



## Zika and West Nile: Protection against Mosquito Bite Infections

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Summer is in full swing! With the season comes long hot days, outdoor activities, and bugs! It's the time of year when people must protect themselves against infections spread from bug bites. Especially the viruses spread by mosquitoes – Zika and West Nile.

A common mosquito found in New Mexico, *Culex quinquefasciatus* or southern house mosquito, is the carrier of the West Nile virus. Only two mosquito species in NM are known to transmit the Zika virus: the *Aedes albopictus* and the *Aedes aegypti*. The *Aedes albopictus*, also known as the Asian tiger mosquito, is easily identified by its black and white color pattern. To date, there are no confirmed reports finding the common mosquito connected to spreading Zika. (Garvey, 2016).



Common Mosquito  
<http://nathistoc.bio.uci.edu>



*Aedes albopictus*

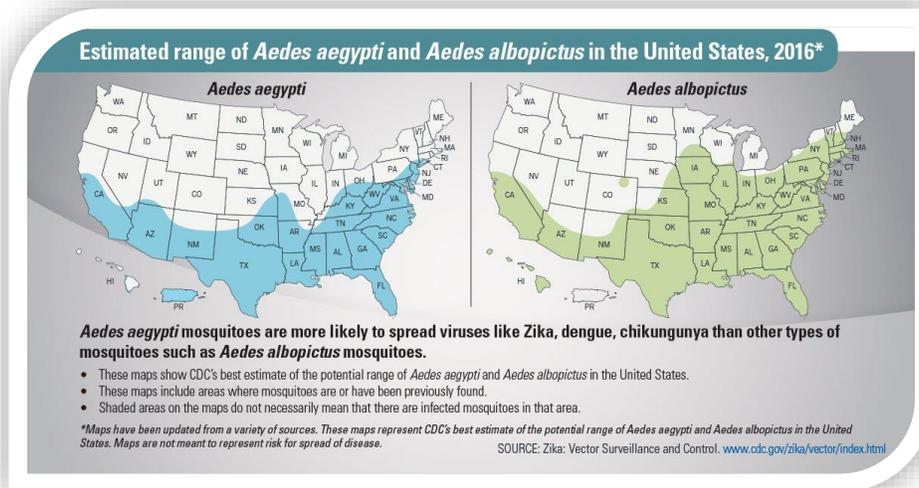


*Aedes aegypti*

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The Centers for Disease Control and Prevention (CDC) provide the estimated range of the *potential* virus-carrying mosquitoes. As evidenced in the following graphic, NM is one of the states where the *Aedes* mosquitoes are found. However, just because the mosquitoes are found in NM does not imply that the Zika virus will be a health issue. The estimated range provides information to encourage proactive measures in protection and defensive measures at the individual, community, and state levels.



## Characteristics of the Mosquitoes

All mosquitoes are attracted to dark clothing, perspiration, carbon dioxide and certain other odors. There are some differences between the mosquitoes that carry the West Nile and Zika viruses. (For more information on the West Nile Virus visit <http://aces.nmsu.edu/pubs/i/1102/>)

### Common Mosquitoes (West Nile)

- Aggressive biters.
- Lives in and around households.
- Feeds on humans, mammals and birds during the evening hours (after sunset).
- Lays eggs in wet areas and standing water, including ditches and marshes.
- Flies short distances. Can also be blown by the wind.

### Aedes Mosquitoes (Zika)

- Aggressive daytime biters – can also bite at night.
- Lays eggs in water-filled natural and artificial containers like cavities in trees and old tires and domestic water-holding containers (such as flower pots). They do not lay their eggs in ditches or marshes.
- Does not fly more than about 1/2 mile from its breeding site – travels more in short hops.
- Stays close to the ground so bites generally occur around the ankle area.
- Lives on extremely small amounts of water – even on the undersides of plants.
- The bite of the Asian tiger mosquito is not particularly irritating to most people, but they are persistent biters. Because they breed in nearly any sort of water-filled container, they often become very common and bothersome, even in neighborhoods where there are normally few mosquitoes.

