

A Call To Wellness

Jinee Burdg
Laryessa England

December 7, 2007

Policy

Policy: A Call to Wellness

Created by the University of Maryland: College Park
2007-2008 Dietetic Interns

Jinee Burdg
Jennifer Carlson
Monica Cohen
Laryessa England
Heather Fliehman
Priscilla Flowers
Elizabeth Heesch
Gina Lesako

Purpose:

The University of Maryland is committed to creating a workplace community that promotes staff health and well-being by supporting healthy eating and physical activity. This community will help staff to learn about nutritious choices in order to take responsibility for their health and to adopt healthy attitudes and behaviors.

Issue:

Nutrition has been a focus for students at dining services for several years, however this can only be maintained if the same focus is given to the staff. The staff at the University of Maryland Dining Services is mainly comprised of minorities, which brings a different set of needs than the student population. Minority populations are at increased risk for chronic diseases and have higher rates of being uninsured than the general population. Therefore health and nutrition knowledge are key components of A Call to Wellness.

Position:

The University of Maryland Dining Services will provide opportunities to engage staff in healthy eating and physical activity.

1. Nutrition Education
 - a. Wellness "Tips" will be provided in conspicuous locations.

- b. The management at Dining Services will foster an environment that encourages staff to make healthy food choices.
- c. Healthy culturally relevant recipes will be offered to staff.
- d. Pictures of healthy meals created using food offered by Dining Services will be posted near Wellness "Tips".

- 2. Physical Activity
 - a. Physical activity will be encouraged for staff before and after work as well as during the work day.
 - b. Physical activity will be included in the Wellness "Tips".

- 3. Communications
 - a. Information will be provided to staff to encourage a healthy lifestyle.
 - b. Dietetic Students and Interns will create and circulate wellness materials.

The University of Maryland Dining Services will continue to provide a number of health services.

- 1. Disease Prevention
 - a. Provide flu shots to employees.
 - b. Provide blood pressure check-ups to screen staff for high blood pressure.
 - c. Provide screenings for Diabetes Mellitus

- 2. Hazard Prevention
 - a. Environmental Safety Hearing Conservation
 - b. Employee Safety Trainee Sessions

Desired Outcome

A sense of community that promotes life-long healthy behaviors, supports well-being and fitness, and encourages healthy food choices at home and while eating on campus.

Implementation

Regulations will be adopted to implement A Call to Wellness, which will designate an office with operational responsibility for oversight.

Review

This policy will be reviewed on an annual basis by successive groups of University of Maryland Dietetic Interns.

Sept. 2007

Regulations

Regulations: A Call to Wellness

A. Purpose

To provide a work environment that promotes physical and nutritional health by teaching and modeling healthy behavior that fosters productivity in its employees. The University of Maryland College Park Dining Services will encourage employees to take responsibility for their own health, to adopt healthy eating habits, and to incorporate physical activity into their daily lives by providing opportunities and instruction that support a healthy lifestyle.

B. Background

Research indicates that many adults are overweight or obese and are inactive. This leads to an increase in many preventable chronic diseases which can have an impact on productivity. The composition of the workforce at the University of Maryland College Park Dining Services is multicultural, each with their own health concerns. The University of Maryland College Park Dining Services as an employer and the employees share the responsibility for the creation of a healthy work environment. The University of Maryland College Park Dining Services can create an atmosphere which promotes healthy food choices, physical activity and disease prevention. Employees will be asked to and participate in wellness activities.

C. Procedures

A. Wellness Tips

1. Will include nutrition and physical activity related suggestions.
2. Tips will be changed weekly.
3. Tips will be created by dietetic interns or dietetic students and approved by Sister Maureen Schrimpe.
4. Tips will be translated and posted in Spanish as well as English.
5. Tips will be posted on a yellow board in the South Commons kitchen.

B. Healthy Plate

1. Will provide an example of a balanced meal and an unbalanced meal.
2. Each plate will carry a healthy message (i.e. eat more vegetables).
3. Each plate will also have an image of a turtle indicating whether or not it is a healthy plate.
4. Plates will be posted on a small bulletin board – location TBD.

C. Healthy Choice Turtle

1. The Healthy Choice Turtle is used to indicate healthy choices on the menu boards.
2. Items that meet the criteria for a healthy lifestyle that has been established by the USDA's Dietary Guidelines will be marked with a healthy choice turtle.
3. Foods that should be enjoyed in moderation will not be marked.

D. Recipes

1. Recipes for healthier alternatives of cultural dishes will be provided.
2. Recipes will be written in both English and Spanish.
3. Recipes will be posted near the Wellness Tip and Healthy Plate.
4. Recipes will also be brought up during employee training sessions.
5. Recipes will be posted on a small bulletin board – location TBD.

