't always choose what happens to us, but we can choose our response to it. But, is being happy really a choice?

"In contextual behavioralism, choice is at the core of any internal or external experience," says Elana. "The key question is, 'what are my choices in this moment'? This is a skill that can be practiced, nurtured, and built to help us in any moment. Positive thinking is a choice. Being happy? That one is very complex and elusive. It is the source of many folk suffering. Life is full of gratifying, amazing, and life-enhancing experiences. It is equally full of terrible, horrible, and painful experiences. Our possibility here is: how do we respond to what is actually happening in the moment? That is where we have some control. That is where we have some choice. That is the more authentic approach, and it is more likely to be helpful."

### **The Dangers of Toxic Positivity**

"Cheer up." "Think positive." "Look at the bright side." "Count your blessings." "It could be worse." "It's not that bad." "Positive vibes only." While these phrases are usually delivered with good intentions, their meaning can feel insincere to someone in distress. Even encouraging words like "You've got this" and "You rock" can minimize another person's pain, says Elana.

*Continue to next page*

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“Those folk sharing these words may have the best intentions, yet they miss acknowledging what that person is actually experiencing. Examples of toxic positivity that are more hurtful and potentially destructive are the dismissive ones like ‘Now, you know that you will get through this and everything is going to be okay.’ Again, this may be well intentioned. But, in those moments, the individual hurting does not need to hear what is on the other side. They need comfort and affirmation.”

Toxic positivity also can lead to tragic consequences, which is why it’s critical to show compassion to someone overwhelmed by suffering.

“A toxic positive response can push us into self-isolation and avoidance to get away from the pain of overwhelm,” explains Elana. “We need to get away from the hurting. Thus, isolation from people can increase and worsen already present anxiety. Then, folk are more at risk of dangerous forms of avoidance, like substance use, to numb out. The worst is when folk disconnect, hopelessness gets big and intrusive, and suicide can become an authentic answer to get away from pain.”

### **Sometimes We’re Just Not Okay**

As the country slowly emerges from the dark cloud of the Coronavirus pandemic, many of us are still wary of interacting with others despite our need for human connection. After all, we’ve just spent more than a year wearing masks, washing our hands, and isolating ourselves from others in an attempt to keep each other safe.

But the minefield of anxiety and uncertainty we’ve been navigating has taken a toll – and no amount of bread baking or binge-watching shows on Netflix® or Hulu® can heal the trauma we’ve collectively shared or fill the void left by the enormous loss of life. We simply cannot act as if the past 16-months didn’t happen.

Is it possible to strive for a positive outlook, even during an intense crisis like a pandemic, while also acknowledging that we’re not okay and need time to recover?

“Certainly,” says Elana. “Psychological flexibility includes the simultaneous acknowledgment of a range of negative, neutral, and positive happenings. In the last 16 months, I was able get out of the shock and numbness that I was feeling as a response to the global suffering and political chaos by saying out loud, ‘This is so terrible and painful.’ Many folk know this psychological skill of acknowledging what actually is. Many folk do not because they are just trying to make it through the moment. All are valid. All are authentic.”

### **How to Avoid Toxic Positivity**

One of the kindest actions we can take to ease another’s suffering is to simply affirm that person’s experience.

“When we hear of someone struggling or having a genuine human moment, acknowledge the moment by saying ‘I hear you,’” says Elana. “This is one of the most healing and affirming statements. It offers connection and acceptance. We can hold presence with folk by being physically or virtually with them and not change the moment by trying to reframe the emotion. We can also grow our own self-awareness by asking ourselves: What do I need in this moment? This self-acknowledgement can often help shift internal distress, so we can be in the emotion and honor it, even if it is just for a few seconds, and then move through that emotion more effectively.”

Other compassionate statements we can offer, adds Elana, are “That must be very difficult to feel;” “Help me understand what you are feeling;” and “Do you need me to listen or do you need feedback?”

### **The Road to Healthy Positivity**

Learning healthy ways to process emotions in everyday life can impart a sort of “muscle memory;” which can then engage both physically and psychologically when we are experiencing more intense upheaval. But, how do we actually do that? What tools can help us find our way through life’s darker valleys?