## Avoid Mosquitoes

- Get rid of mosquito breeding sites by removing standing water that can be found in unused farm equipment
  - Flower pots
  - Gutters
  - Barrels
  - Buckets
- On a Weekly basis - Change/replace the water in
  - Pet dishes
  - Water troughs
  - Bird baths
- Drill holes in tire swings so water drains out.
- Keep children's wading pools empty and place them on their sides or upside down when not in use.
- Wear insect repellent (DEET 10 – 30%). General guidelines follow in this article.
- Wear clothing that covers the body – shoes, socks, long pants, and loose, long-sleeved shirts.
- Limit time outside or stay inside during peak mosquito-biting hours.
- Repair or install good screens on windows and doors around the home to keep mosquitoes out.



## Effective Insect Repellants

*No bug repellent or chemical-infused clothing can credibly guarantee to fend off all mosquitoes (EWG, 2016).*

The Environmental Working Group (EWG) – a nonprofit, non-partisan organization engaged in research dedicated to protecting human health and the environment – cautions against marketing claims that promise 100 percent protection from any mosquito infectious disease. EWG scientists found that DEET (20-30 percent) is the most effective offering protection for up to four hours. In a fact sheet prepared for the general public, the CDC agreed that “Insect repellents that contain DEET offer the best protection against mosquito bites.” (<http://www.cdc.gov/malaria/toolkit/DEET.pdf>)

DEET, found in such popular products as OFF! Deep Woods, works by blocking scent receptors bugs use to find targets (Prevention, 2016 July). After 5 years of research, DEET has been proven to have low toxicity when used at the 10 – 30% concentrations.

Used as directed most people do not experience any adverse reactions when using DEET. Skin rashes have been reported, but those are rare.

When using repellent with DEET, follow these recommendations:

- Read and follow all directions and precautions on the product label.
- Store DEET out of reach of children.
- To apply to face, first spray product onto hands, then rub onto face.
- Use only when outdoors and wash skin with soap and water after coming indoors.
- Apply to clothing when appropriate.
- Higher concentrations of DEET may have a longer repellent effect, however, concentrations over 50% provide no added protection.
- Use just enough repellent to cover exposed skin and/or clothing. Avoid over-application of the product.

- DEET may be used on adults, children, and infants older than 2 months of age. Protect infants from mosquito bites by using a carrier draped with mosquito netting with an elastic edge for a tight fit.

### Sunscreen and Bug Spray

According to the CDC, when using both sunscreen and bug spray, you need to make sure they are applied in the right order.

Step 1: Apply the sunscreen.

Step 2: Apply the bug spray.

The reason for this is that as the bug spray evaporates, it creates the repellency. Therefore, you want the sunscreen directly applied to the skin with the bug spray over the top. (CDC, 2016)

**Enjoy a safe and enjoyable summer!**

References available upon request.

## **Planning for the Future Brings Peace of Mind**

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Everyone wants to improve their quality of life. Quality of life improves as we have less negative stress and more peace in our life. Research, and common sense, shows that planning for the future brings peace of mind. There are many things we can do to increase peace and decrease negative stress; I will cover three, focusing on our financial lives: 1) build a reserve, 2) save and invest for short- and long-term goals, 3) protect yourself through insurance.

### **Prepare for emergencies and build a reserve**

Your family will have greater peace of mind and greater insulation from unexpected financial difficulties if you build a financial reserve to act as a cushion for rough times. Most financial planners recommend three to six months' worth of living expenses be set aside in a savings or checking account. These emergency funds should be held in reserve for major unexpected needs—lost job, hospital or medical bills, major home or car repairs, travel to a funeral, etc. In addition to preparing a cash reserve, it is also important to build up appropriate food storage and assemble 72-hour kits, first-aid kits, and other emergency essentials to prepare against times of need. For additional peace of mind, assemble a 3-month supply of food for your family.

