

What do nutrition, frozen food have in common?



ANN BLOOM
IT'S ABOUT HEALTH & WELLNESS

March is National Nutrition Month and National Frozen Food Month. What do the two have in common? A great deal, it seems.

A month devoted to nutrition reminds us of the importance of eating a balanced diet of fruits and vegetables, low-fat dairy products, whole grains and lean sources of protein. These food groups provide all the essential vitamins, minerals and amino acids needed for health.

However, there are myths associated with some of these food groups. One involves fruits and vegetables. Are fresh fruits and vegetables more nutritious than frozen? Isn't fresh better? The short answer is no. Fresh, frozen, dried or in 100% juice form, it all matters according to the U.S. Department of Agriculture's Dietary Guidelines for Americans 2020-25.

When we speak of nutrition, what exactly does that mean? How much we eat each day, from each of the food groups varies depending on several factors — age, gender, height and weight and how active a person is during the day.

Again, according to the USDA's Dietary Guidelines for Americans, this generally means 3 cups of low- or nonfat dairy a day (or ounce equivalents). This would be a cup of milk or an ounce and a half of cheese, for example. For grains, it is 5-10 ounces for males and 6-8 ounces for females (an ounce is equivalent to a slice of bread). For fruits it means 1.5-2 cups

for females and 2-2.5 for males. With vegetables it is 2.5 cups for females, and 3-4 cups for males. Finally, with protein it is 5-7 ounces for males and 4-6.5 ounces for females of lean meat, chicken, fish, nuts or dried beans, or ounce equivalents (for example, an ounce of meat or one egg is equal to 1 ounce of protein).

Now, back to the question of whether fresh is better than frozen. In addition to being nutritious, frozen foods are convenient. Frozen fruits and vegetables can often be found on sale, too, at certain times of the year. Because they are often processed close to where they are picked or harvested, they retain their vitamins more than fruits or vegetables that must travel many miles to their store destinations losing quality and nutrition content. Frozen foods, if not overcooked, look much the same as they did when harvested.

According to Nicola Shubrook, registered dietitian, in an article for www.bbcgoodfood.com, there are many benefits to frozen produce, health and otherwise.

For one, she says, because produce is flash frozen within a few hours of being harvested it is almost like-for-like to its fresh counterpart. The small variations between fresh and frozen are negligible. Since some vegetables are blanched (briefly cooked) before freezing, many phytonutrients (carotenoids, for example) are retained, although sugar and salt levels may be a little higher with frozen food vs. fresh, she states.

Shubrook goes on to say that freezing is a long-term method used to extend the life of fresh produce, making it a healthy alternative since freezing does not require the addition of other ingredients or preservatives.

Though it is a good idea to check commercially frozen items for added sugar or salt, she said.

Freezing food also makes it more accessible during the months fresh produce is not available, which means those nutrients can be accessed year-round. Studies suggest that people who incorporate frozen produce into their diets tend to eat more fruits and vegetables.

Typically, frozen foods are less expensive than their fresh equivalent, especially out-of-season produce, such as peaches in December. There is minimum waste making, it's more cost effective and accessible to more people.

Also, frozen fruits and vegetables are easier to prepare and can be a time-saver for busy households. There is no washing, chopping, peeling or cutting needed. They are fast to cook, retain their shape and color (if not overcooked) and are a convenient choice for a healthy diet.

Frozen fruits and vegetables are recognized as safe for most people. If people are allergic to a certain fruit or vegetable, they will experience a reaction to that fruit or vegetable whether it is fresh or frozen, thus it should be avoided.

Whatever form you choose to incorporate fruits and vegetables into your diet — fresh, frozen, canned, dried or 100% juice — they're all healthy choices and they all matter.

For more information on nutrition and food groups specifics go to www.myplate.gov or www.foodhero.org.

Ann Bloom lives in Enterprise and has worked for the OSU Extension Service for 15 years as a nutrition educator. She studied journalism and education at Washington State University.

UNION COUNTY SENIOR CENTER LUNCH MENU

LA GRANDE — Lunch is served at the Union County Senior Center, 1504 N. Albany St., La Grande, on weekdays. The meal is open to the public and both sit-down and grab-and-go options are available. For information on having lunches delivered by Meals on Wheels, call 541-605-5556.

Dine-in meals: Served from 11:30 a.m. to 12:30 p.m.; use front entrance.

Takeout meals: Pick up from noon to 1 p.m. at kitchen's back door.

Cost: Age 60+, \$4 suggested donation; all others, \$7.

MARCH 28-APRIL 1 Monday: fish and chips or hamburger, coleslaw, fresh fruit, dessert.

Tuesday: chicken bacon wrap, pasta salad, fresh fruit, brownie.

Wednesday: pork roast or almond chicken, mashed potatoes and gravy, steamed green beans, fresh fruit, baked apples.

Thursday: chicken alfredo, Caesar salad, steamed Italian blend vegetables, baked bread, lemon sorbet.

Friday: ginger-cashew chicken over brown rice, spinach salad, fresh fruit.