“Much of my psychotherapy practice is guiding and engaging body-focused approaches like sensorimotor awareness,” says Elana. “I will ask folk to check in with their heart center, literally – to notice sensation there, just as it is. This body-focused approach engages our parasympathetic nervous system of release and calming. It also is a compassionate and helpful way of honoring our body and how it is communicating. Our hearts are often genuinely breaking. Noticing and holding our hand on our chest can be very supportive and comforting. This can help make space for the pain of our genuine experience. Although this can be very difficult to do, it can be practiced in small steps.”

Another approach Elana encourages is Yoga Nidra, an effective deep relaxation practice that is also body focused – full of acceptance of what is – not changing the tension or tightness or numbness that we may find as we do a body scan.

“Again, it activates our parasympathetic nervous system,” explains Elana. “Practicing conscious breathing honors these moments and helps us to have less physical distress with our feelings and sensations.”

While these practices work for most people, folx with acquired trauma can have greater difficulty noticing their body, Elana adds. "We often do not feel safe within our bodies. Being compassionate about this truth and gradually helping ourselves to grow a sense of safety within is essential."

### **Resources to Guide Your Experience**

Books, videos, and online resources about healthy positivity can be found with a quick search on the Internet, but Elana also recommends other practices to guide our growth towards self-acceptance and self-understanding.

"I would recommend exploring Expressive therapies like movement, writing, dance, and art," she says. "Richard Miller, PhD and Jon Kabat-Zinn are very good resources for Mindfulness, Meditation, and Yoga Nidra. These evidence-based approaches are trauma-informed and allow us to express ourselves safely."

Another therapeutic approach Elana recommends is Internal Family Systems Therapy (IFS), an evidence-based therapeutic model developed by Richard Schwartz, which is based on 40-years of study and development. "The model focuses on an authentic way of being with ourselves and our inner parts to create safety and acceptance of our plurality and to grow trust and safety with our inner parts that may be extreme and polarized," says Elana. "This work is complex and very healing. It is best done with a therapist trained in IFS. Schwartz also has some YouTube® videos on IFS that are very interesting to explore."

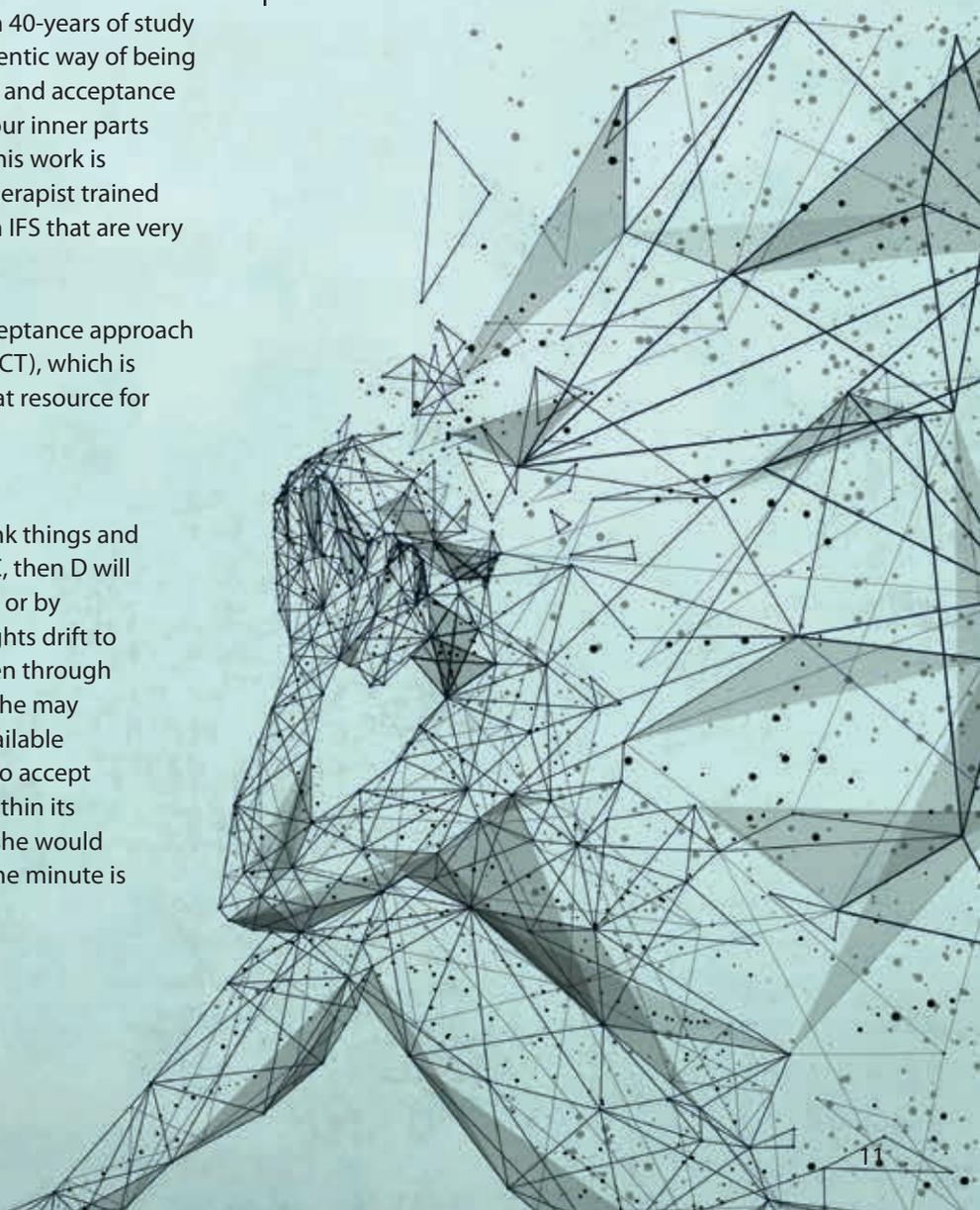
Finally, another option is the Mindfulness and Acceptance approach through Acceptance and Commitment Therapy (ACT), which is hugely evidence-based, says Elana. "Praxis is a great resource for workbooks on Mindfulness and Acceptance."