### **Invest early, consistently, and wisely**

After a reserve is built, you should begin saving for short- and long-term goals. Some short-term goals may include purchasing a newer vehicle, upgrading a cell phone, taking a family vacation, or buying furniture. It is gratifying to save



Knowing you and your loved ones are covered and insured against illness, accident and death brings peace of mind for the present and the future. Living without insurance is a financial disaster waiting to happen. Don't put your family at risk, buy insurance.

### **The bottom line –**

Prepare for a rainy day by saving money, food, and emergency essentials. Save and pay cash for everything you can rather than buy on credit. Invest in relatively safe options through a 401 (k) or personal IRA. Insure yourself and your family through medical, automobile, homeowners/renters, disability and life insurance. Start now by choosing one preparation you haven't made and take the steps to accomplish it. Continue working on these essential preparations until you are making improvement in each area. You will feel much less stress, much more peace, and your quality of life will increase.

To learn more about these topics, visit [mymoney.nmsu.edu](http://mymoney.nmsu.edu) and/or contact your local extension office.

## **NMED food programs adopts 2013 food code brings needed change to assure food safety in New Mexico**

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Major changes to the food processing regulations by New Mexico Environment Department (NMED) Environmental Health Bureau is a result of adopting the 2013 food code. The food code is a model developed to assure safe practice in food manufacturing and retail food operations. The new food program regulations changes are formalized management for supervisors with required training for all levels of staff, employee health, standardized procedures for sanitation, glove use and revised time and temperature limits for cooking and cooling of foods. These changes were effective March 1, 2016. NMED has provided several informational sessions to food processors and restaurant managers. Forms and updated information can be found on this link:

[https://www.env.nm.gov/fod/Food\\_Program/Regulation\\_Update.htm#FHC](https://www.env.nm.gov/fod/Food_Program/Regulation_Update.htm#FHC)

All food establishments must have a "Person in Charge" during operational hours that is responsible to assure food safety. A "Person in Charge" must be able to recognize failures and be able to make corrections to an unsafe practice that may occur during food production. For example, an employee on a food prep line drops a serving utensil on the floor and returns it to the sanitizing bucket. What is the corrective action for this failure in best practices? There are several corrections that must be done quickly to stop the potential contamination from spreading to the food on the prep line. The complete list of responsibilities for this position is available online:

[https://www.env.nm.gov/fod/Food\\_Program/documents/PersoninChargeFactSheet\\_03102016FinalRev03.pdf](https://www.env.nm.gov/fod/Food_Program/documents/PersoninChargeFactSheet_03102016FinalRev03.pdf).

Effective March 1, 2017, another change in management is the requirement for each permitted facility to have a "Certified Food Protection Manager" who has been certified by "a FOOD protection manager certification program that is evaluated and listed by a Conference for Food Protection-recognized accrediting agency". This manager is responsible to "direct and control food preparation". Approved online training programs are listed by ANSI-CFP Accreditation Program at:

<https://www.ansi.org/accreditation/credentialing/personnel-certification/food-protection-manager/ALLdirectoryListing.aspx?menuID=8&prgID=8&statusID=4> . At this time accredited programs are offered by

several organizations: 360training.com, Inc.; National Registry of Food Safety Professionals; National Restaurant Association and Prometric Inc.

