

**Maryland State Employee Worksite Wellness Initiative
Healthy Eating and ChopChopMaryland- Email Blasts
July 2012**

WEEK ONE

As a part of the State of Maryland's Employee Workplace Wellness Initiative, see ChopChop Maryland's delicious July recipe!

Zucchini, Corn, and Tomato Sauté! This is a great recipe for people with overflowing summer gardens—or whose generous neighbors have overflowing summer gardens! Or for anyone who loves zucchini, corn, and tomatoes. You can bring this great side dish to a healthy work meeting, cook outs, parties, and more! To view this and other monthly recipes in English and Spanish,

visit: <http://dhmh.maryland.gov/chopchopmd/SitePages/recipes.aspx>

- Sign up to receive healthy recipes created by an award-winning chef using Maryland ingredients that will engage families in planning, cooking and dining together. You can join the fun by texting CHOPMD to code 43186!
- Anyone can take the pledge and start getting ready to buy local foods during Buy Local Week (July 21st-July 29th). Make a special effort to share healthy, local foods at your worksite! The *Zucchini, Corn, and Tomato Sauté* is a great recipe to start. Learn more at, <http://www.buy-local-challenge.com/>

WEEK TWO

Get a family member or friend to join you in your quest to eat healthy! Sharing health goals with families, friends, and co-workers can be extremely motivating. Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today!

Balance Calories

- Pay attention to serving sizes during meals and snacks.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.
- Healthy snacks—like nuts and seeds, low-fat yogurt and whole grain crackers.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.

- Drink water instead of sugary drinks.

To learn more healthy food tips visit <http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html> and more about food safety and preparation visit <http://www.foodsafety.gov/>