BIRTHS

GRANDE RONDE HOSPITAL, LA GRANDE BRANDT: Keeton Kyle Brandt, born Feb. 26, 2022, to Kellie Brandt and Austin Brandt, of La Grande.

MONCRIEF: Jaxyn Thomas Nash Moncrief, born March 4, 2022, to Adri Moncrief and Nick Moncrief, of Union.

OLSEN: Aryan Olsen, born March 14, 2022, to Christina M. Shelley and Ryan P. Olsen, of La Grande. Grandparents are Leonette Shelley, James Shelley, Stephanie Frank and Virgil Frank.

WOLFER: Kaleb Skyler Wayne Wolfer, born March 11, 2022, to Tiffany Marie Wolfer and Michael Jacob Wolfer, of La Grande. Grandparents are Dawn Brotherton, Brent Brotherton, Cheri Stricker and Evan Stricker.

UPCOMING LOCAL SERVICES



March 26 — PATRICIA LEWIS: 10 a.m. graveside service, North Powder Cemetery; followed by 11 a.m. celebration of life, North Powder Grange.

March 26 — ANNETTE LECKENBY: 1 p.m. memorial service, Daniels-Knopp Funeral, Cremation & Life Celebration Center, La Grande.

March 26 — JUDY HUNT: 3 p.m. celebration of life, La Grande Seventh-day Adventist Church; followed by reception at La Grande Adventist Christian School.

April 2 — DIANNA BRAY: noon memorial service, Calvary Baptist Church, Cove; followed by reception and meal.

April 2 — ROBERTA TRUAX: 1 p.m. celebration of life, Island City Cemetery; followed by reception at 209 S. 18th St., La Grande.

April 9 — JUDY & BILL ROSS: 11 a.m. joint graveside service, Joseph Cemetery; followed by gathering at the Stubborn Mule.

April 24 — MICHAEL ROBINSON: 2 p.m. celebration of life, Loveland Funeral Chapel, La Grande; followed by reception at Riverside Park Pavilion, La Grande.

May 7 — TODD MCCOY: 1 p.m. graveside service, Prairie Creek Cemetery, Joseph.

May 19 — ORVA MURRILL: 2 p.m. graveside service, Union Victorian Cemetery.

June 23 — DAN KRAMER: 2 p.m. memorial service, Grandview Cemetery, La Grande.

— *Calendar courtesy of Loveland Funeral Chapel, La Grande.*

COMMUNITY BULLETIN BOARD

BRIEFS

Celebrate senior nutrition program's 50th anniversary

LA GRANDE — The Union County Senior Center, 1504 N. Albany, La Grande, invites the community to join the celebration of the 50th anniversary of the senior nutrition program.

On Tuesday, March 29, lunch is free for everyone age 60 and older. Lunch is served from 11:30-12:30 p.m. There will also be live music.

On Thursday, March 31, all ages are welcome to come by the senior center between 2:30 p.m. and 3:30 p.m. for a pie and ice cream social.

Watch recorded 'Bite Size Pieces' ensemble concert

LA GRANDE — The Grande Ronde Symphony's winter concert, "Bite Size Pieces," was performed March 2 in the renovated McKenzie Theatre on the Eastern Oregon University campus in La Grande. The Grande Ronde Symphony Association announced that the concert was recorded and is

available to enjoy online.

The concert can be accessed at www.granderondesymphony.org or on the symphony's Facebook page: www.facebook.com/GrandeRondeSymphonyOrchestra.

The concert features smaller ensembles, including brass, woodwind and strings, and was conducted by Zachary Banks, music director of the Grande Ronde Symphony.

Senior activities are back

LA GRANDE — Many activities at the Union County Senior Center have resumed. In addition to on-site weekday meals, the center is again offering games, music and exercise opportunities.

Before lunch on Tuesdays, the BlueMountaineers perform from 10:45-11:45 a.m., bringing live music back to the center.

Also on Tuesdays, pinochle games begin at 1:15 p.m., and bingo games are offered in the evening, with doors opening at 5:30 p.m.

Appropriate for all ages and levels of fitness, a chair exercise class is held on Monday, Wednesday and Friday from 10-11 a.m.

For more information, go to ccno.org, check out the senior center's Facebook page, call 541-605-5556 or stop by the Union County Senior Center, 1504 N. Albany, La Grande.

Attention Johnny Cash fans: Tickets on sale now for one-weekend 'Ring of Fire'

PENDLETON — The Elgin Opera House is putting on a revival of "Ring of Fire" — telling Johnny Cash's remarkable life story through his music — on one weekend in May at the Vert Auditorium, 480 SW Dorion Ave., Pendleton.

In 2016, the "Ring of Fire" production in Elgin was "one of the most rousing and enthusiastic performances to hit the Opera House stage," according to a press release. The Pendleton production features the original Opera House cast.

Shows are planned for 7:30 p.m. on Friday, May 6, and at 2:30 p.m. and 7:30 p.m. on Saturday, May 7. Tickets are sold through the Elgin Opera House box office. Order tickets at www.elginoperahouse.com or call 541-663-6324.