Many food born outbreaks have been associated with infected employees going back to the early 1900s when “Typhoid Mary” Mary Mallon a cook in New York City who was a carrier of *Salmonella typhi* that did not demonstrate any symptoms of the illness herself, infected 51 people through the meals she prepared. To assure health of food handling employees they must understand the symptoms of food born illness (vomit, diarrhea, jaundice). Food employees must complete a “food handler training program” by March 1, 2017. Also employees must be interviewed before hire and sign an agreement that they will self report any illness that may be transmitted through food. (online resources available). Additionally food operations must have formal procedures for vomit and diarrhea event that include cleanup, disinfection and hand washing requirements. NMED has provided posters [English Version](#) and [Spanish Version](#) that can be download and used for training and posted at food operations. A food employee handles unpackaged food, food equipment, utensils or food contact surfaces in a NMED permitted facility. Employees such as cashier or host are exempt from this rule. Also food employees working for charitable and temporary organizations operating with a “Person in Charge” are exempt for this training. There are several online vendors that provide food handler training:

<https://www.ansi.org/Accreditation/credentialing/certificate-issuers/AllDirectoryListing.aspx?prgID=237,238&statusID=4>.

NMED inspectors and Food Specialists are available through out the state of New Mexico. They have worked very hard to provide many resources on-line to make this transition as smooth as possible. A summary table of important changes to the food regulations is online at:

[https://www.env.nm.gov/fod/Food\\_Program/documents/ImportantChangestoFoodRegulations\\_031516Rev03.pdf](https://www.env.nm.gov/fod/Food_Program/documents/ImportantChangestoFoodRegulations_031516Rev03.pdf).

## 10+ Resources to Help You Get the Most from Your Farmers Market

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Extension Diabetes Coordinator

Farmers markets are a great place to shop for fresh, healthy foods. Many communities have seasonal farmers markets, and some offer them year round. National Farmers Market Week is always at the beginning of August, this year being celebrated August 7-13, 2016. New Mexico State University Cooperative Extension Service has developed a set of *VIGA* cards for use at farmers markets and natural food stores to help consumers learn about and enjoy 31 local vegetables. They are available in English and Spanish at <http://aces.nmsu.edu/viga/index.html>. Please share this excellent resource, as well as the information and resources below!

Here are the *Top 10 Reasons to Shop at a Farmers Market* from Nutrition.gov<sup>1</sup>:

1. **Freshly picked, in season produce is at its peak in flavor and nutrition.**  
While some fruits and vegetables are harvested year round in the United States, many of them grow for only three to four months each year.



How do stores offer them when they are not in season? The produce is typically grown in a heated greenhouse or imported from another country where it is in season. In some cases (e.g., tomatoes, bananas, pears), fruits are

picked early and ethylene gas is used to ripen them before sale. In other cases (e.g., apples, lettuce, potatoes, carrots), storage practices have been honed to make it possible to sell produce weeks to a year after harvesting.

It seems convenient to have access to the same variety of produce all year. However, produce begins to lose nutrients and flavor from the time it is harvested. Produce sold in areas where it is out of season is lower in quality and typically costs much more than produce sold in its local season. Plus, shorter transportation distances involved in buying produce in its season means a smaller carbon footprint which is better for the environment.<sup>2</sup>

Check out the Seasonal Produce Guide at <https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce> to learn what fruits and vegetables are in season.

2. **Support your local farmers and economy.** The Farmers Market Coalition states that “growers selling locally create thirteen full time farm operator jobs per \$1 million in revenue earned while those that do not sell locally only create three.”<sup>3</sup>

3. **Fresh fruit and vegetables are full of antioxidants and phytonutrients.** Antioxidants neutralize free radicals that could otherwise damage the cells of our bodies. Phytonutrients are compounds produced by plants that are believed to help protect the body from certain diseases.



4. **It's a great way to get your kids involved.** Let them pick out something new to try, then they can help prepare a meal or snack using the *Kids in the Kitchen* tips and recipes at <http://www.nutrition.gov/life-stages/children/kids-kitchen>.
5. **Supporting your local farmers market strengthens your community.** “Farmers markets play a vital role in forming healthy, local food systems,” says Jen Cheek, Executive Director of the Farmers Market Coalition. “By providing the opportunity for farmers to connect directly with consumers, markets serve as education centers. Vendors are teaching customers about agriculture, sharing recipes, and exposing them to new foods. Markets are making people and communities stronger and healthier.”<sup>3</sup>

Learn how farmers markets impact your community in the section of the *Know Your Farmer, Know Your Food Compass* at [http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=KYF Compass The What and Why of Local Foods.html](http://www.usda.gov/wps/portal/usda/usdahome?contentidonly=true&contentid=KYF%20Compass%20The%20What%20and%20Why%20of%20Local%20Foods.html).

