

Wholesome Eating:

by Laura Mancuso

Healthy Eating Is Easy with Meal Prep

Whenever I stray from my healthy eating, 75 percent of the time it is because I failed to plan. If I shop, chop and plan a menu on Sunday, most likely I will avoid the temptation of Taylor’s Killer Mac & Cheese on Monday.

According to *Environmental Nutrition* newsletter, Meal prepping or “meal prep” is a popular cooking trend that can save money and time while improving nutritional intake. The process of meal prepping involves making a larger batch of a recipe, and pre-portioning the meals into grab-and-go containers to store in the fridge or freezer for quick, ready-prepared meals later on in the week. This practice is gaining momentum as time-starved individuals are looking for healthy, home-cooked alternatives to fast food and take-out.

Meal prepping doesn’t have to be

complicated. Toby Amidor, RD, CDE, author of “The Healthy Meal Prep Cookbook”, suggests “creatively reusing recipes for meal prep,” such as re-purposing a recipe for barbeque chicken to make pizza. And meal prepping doesn’t need to be reserved for planning lunches and dinners; it can be a great tool to maximize healthy breakfast meals too.

Here are some tips to help you get started with meal prep success:

1. Start with easy recipes. Make meals enjoyable by choosing familiar and easy-to-make recipes with healthful ingredients you are likely to have on hand. Try to include a healthy proteins (fish, lean meats, beans, tofu), whole grains (farro, brown rice, sorghum), vegetables (peas, cauliflower, greens) and healthy fats (avocado, walnuts, olives) in each meal. Balancing meals with protein,

carbohydrates and fats will help satisfy hunger while maximizing nutrition.

2. Choose a day to meal prep. In addition to creating a shopping list in advance, planning one day per week to prep and cook meals when you have more time, such as on the weekend or days off, will optimize success.

3. Consider Storage. Look for individual, reusable stackable meal containers for meal prep. Many people prefer glass containers, as they can go easily from refrigerator to oven (toaster, conventional or microwave).

4. Boost vegetable intake. Include fresh, frozen or canned vegetables (best for you in that order), in all meals. Making a conscious effort to include them in your meal prepping will enhance the nutritional quality of meals and likely impact your overall health in

the long run.

Recipe: Avocado Toast

Top whole-grain toast with avocado, a few drops of lemon juice, a pinch of salt, and a grind of black pepper. Add sliced radish or tomato, a few arugula or watercress leaves, or a poached or boiled egg.



KXCJ fundraiser draws enthusiastic audience

by
Robert Hirning

Despite a gathering rainstorm and casualties to the flu epidemic, a successful fund raising event was held by our, now one year old, community sponsored, Illinois Valley radio station KXCJ-LP (105.7). The event, held at the Takilma Community Building Tuesday, Jan. 23, drew

a capacity crowd to have a light dinner with yummy desserts, and hear a performance of Freddy & Francine.

Despite Francine’s absence due to a nasty case of influenza, Freddy carried the show with his strong voice and easy manner. The crowd was responsive and appreciative to have such great talent right here in the Illinois Valley and looked forward to having them back in the future as a duo.

KXCJ-LP is an all volunteer organization, but

funding is a continuing necessity to keep the lights on and turntables humming. Proceeds from this event were greatly appreciated and a round of applause goes out to Freddy, the dedicated radio station volunteers and also the audience who all made it a success.

The Illinois Valley community can hear syndicated broadcasts, local weather and an excellent assortment of locally produced programs at 105.7 on your FM dial.

GRAND OPENING I.V. Senior Center Thrift Store

The Illinois Valley Senior Center has moved into their new store and would like to invite all their neighbors and friends to come take a look, do

a little shopping and enjoy a cookie for their grand opening Saturday, Feb. 3.

What started out 24 years ago in a small rented store called Second Images has grown into a major downtown merchant. Now the I. V. Senior Thrift store has purchased and moved into its own building. With the help from the I.V. Senior Center and donations of money, time, services, fundraisers and muscles, their dream has finally come true.

Over the years, many volunteers have been part of the dream and Saturday, Feb.

3 they would like to invite all who can attend to come and celebrate their Grand Opening.

The senior center members have worked hard to bring the community a clean and inviting place to shop. The store is expanding to include furniture and of course that will depend on the donations. (Unfortunately, they cannot accept hide-a-beds or entertainment units.) The thrift store is always accepting clean, usable items to sell such as clothes, household goods, shoes, books and a myriad of treasures.

The store hours are 10 a.m. to 4 p.m., Monday through Saturday. Donations are accepted at our back door (across the street from post

office) during the hours of 10 a.m. – 3 p.m. Please do not leave boxes, bags or other donations outside at night due to a vandalism issue.



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LITTLE LEAGUE
2018 Registration



DATES/TIMES

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25320 Redwood Hwy. inside IV Golf Clubhouse

Saturday and Sunday

January 27th & 28th from 11-1

February 3rd & 4th from 11-1

		\$75.00 thru February
All Divisions	Tee Ball through Big League	Ages 4-18
	Late registration after March 1 st	\$85

What To Bring?

All parents/guardians must bring a birth certificate and 3 document proofs of residency, dated between

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For more information contact Player Agent Tabby @ 541-219-1391

or League President Shelly@541-415-1718

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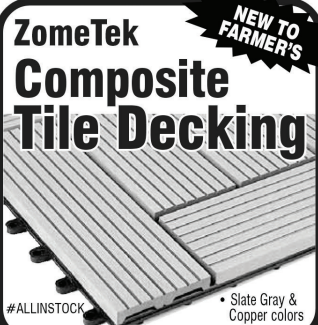
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