



SHOP TALK

A Twice-Monthly Newsletter for our Team. June 15, 2023

If you are going through hell, keep going.

Winston Churchill

It does not matter how slowly you go as long as you do not stop.

Confucius

Many of life's failures are people who did not realize how close they were to success when they gave up.

Thomas Edison

Never confuse a single defeat with a final defeat.

F. Scott Fitzgerald

A wise man will make more opportunities than he finds.

Francis Bacon



June Is National Fresh Fruits and Vegetables Month

A general rule of thumb for a healthy and balanced diet is to have half your plate be fruits and veggies.



JUNE IS NATIONAL FRUITS & VEGETABLES MONTH

Skip the canned and frozen aisle and check out the delicious fresh fruits and vegetables coming into the grocery, farmers markets, and even your garden every day in June. Maybe visit a pick-your-own-fruit-and-vegetable farm and bring home the fruits of your labor. Savor the goodness of these delicious foods.

Add color to your meals during National Fresh Fruit and Vegetable Month in June. As the peak season for many early garden crops find their way into markets, it's an excellent time to take advantage of these freshly picked fruits and vegetables.


From zucchini and tomatoes, leafy greens, onions, and avocado, each provides added fiber, protein, and vital nutrients. Whether we eat them as a snack, on a salad or in smooth, it's important to have five servings of fruit and vegetables per day.

WHAT'S A SERVING?


FRUITS

4 servings per day


ONE MEDIUM FRUIT

 = About the size of your fist


FRESH, FROZEN OR CANNED

 = 1/2 CUP

DRIED

 = 1/4 CUP


FRUIT JUICE

 = 1/4 CUP


VEGETABLES

5 servings per day


RAW LEAFY VEGETABLE

 = 1 CUP

FRESH, FROZEN OR CANNED

 = 1/2 CUP

VEGETABLE JUICE

 = 1/2 CUP

**based on a 2,000 calorie eating pattern*

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

FRUITS

Apple, pear, orange, peach or nectarine: 1 medium

Avocado: Half of a medium

Banana: 1 small (about 6" long)

Grapefruit: Half of a medium (4" across)

Grape: 16

Kiwifruit: 1 medium

Mango: Half of a medium

Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe

Pineapple: 1/4 of a medium

Strawberry: 4 large

VEGETABLES

Bell pepper: Half of a large

Broccoli or cauliflower: 5 to 8 florets

Carrot: 6 baby or 1 whole medium (6 to 7" long)

Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long)

Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens)

Potato: Half of a medium (2 1/2 to 3" across)

Squash, yellow: Half of a small

Sweet potato: Half of a large (2 1/4" across)

Zucchini: Half of a large (7 to 8" long)

HOW TO **EAT MORE FRUITS AND VEGETABLES**

You can easily add color to every meal and snack. Try some of these practical tips that don't require a lot of changes to the way your family eats:

- Pack portable, easy-to-eat fruits and veggies in your work or school bag and avoid vending machine temptations.
- Add frozen peas or broccoli to rice when it's almost done cooking.
- Add extra veggies to soups and stews.
- Have a meatless meal once a week. Think vegetable lasagna, portabella mushroom "burgers" or grilled veggie kebabs.
- Fill out a sandwich with fruits and veggies. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
- Keep frozen and canned fruits and vegetables on hand for when you need to throw together a meal in a hurry. Compare food labels and choose items without too much sodium or added sugars.
- Work fruits and vegetables into your family's favorite dishes.
- Make adding fruits and veggies to meals a snap by cutting them up and keeping them in the fridge. They'll also be handy for snacking!
- When eating out, ask if you can substitute a fruit cup or side salad for fries and other less-healthy sides.
- Top yogurt, oatmeal and cereal with berries or sliced fruit.
- Make fruit popsicles. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
- Add spinach, peppers or mushrooms into scrambled eggs and omelets.
- For snack time, keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as single-serve containers of raisins or applesauce. Your kids may grab them instead of less-healthy snacks if they're readily available.
- Enjoy fruit for dessert most days and limit traditional sugar-sweetened desserts to special occasions.
- Make it fun for kids to try new fruits and veggies. Let them pick out a new fruit or vegetable in the grocery store each week, and figure out together how to cook or prepare it. You might end up expanding your palate as well!
- Eat the rainbow: A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.

BUILD A ***BETTER SANDWICH***

Sandwiches are a quick and easy meal, whether you make them at home or order out. Vegetables and fruits can make a sandwich healthier, tastier and more filling.