### **Accept the Weather**

When I'm working through a crisis, I often overthink things and try to approach it through logic – If I do A, B, and C, then D will happen – or I distract myself with household tasks or by going on exceedingly long walks. Often, my thoughts drift to my mother whose sunny personality persisted even through her struggles with anxiety and depression. While she may not have adopted some of the newer practices available to us to process our emotions, she always strived to accept the weather as it was, rain or shine, and to work within its parameters. "One day is the most we can handle," she would tell me. Indeed, it is. But sometimes one hour or one minute is all we can manage. That's okay, too.

## **HEALTHY POSITIVITY TIPS**

- Acknowledge your authentic emotions
- Refrain from pretending you're okay when you're not
- Protect yourself from toxic positivity on social media
- Set boundaries with people who disguise toxic positivity as support
- Adopt mindfulness and meditation practices
- Listen without judgment
- Be present and affirming with those who are hurting



# Welcome Summer and Stress Less with 5-Ingredient Recipes

by **Monica Tichenor**

No season delights the senses quite like summer. Blue skies and warm weather beckon us outdoors to play. Bright green foliage and vivid flowers greet us at every turn. Gardens and farmers markets explode with fresh produce, just waiting for us to bite into their goodness.

Summer just makes us feel better – and after what we've endured during the past 16-months of the Coronavirus pandemic, we're all eager for a respite from worry, isolation, and uncertainty. Thankfully, as Covid restrictions begin to ease, and with many of

us now fully vaccinated, we can reunite with loved ones for outdoor picnics, backyard barbecues, and meals together indoors. (Check CDC guidelines)

When temperatures are high, nobody wants to toil over a hot stove for long hours, so we've put together a simple dinner menu featuring a five-ingredient main dish and a non-dairy dessert. Best of all, everything comes together in a snap, giving you more time to do what you really want – eat delicious food and reconnect with family and friends!



## 5-Minute Magic Green Sauce

This sauce has a few more than 5-ingredients, but is easy to make. Double the batch and keep in the fridge to use throughout the week. Delicious and goes on anything.