6. **Farmers markets offer foods that align with MyPlate guidelines.** They offer a variety of fruits and vegetables with which to fill half your plate at meals. Some also carry fresh sources of lean protein, dairy, and whole grains. For more information about MyPlate, visit <http://www.choosemyplate.gov/>.
7. **Farmers often have recommendations for preparing their products.** Visit *Fruits and Veggies More Matters* at <http://www.fruitsandveggiesmorematters.org/main-recipes> to see recipes that use fresh fruits and vegetables.
8. **You can try a new fruit or vegetable!** Have you ever tasted gooseberries or rhubarb? Many farmers markets offer lesser known fruits and vegetables, providing a variety that can be both tasty and nutritious. In addition to the *VIGA* cards, learn how to select and store rare and common fruits and vegetables with the *Fruit Nutrition*

Database at <http://www.fruitsandveggiesmorematters.org/fruit-nutrition-database> and the *Vegetable Nutrition Database* at <http://www.fruitsandveggiesmorematters.org/vegetable-nutrition-database>.

9. **SNAP and WIC benefits are accepted at some farmers markets.** The New Mexico Department of Health and several of the Pueblos work to make farmers market goods available to those receiving WIC and SNAP benefits, as well as to seniors.
10. **Farmers markets are easy to find.** Use the *USDA Farmers Markets Search* at <https://www.ams.usda.gov/local-food-directories/farmersmarkets> to find one near you. It will also tell you if the farmers market accepts SNAP and WIC benefits.

Resources available upon request.

## Feeding Relationship

Aldemar Madrid, BA  
Cooperative Extension Service Intern

Lisa Shields, PhD  
Family Life and Child Development Specialist



There are more and more people that are on a diet today, yet news headlines keep reporting that the number of overweight Americans, especially children, is still rising. The issue is that traditional diets are worsening the problem that they are trying to solve. Dieting does not work because it is accompanied by pressure to eat certain foods and restrictions on eating other foods.

Parents are contributing to their children's weight issues by passing on the pressure and restriction of eating certain foods that goes along with dieting (Satter, 2006, p.15). Another approach to achieving a healthy diet is needed for the many families that have not found success with traditional dieting.

Scheduled meal times are crucial in achieving eating competence. The current lifestyle of the average American family does not allow or create time for scheduled meals. Instead, Americans have developed the habit of grazing, or snacking constantly throughout the day. Grazing does not allow for the body's natural ability to sense fullness to function properly. This allows for an over consumption of nutrients. Children are especially susceptible to this because, at their young age, they are still in the process of developing their own eating habits. According to Ellyn Satter, a Registered Dietitian and Family Therapist, people are more likely to have a healthier diet when they follow a structured meal schedule of three meals a day with two snacks in-between (Satter, 2007, p.150).

Restricting food is aggravating the problem that it is trying to solve. The cycle that most dieters go through involves a period of food restriction, followed by a suspension of restriction where people over eat the foods that had been previously forbidden from their diets. This cycle functions the same way with dieters pressuring themselves to eat foods labeled as healthy, and then once off the diet those foods are eliminated from their daily meals. This causes dieters to crave restricted foods while shunning foods that they felt pressured to eat – like fruits and vegetables. Diets like these are interfering with a person's natural ability to perceive hunger and satiety. In Ellyn Satter's Eating Competence Model food is not restricted allowing forbidden food to become ordinary and thereby reducing the likelihood that it will be craved (Satter, 2007, p.150).