E. Inspiration for a Healthy Lifestyle

1. Managers will set an example for employees by encouraging them to exercise (i.e. walking) during breaks.
2. Managers will set an example by making healthy food choices by showing balance and moderation of food choices.
3. Develop a competitive spirit by creating a competition between departments within the dining facility.

Example: Steps to a Healthier You Pedometer Competition

The future intern groups will be building upon the foundation that has been established.

Each intern class is responsible to rotate and change the following:

Wellness Tips

1. Include nutrition and physical activity related suggestions to foster a healthier lifestyle.
2. Make sure that the Wellness Tips are changed and updated weekly.
3. Make sure that the Wellness Tips are translated and posted in Spanish as well as English.

Healthy Plate

1. Assemble and photograph an example of a balanced meal and an unbalanced meal.
2. Each plate will carry a healthy message (i.e. eat more vegetables). Each plate will also have an image of a turtle which indicates whether or not it is a healthy plate.

Healthy Choice Turtle

1. The Healthy Choice Turtle is used to indicate healthy choices on the menu boards, the interns are required to make sure these are posted.
2. Items that meet the criteria for a healthy lifestyle that has been established by the USDA's Dietary Guidelines will be marked with a healthy choice turtle.
3. Foods that should be enjoyed in moderation will not be marked.

Recipes

1. Recipes for healthier alternatives of cultural dishes will be provided and kept updated on the post.
2. Recipes will be written in both English and Spanish.
3. Recipes will be posted near the Wellness Tip and Healthy Plate.

Focus Groups

Each intern group will have to do 4 focus groups (2 with English speaking and 2 with Spanish speaking) to gauge effectiveness, interest, and be provided with adequate feedback to make the necessary changes that will make the program effective.

To continue with the foundational Wellness Program developed by the previous groups of interns, the following should be amended in the regulations.

A. Wellness Tips

1. Wellness tips will include a basic nutrition, cooking and physical activity related suggestion that will be in English and Spanish.
2. Tips will be changed weekly.
3. Tips will be created by dietetic interns or dietetic students and approved by Sister Maureen Schrimpe.
4. Tips will be translated and posted in Spanish as well as English.
5. Tips will be posted on a yellow board located in the South Commons kitchen.
6. A second wall will be placed by the time clock for employees to look at that will include a nutrition tip.
7. The pictures of the wellness tips should be changed to align with the topic and the population demographic that is trying to be reached.

B. Healthy Plate

1. Will provide a pictorial example of a balanced meal and an unbalanced meal.
2. Each plate will carry a healthy message (i.e. eat more vegetables).
3. To denote the health desirability of each plate, an image of a turtle indicates whether the image is or is not a healthy plate.
4. Plates will be posted on yellow board located in the South Commons kitchen.
5. The background of the healthy plate will be red for an unhealthy plate and green for a healthy plate to better differentiate the plates.

C. Healthy Choice Turtle

1. The Healthy Choice Turtle is used to indicate healthy choices on the menu boards.
2. Items that meet the criteria for a healthy lifestyle that has been established by the USDA's Dietary Guidelines will be marked with a healthy choice turtle.
3. Foods that should be enjoyed in moderation will not be marked.

D. Recipes

1. Recipes for healthier alternatives of cultural dishes will be provided.
2. Recipes will be written in both English and Spanish.
3. Recipes will be posted near the Wellness Tip and on the second wellness wall.
4. Recipes will also be brought up during employee training sessions.
5. Recipes will be posted in a folder affixed to the yellow board located in the South Commons kitchen.

E. Inspiration for a Healthy Lifestyle

1. Managers will set an example for employees by encouraging them to exercise (i.e. walking during breaks).
2. Managers will encourage employees to visit the Wellness Wall.
3. Managers will set an example by making healthy food choices by showing balance and moderation of food choices.
4. Managers should be provided newsletters made by dietetic interns to advertise the wellness program, explain the importance of healthy employees and tips to encourage wellness in employees and themselves.
5. Develop a competitive spirit by creating a competition between departments within the dining facility. Example: Steps to a Healthier You Pedometer Competition

Weekly Wellness Tips

Wellness Tips

- Wellness tips will include a basic nutrition, cooking and physical activity related suggestion that will be in English and Spanish.
- Tips will be changed weekly.
- Tips will be created by dietetic interns or dietetic students and approved by Sister Maureen Schrimpe.
- Tips will be translated and posted in Spanish as well as English.
- Tips will be posted on a yellow board located in the South Commons kitchen.
- A second wall will be placed by the time clock for employees to look at that will include a nutrition tip.
- The pictures of the wellness tips should be changed to align with the topic and the population demographic that is trying to be reached.

Nutrition Tips

**Drink water throughout the day
and you will eat less at meal
times.**



Drink Water

Eat Breakfast



Eating breakfast in the morning gives your body energy for the rest of the day. Skipping breakfast sometimes leads to overeating.