Makes about 2 cups (8 servings) – serving size 1/4-cup

### Ingredients

- 1 avocado
- 1 cup packed parsley and cilantro leaves (combined)
- 1 jalapeño, ribs and seeds removed
- 2 cloves garlic
- Juice of 1-2 limes
- 1/2-cup water
- 1/2-cup olive oil
- 1 teaspoon salt
- 1/2-cup shelled pistachios (substitutes: walnuts, almonds)

### Instructions

Pulse all ingredients – except pistachios – in a food processor (or blender) until incorporated. Add pistachios and pulse until mostly smooth, depending on the consistency you prefer.

Serve as a dip, spread, or sauce – or add additional water or oil to thin the sauce for use as a dressing or a marinade.



## Pink Lemonade Nice Cream

Sweet, tangy, and so refreshing, you'll want to eat it all summer long!

Servings: 5

### Ingredients

- 3 medium ripe bananas, sliced and frozen
- 2/3-cup fresh or frozen raspberries
- 1 tablespoon lemon zest
- 2 tablespoons lemon juice

### Instructions

Place bananas, raspberries, lemon zest, and lemon juice squeezed from fresh lemons in a food processor or blender and process until smooth.

Serve immediately (texture like soft serve). Or, spread in a pan and freeze for 30-minutes, then scoop and serve. Fun serving option: Scoop the flesh out of the lemons you used to squeeze the fresh juice, then serve the nice cream inside the hollowed out lemon halves!





# Pantry Staples for Easy Summer Dinners

Keep these items on hand for easy meal options!

## Farmers Market Fresh Finds

- Seasonal Vegetables and Fruits
- Herbs
- Nuts
- Local honey

## Grains, Pastas & More

- Quinoa
- Couscous
- Pasta
- Corn & flour tortillas

## Bottled & Canned Goods

- Canned tuna and salmon
- Beans
- Marinara Sauce
- Canned soup
- Vegetable/Chicken/Turkey Broth
- Marinades & Condiments (soy sauce, tamari, coconut aminos, mayonnaise, salsa)

## In the Fridge

- Hard cheese, non-dairy cheese substitutes
- Cured meat and plant-based sandwich meat substitutes

## Freezer

- Pizza Crust
- Pie dough
- Mixed vegetables (corn, green peas, chopped spinach, cauliflower, broccoli)

## Meat and Seafood

- Frozen shrimp
- Ground beef, turkey, Italian sausage
- Frozen boneless, skinless chicken breasts
- Plant-based meat substitutes

## Green Goddess Quinoa Summer Salad

Enjoy as is or try the optional add-ins.

Servings: 4-6

### Ingredients

- 2 cups cooked quinoa (cook in vegetable broth for more flavor)
- 2 cups halved cherry tomatoes
- 2 cups spinach leaves
- 1/2 cup or more, to taste of Magic Green Sauce (see recipe on page 12)

### Optional Add-ins:

- fresh Mozzarella cheese (or vegan substitute), cut into bite-sized pieces
- a few handfuls of crushed almonds or other nuts
- grilled veggies like asparagus or zucchini
- grilled chicken or meat substitute

### Instructions

Cook the quinoa in advance if you can – it tastes best when it's had a few hours to cool. You might want to cook extra and freeze for later use in other recipes.

Toss all ingredients together to combine. If the Magic Green Sauce is too thick to toss together with the other ingredients, just add a little water or oil to the bowl and it should toss together smoothly.



## More 5-Ingredient Recipes!

(Search: 5 ingredients on each site)

- [purewow.com](https://www.purewow.com)
- [eatingwell.com](https://www.eatingwell.com)
- [cookinglight.com](https://www.cookinglight.com)
- [pcrm.org](https://www.pcrm.org)
- [simple-veganista.com](https://www.simple-veganista.com)

# You Are What You Eat: How to Fuel Your Fitness

by **Monica Tichenor**

One of my most vivid memories as a child is of pulling ripe tomatoes off the vine in our family's garden and biting into them where I stood, tomato juice and seeds dribbling down my chin and onto my shirt. To me, our plump tomatoes were the shining star of the garden, so it makes sense that my favorite childhood meal was tomato soup, which always tasted best when paired with my dad's perfectly grilled cheese sandwiches. If it's true that you are what you eat, at that age I was unquestionably a tomato – with a side of cheese.