## Parent-Child Relationship

Research shows a connection between feeding and the parent-child relationship. There is also a connection between feeding and family functioning. Feeding is a reflection of how well or poorly the parent-child relationship or family functioning is operating in the family environment (Satter, 1986). According to Ellyn Satter:

The feeding relationship is the complex of interactions that takes place between parent and child as they engage in food selection, ingestion, and regulation behaviors. Successful feeding demands a caretaker who trusts and depends on information coming from the child about timing, amount, preference, pacing, and eating capability. An appropriate feeding relationship supports a child's developmental tasks and helps the child develop positive attitudes about self and the world. It helps him/her learn to discriminate feeding cues and respond appropriately to them. It enhances the ability to consume a nutritionally adequate diet and to regulate appropriately the quantity eaten. The feeding relationship is characteristic of the overall parent-child relationship. Distortions that show up in feeding are likely to appear in other aspects of the interaction. (Satter, 1986, p. 354)



## Trust vs. Food Regulation

The critical issue in feeding children is trust. We are all born with the internal ability to determine how much we need to eat. Our bodies take into account the variety of food we eat and our metabolism and activity level. This is called internal regulation (Satter, 1986). If a parent ignores those needs, it can interfere with a child's natural regulation because any attempt to control or modify the child's eating can begin a feeding struggle that can quickly become problematic. When parents become controlling, children lose their capabilities with eating. The parent must trust the child to listen to his/her hunger and satiety cues. As the parent offers regularly scheduled meals and snacks, the child can trust that there will be another opportunity to eat again shortly which provides the child with a sense of food security.

Trust encourages the child's internal regulation. Infants and children eat best when parents provide appropriate foods based on the child's developmental readiness along with a positive environment. When the feeding/eating environment does not coerce the child or limit food, the child learns to regulate his/her own food intake. If a parent feeds too little, too much, or takes too long before responding to the infant cues of hunger, then feeding becomes unpleasant. Feeding can become disrupted and turns out to be a negative feeding experience and a negative feeding relationship develops.

## Division of Responsibility

Both parents and children play important roles in the feeding relationship. Parents are responsible for the what, when, & where of feeding. A good example of this is a parent providing apple slices (what) for a midday snack (when) on a park bench (where). On the other hand, the responsibility of how much and whether to eat belongs to the child. For instance, the child decides to eat four apple slices or not to eat the snack at all and wait until dinner. This is known as a Division of Responsibility.

Although it can be difficult for some, parents need to internalize the concept of Division of Responsibility. Parents must trust the children will eat without prompting (don't forget to eat your vegetables), forcing (eat everything on your plate or you get no dessert), or bargaining (make mommy happy and take one more bite). Children know how much to eat due to their internal regulators that tell a child when they are hungry or full. Many adults have abandoned these internal regulators and as a result America has a thriving diet industry. Children will eat a variety of foods if they are made available to them and they will grow predictably. Children will mature with eating by gaining new eating skills and develop a taste for a variety of textures and flavors. The equation for a good diet includes well-balanced meals and

snacks that allow children choices. Plus, providing a positive eating environment that is pleasant. Equals, a well-nourished child that is happy and healthy.

References available upon request.

## Extension partners with NM Department of Health in Chronic Disease Self-management

Karim Martinez  
Family and Consumer Sciences Agent/Program Director, Doña Ana County

The Extension Family and Consumer Sciences Department and New Mexico Department of Health Diabetes Prevention and Control Program have expanded their partnership to include addressing chronic health conditions. Through this expanded partnership a training was offered in June for Family and Consumer Sciences agents, Department of Health staff, community volunteers and graduate students to offer Manage your Chronic Disease (*MyCD*) workshops in their communities.



CDSMP Training Participants July 2016



DSMP Training Participants July 2016

The *MyCD Program* is New Mexico's name for a family of evidence-based chronic disease self-management education programs developed and tested by Stanford University's School of Medicine Patient Education Research Center. This nationally and internationally recognized program was developed in 1991 and has since been translated into 29 languages and is being offered in 36 countries.