— *The Observer*

PUBLIC SAFETY REPORT

WEDNESDAY, MARCH 23

9:28 a.m. — A caller on the 200 block of Fourth Street, La Grande, reported harassment. An officer made contact and took a report.

12:52 p.m. — Local law enforcement responded to Umpqua Bank, 3106 Island Ave., La Grande, on a report of a trespasser. Police arrested James Kenneth Wright, 69, of La Grande, for second-degree criminal trespass, criminal trespass with a firearm and unlawful possession of a firearm.

3:45 p.m. — A Union County sheriff's deputy responded to Imbler on a report of an intoxicated driver. The deputy found the subject was having a medical episode.

4:15 p.m. — The Long Branch, 208 Depot St., La Grande, reported receiving a counterfeit bill. An officer responded and seized the fake money.

5:20 p.m. — La Grande police responded to the 700 block of H Avenue on a report of suspicious circumstances. An officer made contact with the subject and told the person not to drive.

6:46 p.m. — A Union County sheriff's deputy responded to the 600 block of East Birth Street, Union, on a report of a disturbance and trespassed one person.

8:10 p.m. — La Grande police responded to the 1500 block of

Madison Avenue on a report of a burglary. Police took a report.

THURSDAY, MARCH 24

2:16 a.m. — Union County sheriff's deputies responded to the 500 block of Patton Street, Summerville, on a report of a domestic disturbance.

10:05 a.m. — A La Grande police officer warned two people on the 1100 block of Jefferson Avenue for trespassing on the railroad right-of-way.

12:09 p.m. — A caller reported the theft of a vehicle from the 2300 block of Adams Avenue, La Grande. An officer made contact and took a report.

3:07 p.m. — La Grande police received a complaint about a sex crime. An officer took a report.

5:25 p.m. — La Grande police responded to the 2400 block of Q Avenue on a report of a fight. Officers arrived and the parties separated.

6:13 p.m. — A resident on the 100 block of Willow Street, La Grande, made a complaint about dogs barking and running loose.

11:22 p.m. — Local law enforcement responded to the 2600 block of Bearco Loop, La Grande, on a report of a disturbance at a residence. Police warned one person for disorderly conduct.

Michael T. Robinson

November 15, 1949 – November 26, 2021

Our family is saddened to announce the passing of Michael Tod Robinson, 72, of La Grande, Oregon, on Nov. 26, 2021, after a two-year battle with Alzheimer's. A celebration of his life will be held at Loveland Funeral Chapel on Sunday, April 24, 2022, at 2 p.m. A reception will follow at the Riverside Park Pavilion, 3501 N. Spruce St., La Grande, Oregon. Our family requests all of Michael's loved ones to join us in celebrating his beautiful life.



Michael was born on Nov. 15, 1949, in Contra Costa County, California, to George and Bertha (Lee) Robinson.

Michael is survived by his three children, Leana Lloyd, Tod Robinson and Lee Robinson; eight grandchildren and two great-grandchildren; brothers, George and Mark Robinson. He was preceded in death by his parents, George and Bertha Lee Robinson.

Online condolences may be made to the family at www.lovelandfuneralchapel.com.

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• CONTACT: Devi Mathson, dmathson@lagrandeobserver.com • 541-624-6007

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Wanita M. (Lethcoe) Hummel

September 4, 1925 – March 19, 2022

Wanita Mae Hummel, 96, of Elgin, passed away on Saturday, March 19, 2022, at a local care facility. A service will be held at a later date.



Wanita was born on Sept. 4, 1925, in Elk Point, South Dakota, to Harry and Norma (Johnson) Lethcoe. She resided in the Midwest and on the coast. She attended Riverside Grade School in Sioux City, Iowa, and graduated from high school. She married her one true love, Warren A. Hummel.

Wanita was employed with Tektronix. She enjoyed traveling, bowling and clamming. She was a member of the Elks and Moose Lodge.

Wanita is survived by her son, Danny Hummel (Jeannie) of Elgin, Oregon; daughter-in-law, Jeanie; grandchildren, Shelly Hummel, Angela Hummel Bean, Shane Hummel and Stacey Hummel; grandchildren by marriage, Jennifer McCue, Heather Adovnick and Jack, Phillip, Tyler and Devin Nyeuen; great-grandchildren, Andrew Bean, Kristina Bean, Ethan Bean and Dallas, Cody and Lucky Hummel; great-grandchildren by marriage, Chase and Tanner McCue, Harper, Cyrus and Kole Adovnick, and Zack, Charley, Nicko, Finley, Leo, Shirley and Anna Rose; great-great-grandchild, Aurora; great-great-grandchild by marriage, Valentine McCue. She was preceded in death by her husband, Warren; parents, Harry and Norma; son, Michael Hummel; three brothers, Richard, Forest and Jack; and two sisters, Robina and Darlene.

Online condolences may be made to the family at www.lovelandfuneralchapel.com.