## **Your Diet and DNA**

As it turns out, you ARE what you eat (although not literally) – and scientific studies prove it. Studies in the field of epigenetics, which examines how our behaviors and environment can alter gene expression, show that nutritional elements in food can trigger certain genes to switch on or off, which in turn can either enhance or harm our health. And in a 2016 study on two groups of parasites, researchers at the University of Oxford detected actual differences in DNA sequences that could be attributed to diet. [Seward, Emily A.; Kelly, Steven. Dietary nitrogen alters codon bias and genome composition in parasitic microorganisms. *Genome Biology*, 2016.]

## **We are Born to Move**

Did you know that the human body is made of about 7 octillion atoms (that's a "7" followed by 27 zeros, or seven billion billion billion), all working together to run every process of the complex machinery that is you? Our bodies are in a perpetual state of motion internally. We are literally wired for movement – and both how we move and what we eat can have a profound impact on our overall health.

"Any movement, including the most basic actions, require the use of energy and muscle involvement," says Dr. Phil Anton, Ph.D., Associate Professor in the School of Human Science at SIU Carbondale and Director of the Exercise Science program. "Obviously, the more muscle groups that are involved at a higher intensity, the more adaptation we will see in the human body by way of improved physical fitness."

## **Your Essential Macronutrients**

How – and how often – we move influences the amount of carbohydrates, fats, and protein (known as macronutrients) needed to fuel our bodies before, during, and after exercise.

"Exercise requires the use of carbohydrates for fuel, so that is an absolutely essential part of an athlete's diet," says Dr. Anton. "Most activities will use plenty of fat as a fuel, as well, although the higher the intensity, the more carbohydrates become our primary fuel source because of the speed at which they can be broken down. Longer duration activities also may require the use of protein as a supplemental fuel if carbohydrate supply runs low."

After any endurance event, lost nutrients must be replenished, adds Dr. Anton. "Post-exercise meals should include a balance of carbohydrates, fats, and protein, as all three are essential for the demands of the recovery process."

The ideal daily amount of carbohydrates, fats, and protein required for an active adult can vary based on individual fitness goals, says Dr. Dawn Null, Ph.D., RD, LDN and Assistant Professor in Human Nutrition and Dietetics at SIU Carbondale. But most people benefit from a percentage range based on Dietary Reference Intakes (or DRIs), a set of reference values used to plan and assess the nutrient intakes of healthy people.

“The Acceptable Macronutrient Distribution Range (AMDR) for adults is 45-65% carbohydrate, 10-35% protein, and 20-35% fat. Depending on outcome, percentages may vary slightly; however, according to the Institutes of Medicine, the ranges are wide enough to cover the needs of most active individuals.”

### **How Your Body Converts Food into Fuel**

Food is our only supply of energy – and understanding how our bodies convert food into fuel can inform our decisions about what to eat, how much, and when.

“Two major systems are involved in the metabolism of food into fuel, powering everything from basic survival functions to the muscle actions involved at the highest level of sport,” explains Dr. Anton. “One system is anaerobic (non-oxygen using) and the other is aerobic (oxygen-dependent). All of our food has potential energy contained in the chemical bonds that hold it together in either solid or liquid form.”

The conversion process begins in our mouths where special enzymes in saliva start to break down food into its component parts. Enzymes continue their work during digestion, turning carbohydrates into glucose, fats into fatty acids, and protein into amino acids. Carbohydrates are either burned immediately for energy or stored for later use in chains or polymers of glucose called glycogen. Fats can also be burned immediately or stored. The amino acids in protein, however, cannot be stored, so surplus protein is either turned into glucose for energy or converted into and stored as fat (excess carbs are also stored as fat).

“The main purpose of carbohydrates and fats is the production of usable fuel for activity,” says Dr. Anton. “Protein can be used for this purpose, but it normally contributes less than 5% of the energy used for activity. When macronutrients go through either anaerobic or aerobic metabolism, they are broken down further and the bonds that are broken release potential energy that can be used in the creation of our primary energy molecule, adenosine triphosphate, or ATP. The energy contained in ATP powers our activity.”