*MyCD* includes the Chronic Disease Self-Management Program (*MyCD/CDSMP*) for adults with one or more chronic health condition and the Diabetes Self-Management Program (*MyCD/DSMP*) for adults with type 2 diabetes. These programs are also available in Spanish.

*MyCD* workshops are peer led-education programs offered in the community to adults, generally in groups of 10-20. The workshops are 2½ hours and held once a week for six-weeks. Participants learn useful skills for dealing with symptoms of chronic disease, fatigue, pain, depression, and stress in order to better manage their condition and lead a healthier lifestyle. Workshop sessions are led by a pair of certified workshop Leaders, one or both with health problems of their own and from the community.

This training was a great opportunity for Extension to build capacity for offering health related programming to the people of New Mexico. Master Trainers Karim Martinez, Family and Consumer Sciences agent, Beatriz Favela, independent contractor and Lupita Gurulé de Martinez, independent contractor, led these trainings held at the Doña Ana County Extension Office.

This first group of trained workshop leaders included Danielle Berrien, Kelly Knight, Judy O’Loughlin, Laynee Kuenstler, Valois Pearce, Lourdes Olivas, Aldemar Madrid, Anna Bauer, Wendy Brisco-Meske, Maureen Schmittle, Susie Snedeker, Mary Ann Finn, Sharye Hardesty, Alma Gross and Julia Rausch from Doña Ana, Otero, Luna, Grant and Torrance counties.

This training was an excellent way to showcase the valuable role Extension can play in improving the health and wellness of people with chronic health conditions. Thank you to Sonja Koukel, Community & Environmental Health Specialist, Valois Pearce, EFCS Business Operations Specialist, Esther Devall, EFCS Department Head, Jon Boren, Extension Director and many others for supporting and making this partnership and training possible!

## Introduction

Aldemar Madrid  
Cooperative Extension Service Intern



Hello Everyone,

My name is Aldemar Madrid. I wanted to take a moment to introduce myself. This summer I am working as an intern for the Extension Family & Consumer Sciences Department.

In the Fall I will begin a graduate program in Family & Consumer Sciences Education that I hope to complete by the Spring of 2018. I am currently the secretary and a philanthropic chair for the student chapter of the Association of Family and Consumer Sciences and the student representative to the board of directors for the New Mexico Association of Family and Consumer Sciences.

My interest in Extension stemmed from my lack of knowledge of it. I had heard the name mentioned before and my advisor had indicated that a FACS degree could lead to a career in Extension. Aside from that, I knew nothing about Extension, but I wanted to learn more.

This internship has had an amazing impact on me. I find the work that each of the Extension Specialists do to be fascinating. It is extremely gratifying that the work that is being done in this department is having such a direct and meaningful impact in the community. Along with working with the Specialists, I have also had the opportunity to work with the Doña Ana County FACS Agents, Karim Martinez and Diana Magallanez, who have shown me the wonderful community interactions that take place between county extension agents and residents.

## Let's Party!

Claire LeGault, BS  
NMSU Dietetic Intern – May 2016



We have a problem, and I believe that parties could be the solution. So you are probably thinking, what kind of problem is solved by a party?

Social events and celebrations in the work place can be beneficial for multiple reasons. One study found that when fun activities such as social events (holiday parties), teambuilding exercises, competitions, and recognizing/celebrating work achievements and major milestones, are included in the work day, individuals are more motivated to work to their full potential. These fun activities also promote support between coworkers, job satisfaction, creativity, performance, morale, and retention, while reducing tardiness, absenteeism, and burnout (Tews, Michel, & Stafford, 2013).

Unfortunately, parties can also have some not so beneficial consequences. Most individuals enjoy parties and celebrations because of the food and feel either obligated to either bring a dish to pass or taste what someone has brought to share. Individuals tend to consume more calories when eating outside of the home, and work parties can be one of these places (Thomas, Ribera, Senye-Mir, & Eves, 2015). Snacking between meals has been calculated to make up 24% of the total amount of calories eaten per day (480 calories for an average 2000 calorie diet) for adults (US Department of Agriculture [USDA], 2012b). In addition, around 50% of these calories come from beverages alone (Institute of Food Technologists [IFT], 2011).