Add a variety of sliced or shredded produce, such as apple, avocado, carrot, celery, cucumber, greens, mushrooms, onion, peppers, radish, tomato and zucchini.

Replace some of the meat with extra veggies to cut back on sodium and saturated fat. For a hearty meatless sandwich try grilled veggies like portabella mushrooms or eggplant.



Try using flavorful spreads like guacamole, horseradish, hummus, pesto, salsa and tzatziki. They can take the place of traditional condiments like ketchup, mayo and mustard, which can have a lot of sodium, saturated fat and added sugars.



SHRIMP CAESAR SALAD ●

Elevate that plain Caesar with just a few extra touches. Grilled shrimp make it a great change!

1	lb	shrimp, 31/35 count or smaller
2	Tbsp	olive oil
1/4	tsp	salt
1/2	tsp	black pepper
3	Tbsp	lemon juice
16	cups	Romaine lettuce, chopped
1/2	cup	Parmesan cheese, shredded
2	cups	croutons
1/2	cup	Caesar Dressing

- Toss the shrimp in oil, salt & pepper.
- Grill or sauté on medium-high heat until tender. You want to grill, not steam, the shrimp, so working in small batches in a pan is best if you're not grilling them on the griddle.
- Remove from heat and toss in lemon juice.
- In bowl, toss the lettuce with the Caesar dressing.
- Transfer to a serving container or a salad bar pan.
- Top with cheese, croutons, and cooled shrimp.

MIXED BEAN SALAD ●

This simple dish is a cousin to Texas caviar but with a subtle Indian flavor. Serves 12 – 15.

2	Tbsp	fresh garlic, minced
2	Tbsp	cooking oil
1	can	kidney beans, rinsed and drained
1	can	black-eyed peas, rinsed and drained
1	can	navy beans, rinsed and drained
1	cup	onion, finely diced
1/2	cup	red bell pepper, diced small
1/2	cup	yellow bell pepper, diced small
16	each	cherry tomatoes, halved
6	each	green onions, thin sliced
1/2	cup	cilantro leaves, chopped
1/2	cup	olive oil
3	Tbsp	wine or balsamic vinegar
2	tsp	Dijon mustard
1/4	cup	mayonnaise
1/2	tsp	paprika
1/2	tsp	curry powder (optional)
1/2	tsp	black pepper
		Salt as needed

- Sauté the garlic in the cooking oil. Let cool.
- In a bowl, combine beans, onion, garlic, and bell peppers.
- Blend oil, vinegar, mustard, mayonnaise, and spices together to make a sauce.
- Fold into the bean mixture to blend (gently).
- Gently fold in the tomatoes, green onions, and cilantro.
- Place in a serving container or salad bar pan.





CHICKEN SALAD WITH GRAPES ●

A great way to use some leftover cooked chicken, and a great alternative to the usual cold cut tray.

- 4 cups cooked, chopped chicken
- 1 cup celery, diced small(ish)
- 1 cup grapes, red or white, cut in half
- 1/2 cup dried cranberries (craisins)
- 1/2 cup pecans, lightly toasted (optional)
- 1 cup mayonnaise
- Salt and pepper as needed

- Combine all ingredients except the grapes in a bowl.
- Blend together well, then add the grapes and fold in lightly. Take care not to crush or mash the grapes.
- Chill and serve

LEMON-GARLIC KALE SALAD ●

An unusual, hearty, and nutritious salad. Not for the casual salad-eater, but the health-conscious folks will appreciate it.

- 2 cups almonds, coarsely chopped *
- 1/3 cup lemon juice
- 1 1/2 cups olive oil
- 2 tbsp garlic, minced and mashed
- 1 tsp salt
- 1 lb kale leaves, trimmed (weight after trim)
- 1 cup Parmesan cheese

- Put the almonds on a sheet pan and toast lightly.
 - Remove from oven and allow to cool.
 - Heat the garlic in 1/4 cup of olive oil until the garlic is fragrant and tender, then remove from heat and allow to cool.
 - Cut the kale into thin ribbons, somewhat like taco lettuce but a bit thicker than that. Place in a bowl.
 - In a small bowl with the olive oil and garlic, add the lemon juice and salt. Stir well to blend.
 - Add the mixture to the kale and toss well to coat.
 - Sprinkle in the almonds, toss again, then top by sprinkling on the Parmesan cheese.
- You can substitute walnuts for the almonds. Also, you can add craisins and raisins in place of the Parmesan cheese.