### **Carbohydrates: Your Body’s Super Fuel**

Carbohydrates are the primary energy source needed when it comes to higher intensity activities such as running and circuit training or sustained moderate-intensity exercise, such as lap swimming and hiking. This is because carbohydrates can be broken down the fastest to produce the ATP needed to meet the energy demand, explains Dr. Anton.

“Macronutrients need to be consumed before any activity, particularly carbohydrates because they will get used in great quantities during high intensity activity and longer duration moderate activity. Also, to metabolize fat effectively, carbohydrate metabolism needs to occur at the same time. Keep in mind that fat burns in a carbohydrate flame. If you’re low on carbohydrates and don’t consume carbs before your workout, your body will turn to protein (muscle tissue) to make the energy you need.”

Carbohydrates are so critical to athletic performance that many athletes practice a nutritional strategy called “carb loading” several days before a competitive event. When athletes carb load, they eat more carbohydrates than usual while also cutting back on workouts, so their bodies can deposit a glycogen reserve to access during competition.

If you’re carb loading ahead of a half-marathon, swim meet, or triathlon, it’s best to consume complex carbohydrates for sustained energy, so your body isn’t forced to scavenge muscle tissue for energy in the heat of competition.

“Complex carbohydrates found in peas, beans, pastas, breads, whole grains, legumes, and vegetables take longer to metabolize,” says Dr. Anton. “They provide more of a ‘time-release’ effect for exercise, as opposed to the rush you might get from simple sugars.

Timing of your post-exercise meal is important, as well, because any breakdown of muscle or tissue during a workout is most likely to be repaired within the first few hours after you finish. Consuming protein with carbohydrate after a hard workout or competition is the most beneficial option for muscle repair and recovery.

***Continue to next page***



## Eating for Health and Fitness

The Keto Diet. The Paleo Diet. The Mediterranean Diet. The Atkins Diet. We are bombarded with conflicting messages about how to eat for specific outcomes. It can be a struggle even for professionals trained in the field of nutrition to find the right balance.

“Even for us pros, untangling nutrition fact from fiction can be challenging,” says Dr. Null. “However, the recommended diet for an athlete is very similar to the recommended diet for any healthy individual. A well-balanced diet consisting of fruits and vegetables, lean protein sources, whole grains, and fat-free or low-fat dairy products, which will give you more energy, help improve your athletic performance, and improve your recovery time.”

Among the foods Dr. Null recommends are:

- whole grains like wild rice, oatmeal, 100% whole wheat bread, and pasta;
- lean protein sources, such as chicken, turkey, legumes (beans, peas, and lentils), nuts, fish, and eggs; and
- healthy fats (monounsaturated and polyunsaturated), including avocados, nuts, seeds, tuna, and salmon along with vegetable oils like olive and canola.

“Stick with whole foods, which are unprocessed or minimally processed and maintain all of their nutrients, such as fiber and phytochemicals, and that don’t have added sugar, fat, sodium, or other ingredients,” says Dr. Null.

To assist with meal planning, Dr. Null suggests “The Athlete’s Plate,” a plan developed by the Sport Nutrition Graduate Program at the University of Colorado in Colorado Springs in collaboration with the U.S. Olympic Committee’s Food and Nutrition Services.

“Like the U.S. Department of Agriculture’s MyPlate resource, The Athlete’s Plate provides an easy-to-follow visual on how to plan meals for easy training, moderate training, and hard training,” says Dr. Null. Visit the Athlete’s Plate at [swell.uccs.edu/theathletesplate](http://swell.uccs.edu/theathletesplate).

## Avoid Dehydration

To help our bodies maintain a stable body temperature (called thermoregulation), we release the heat generated by exercise through sweat. And when we sweat, we lose one of the most essential nutrients we all need: water.

“Proper hydration is important on a regular basis and fluid losses during exercise should be monitored and replaced,” says Dr. Null. “Even slight dehydration can cause fatigue and weakness, negatively affecting athletic performance and health. The American College of Sports Medicine (ACSM) recommends drinking 17 ounces of water two hours before a workout, drinking fluids at regular intervals during the workout, and replacing fluids post-workout with 20-24 ounces of fluid for every pound lost.”

Both water and sports drinks rehydrate the body and help to replace depleted electrolytes, but is one better than the other?