However, snacking itself is not necessarily bad. Dr. Harvey Anderson from the Department of Nutritional Sciences at the University of Toronto maintains that “the literature does not support the intuitive notion that increased consumption of snack foods is an independent cause of obesity” (IFT, 2011). Studies have shown that snacking can “contribute significantly to nutrient intake, better diet quality, and to an increased likelihood of meeting selected food recommendations” (Nicklas, O’Neil, & Flgoni III, 2014). So how can we make snacking at parties and celebrations work in our favor?

On average, Americans are not eating enough fruits, vegetables, dairy, or whole grains – four very nutritious components of our diets (US Department of Agriculture [USDA], 2012a). By changing the composition of the snacks and party foods served at work, we could essentially “kill two birds with one stone” by reducing the amount of calories that are typically consumed with snacking while also working towards meeting the recommendations for the four food groups. By being creative, we can upgrade the typical celebration foods of donuts and chips to colorful, nutritious snacks!

If you are looking for some fast, healthy snack ideas to either bring to a party or pack for yourself, here are 24 simple ideas:

### Party Snacks:

- Vegetable tray with dips (low-fat dressing, hummus, or guacamole)
- Fruit tray with a low-fat yogurt dip
- Whole grain cracker and cheese tray
- Baked chips with salsa
- Light-buttered popcorn bar with different seasonings such as chili powder
- Kabobs: fruit and cheese or vegetable (cheese, tomato, and olive)
- B.Y.O.S.: Bring Your Own Salad (everyone brings an ingredient)



PC: Alice Henneman

### Individual Snacks:

- Trail mix baggies: high-fiber cereals with dried fruit, nuts, or seeds
- Nuts: 24 almonds or 15 walnuts
- Handful of red grapes (try freezing them for five minutes to make them fresh and crisp!)
- Easy to pack whole fruit: clementine oranges, banana, or apple
- String cheese stick
- Parfaits: handful of berries on top of a serving of low-fat yogurt
- Mini smoothies: 1/2 cup sliced banana, 1/2 cup low-fat vanilla yogurt, and some ice
- Applesauce or other fruit cups
- Roasted, seasoned chick peas

Drinks: Infused waters, water, tea, coffee, 100% fruit or vegetable juices

When it comes to special occasions or holiday parties, you can also have fun bringing themed foods that are still nutritious:



PC: Alice Henneman

- Birthdays – Low-fat ice cream treats, angel food cake with fruit topping, mini muffins (whole grain, blueberry, or pumpkin), banana oatmeal walnut cookies
- Halloween – pumpkin seeds, apple muffins, pumpkin dip and graham crackers, naturally orange foods
- Thanksgiving – warm apple cider, fruit or veggie trays that look like a turkey, turkey roll-ups, spiced baked apples or apple chips
- Winter Holiday – naturally green and red foods, berries with low-fat whipped topping
- Valentine’s Day – red fruits or vegetables with yogurt dip, healthy sandwiches cut into hearts, chocolate-tip-dipped strawberries
- St. Patrick’s Day – naturally green fruits or vegetables with dip, green smoothies, whole grain chips with guacamole, edamame
- Spring – carrot muffins, carrots with hummus/low-fat dip, fruit smoothies

Parties and celebrations in the work place are beneficial for many reasons, and healthy food can be one of them. Be creative and try incorporating fruits, vegetables, whole grains, and/or dairy into the next treat you bring to share at work. In addition to supporting one another socially and professionally in the work place, we can also support each other’s health and well-being.

For some inspiring and healthy recipe ideas, check out [Eat Well](#) and [Cook Well](#) Berkeley from UC Berkeley.

References available upon request.