Back Injury Prevention Exercises:

Wear [proper clothing](#). When lifting, grip is important. Wearing well-fitting gloves with a gripping surface will help maintain a good hold on objects while lifting. Shoes or boots with gripping soles will also help maintain balance and stability while lifting.

Preparation is key. Before lifting, determine whether the object even needs to be lifted. If you have access to lifting devices such as dollies, carts, pallet jacks or other lifting equipment, use them. The idea is to get the load as close to the destination as possible with the least physical effort possible.

Reduce the weight if you can; if you can split a load into two or more portions, do that.

Try to adjust the load height. Lifting from the floor will cause more stress to your body than if you lift from waist-height. By that same note, if you lift an object that's higher than your shoulders, an injury is more likely.

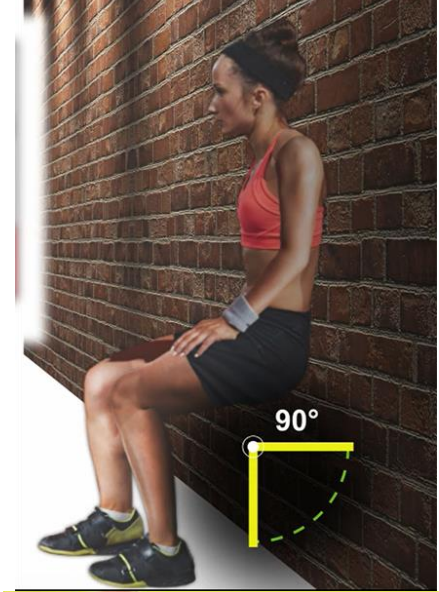
Plan out the shortest, most obstacle-free route you can take.

Stretch before lifting – Here are some examples of stretching exercises that can help prepare your body for lifting and prevent injury:



Side Bends – Stretches your abdominal muscles and hips:

Wall Squats – An easy way to stretch your lower back and upper legs:



Shoulder and Neck Stretches – Loosen the neck and shoulder:



7. When lifting:

- Bend your knees, not your waist
- Keep your back straight
- Hold the object you're lifting as close to your body as possible
- Gradually straighten your legs as you lift
- Shift your feet to navigate around obstacles; don't twist your body
- Do not lift with your feet too close together
- Do not round your lower back
- Do not lift or carry an unbalanced load
- Do not lift objects overhead with your neck and/or back arched
- Do not lift or carry a load that is too heavy for you; get help from a co-worker when necessary
- Do not lift directly after a long period of sitting or slouching

Exercise regularly to keep your back in good shape



ROTINI PASTA & FRESH VEGGIES ●

- 1 lb rotini pasta
- 2 tsp garlic, minced
- 2 each zucchini
- 1/4 cup Parmesan cheese, grated
- 1/4 cup tomato paste
- 1/4 cup olive oil
- 2 Tbsp butter
- 1 lb cherry or grape tomatoes

- Cook the pasta in salted water.
- When cooked al dente' remove and drain, reserving 1 cup of the water.
- Slice the zucchini lengthwise in quarters, and then dice it into pieces a bit smaller than 1".
- In a skillet, heat the olive oil, then add the butter and zucchini and cook until it just begins to brown.
- Add the garlic and cook until fragrant and tender.
- Mix the tomato paste in the reserved water.
- Place the pasta in a large saucepan, then add all of the remaining ingredients except Parmesan.
- Cook a couple of minutes until the tomatoes just begin to soften, and some of the liquid is absorbed into the pasta.
- Transfer to a steamtable pan and top with the Parmesan cheese.
- Garnish with some fresh chopped parsley if you wish.

Note: You can also add some yellow squash; just cut like zucchini and sauté it at the same time.

JAY LENO QUOTES



"Dairy Queen is selling something called the Cheesecake Blizzard. It's a pound of ice cream with chunks of cheesecake in it. We have now reached the point where cheesecake is merely an ingredient."

"With high-definition TV, everything looks bigger and wider. Kind of like going to your 25th high school reunion."

"Don't forget Mother's Day. Or as they call it in Beverly Hills, Dad's Third Wife Day."

"Scientists think they can now clone an all-white zebra. Now, I'm no expert, but isn't that a horse?"

"A new poll shows only 3 percent strongly approve of the job Congress is doing, with a margin of 4 percent, so it's possible that less than no one thinks they're doing a good job."

"How come you never see a headline like "Psychic wins Lottery"?"

"Yesterday morning Facebook was temporarily offline, leaving millions of workers unable to do anything except their jobs."