“If the workout or athletic event is less than 60 minutes, water is sufficient,” advises Dr. Null. “For workouts or events lasting longer than an hour, the ACSM recommends drinking 3-8 ounces of a sports drink (5-8% carbohydrate, plus electrolytes) every 15-20 minutes throughout the activity.”

Be especially mindful of hydration when exercising in the southern Illinois summer heat, adds Dr. Null. “Heat and humidity combined with intense activity not only can result in poor athletic performance, but also exertional heat injury.”

## Nutrition as Injury Prevention

While no dietary choice will directly make you more susceptible to injury, inadequate nutrition could trigger a series of processes that could lead to injury, says Dr. Anton.

“A lack of adequate nutrition or eating higher quantities of simple sugars could induce early-onset fatigue, which could contribute to movement mistakes that lead to injury. Inadequate nutrition also could lead to incomplete recovery, causing musculoskeletal injuries during subsequent bouts of activity.



And excess caloric intake could increase fat deposition, possibly leading to both acute and repetitive-use musculoskeletal injuries, along with metabolic disease like diabetes and cardiovascular disease.”

Nutrient deficiencies, such as a calcium deficiency, can also result in an increased risk of injury like stress fractures or bone strains.

### To Supplement – Or Not

Supplements are a point of contention in the health and fitness community – and while some can fill in nutritional gaps, others can be dangerous.

“Health claims made by supplement companies are frequently exaggerated and don’t always contain the nutrients listed on their label,” warns Dr. Null. “It is not uncommon for supplements to have hidden ingredients not listed on the supplement facts label, which have the potential to cause harm.”

While Dr. Null believes there is no need for supplementation with a well-balanced diet, if you have a deficiency in a certain nutrient or nutrients, supplements may prove helpful. If you do choose to take supplements, protect yourself by looking for the USP verified mark.

“A USP mark indicates that the supplement has been independently tested,” explains Dr. Null. “It verifies that the

product contains the ingredients listed on the label in the declared amounts and potency, that it does not contain harmful levels of specific contaminants, that it will break down and release in the body within a specified amount of time, and that it has been made according to FDA Good Manufacturing Practices.”

It’s also best to avoid any supplements that feature undefined claims, adds Dr. Null. These include the terms complete, advanced, beauty, metabolism, vitality, and high potency.

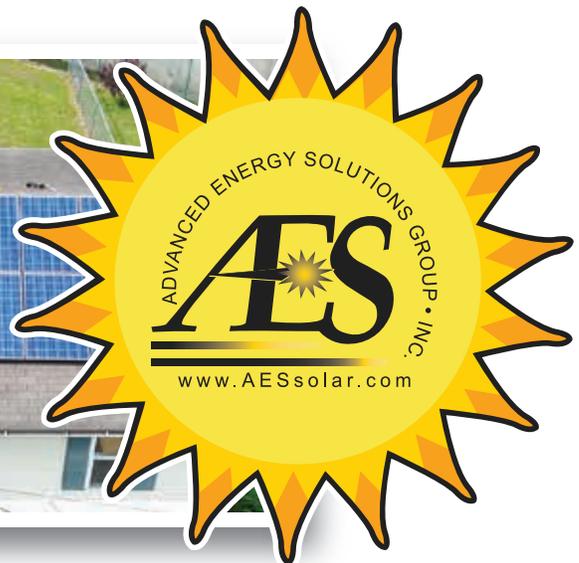
“My best advice to enhance fitness outcomes and/or improve performance is simply to eat a well-balanced diet,” says Dr. Null. “Eat whole foods – the real foods you’ll find on the perimeter of the grocery store. Fresh produce, lean meats, whole grains, and low-fat dairy are the way to go.”

**NOTE:** Before beginning a new diet or exercise program, consider your current health and activity level and talk with your doctor if you take prescribed medications. Adjust your diet based on specific athletic goals and training needs, energy needs, sport, and gut tolerance.

### Nutrition & Fitness Resources

- American College of Sports Medicine: [acsm.org](http://acsm.org)
- The Athlete’s Plate: [swell.uccs.edu/theathletesplate](http://swell.uccs.edu/theathletesplate)
- The Gatorade Sports Science Institute: [gssiweb.org/en](http://gssiweb.org/en)

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## Summer Reading Fun for Kids

Summer is in full swing – and after a challenging year and a half of remote/hybrid learning, parents and kids are craving a little normalcy. While you're making plans for family fun in the sun, don't forget to encourage your kids to read some new books this summer!

Reading over the summer will help your kids avoid the “summer slide,” a documented loss of learning that takes place between school years. Studies have shown that kids who don't read during the summer lose an average of 2-3 months of reading proficiency – and those losses add up significantly over time. But kids can prevent summer learning loss just by reading 2-3 hours per week.

Check out this list of books featuring memorable characters and adventures that will capture your children's imaginations and invite them to learn more about the world, themselves, and others.

Find more books on Brightly at [readbrightly.com/summer-reading-central](http://readbrightly.com/summer-reading-central) or see Imagination Soup's 2021 Summer Reading List at [imaginationsoup.net/summer-reading-list-for-kids](http://imaginationsoup.net/summer-reading-list-for-kids).

### Ages 3-5

*Hello, World!* by Kelly Corrigan  
*Nosotros Means Us* by Paloma Valdivia  
(English & Spanish)  
*Look Out, Leonard!* by Jessie James  
*Fatima's Great Outdoors* by  
Ambreen Tariq  
*Summer Days and Nights* by  
Wong Herbert Yee  
*Big Feelings* by Alexandra Penfold  
*Happy Hair* by Mechal Menee Roe  
*Sorry (Really Sorry)* by Joanna Cotlar  
*Fry Bread: A Native American Family Story*  
by Kevin Noble Maillard  
*Summer Camp Critter Jitters* by Jory John

### Ages 6-8

*The Magician's Secret* by Zachary Hyman  
*The Ramble Shamble Children* by  
Christina Soontornvat  
*The Tree in Me* by Corinna Luyken  
*A Different Pond* by Bao Phi  
*Polly Diamond and the Magic Book* by  
Alice Kuipers

*Jo Jo Makoons: The Used-To-Be-Best-Friend* by Dawn Quigley (ages 6-10)  
*Meet Yasmin!* By Saadia Faruqi  
*The Ocean Calls* by Tina Cho  
*Tea Cakes for Tosh* by Kelly Starling Lyons  
*J.D. and the Great Barber Battle* by  
J. Dillard

### Ages 9-12

*A Girl, A Raccoon, and the Midnight Moon* by Karen Romano Young  
*Blended* by Sharon M. Draper  
*Grump: The (Fairly) True Tale of Snow White and the Seven Dwarves* by  
Liesl Shurtliff  
*Marcus Makes a Movie* by Kevin Hart  
*girl stuff* by Lisi Harrison  
*Kudo Kids: The Mystery of the Masked Medalist* by Maia Shibutani  
*Dog Squad* by Chris Grabenstein  
*This is Your Time* by Ruby Bridges  
*Tornado Brain* by Cat Patrick  
*Iggly is the Hero of Everything* by  
Annie Barrows



### Tea Cake Recipe

From: *Tea Cakes for Tosh* by  
Kelly Starling Lyons

Makes about 2-dozen cookies

#### Ingredients

2 sticks sweet cream butter  
1-3/4 cup sugar, plus additional for topping  
3 eggs, lightly beaten  
1-1/2 tsp. pure vanilla extract  
3-1/3 cups all-purpose flour  
1/2 tsp. salt  
1 tbsp. baking powder  
Pinch of cinnamon, plus additional  
for topping  
Rainbow jimmies, or sprinkles (optional)  
Shortening (lightly greasing the cookie sheet)

#### Instructions

Preheat oven to 350 degrees F.

Cream softened butter and sugar. Mix in the eggs and vanilla until well blended and fluffy. Stir in flour combined with the next three ingredients. Mix thoroughly.

Lightly flour your hands so working with the dough is easier. Roll dough on a floured board, table or counter. (Note: Tea cakes should be thick. Don't roll out too thin.)

Cut into circles or shapes with the floured rim of a glass or cookie cutter. Place on greased cookie sheet. Top with cinnamon sugar or rainbow jimmies.

Bake until the cookies are set, about 12-14 minutes. Just the bottoms should brown.

Cool and enjoy. Store in an airtight container to keep them soft.

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