Nutrition Tip of the Week

Replace your usual glass of fruit juice with the actual fruit for greater health benefits.

For example enjoy an orange instead of a glass orange juice. You will eat less sugar and more fiber!



Nutrition Tip of the Week

Are you *really* hungry?

Sometimes people mistake hunger for another feeling, like boredom. Before grabbing a snack, ask yourself:

1. Am I hungry? If you are not sure, wait 20 minutes and try again.

2. When was the last time I ate? If it was less than 3 hours ago, you may not be hungry!

3. Could a small snack tide me over? Try keeping fruits and vegetables on hand.

Exercise Tips

Exercise Tip



Join a walking group in the neighborhood or at the local shopping mall. Get a partner to join for support and encouragement.

BEGINNING A FITNESS WALKING PROGRAM

You know you want to begin a fitness program, but don't know where to start. It's easy! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing, and desire.

How to start: First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes, and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week (total walking time 25 minutes). Keep adding 5 minutes until you are walking as long as desired.

WATCH your posture. Walk tall. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

Be sure to drink plenty of water before, during, and after walking. Incorporate a warm up, cool down and stretches into your routine. Start your walk at a slow warm up pace, stop and do a few warm up / flexibility drills. Then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help (a minimum of 5 days a week is a good goal). You should walk fast enough to reach your target heart rate, but you should not be gasping for air.

After you have formed the habit you will want to evaluate your program and your goals. Here are some general guidelines:

If you are walking for the general health benefits try to walk 30 minutes a day, most days of the week, at a "talking" pace. (Talking pace means you have elevated breathing, but you can still carry a conversation.)

To improve cardiovascular fitness you should walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing hard but not gasping for air.

If you are walking for weight loss you should walk a minimum of five days a week, 45 to 60 minutes at a brisk pace.

Once you can comfortably walk for 30 to 60 minutes 5 to 6 days a week you may want to put more "umph" or speed into your routine. Follow these easy tips for walking faster (or for some real speed learn to racewalk).

Zero to Sixty in Twelve Weeks - An easy to follow schedule to get you walking 60 minutes in 12 weeks.

Notice: If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

<http://www.thewalkingsite.com/beginner.html>

Instead of buying weights to exercise, you can use items found in your kitchen such as canned foods.



Exercise Tip

Exercise Tip of the Week



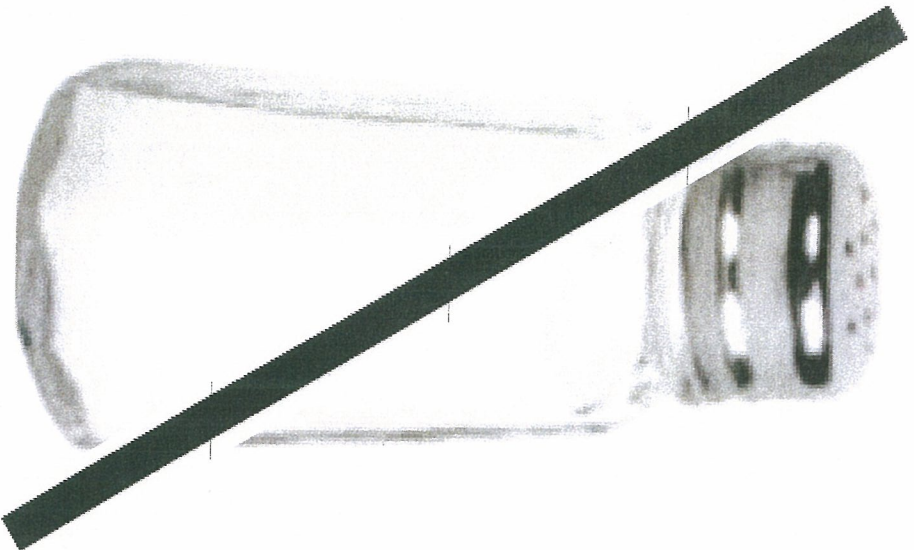
Step up to health by taking the stairs instead of the elevator.

Exercise Tip of the Week



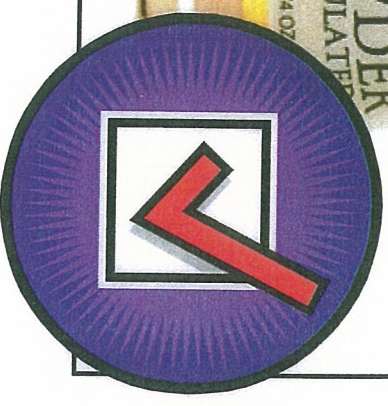
Stand up and move around during all Television breaks. Use canned goods or other things as weights or stretch out.

Cooking Tips



To add flavor to food, Use Herbs & Spices
instead of adding Salt.

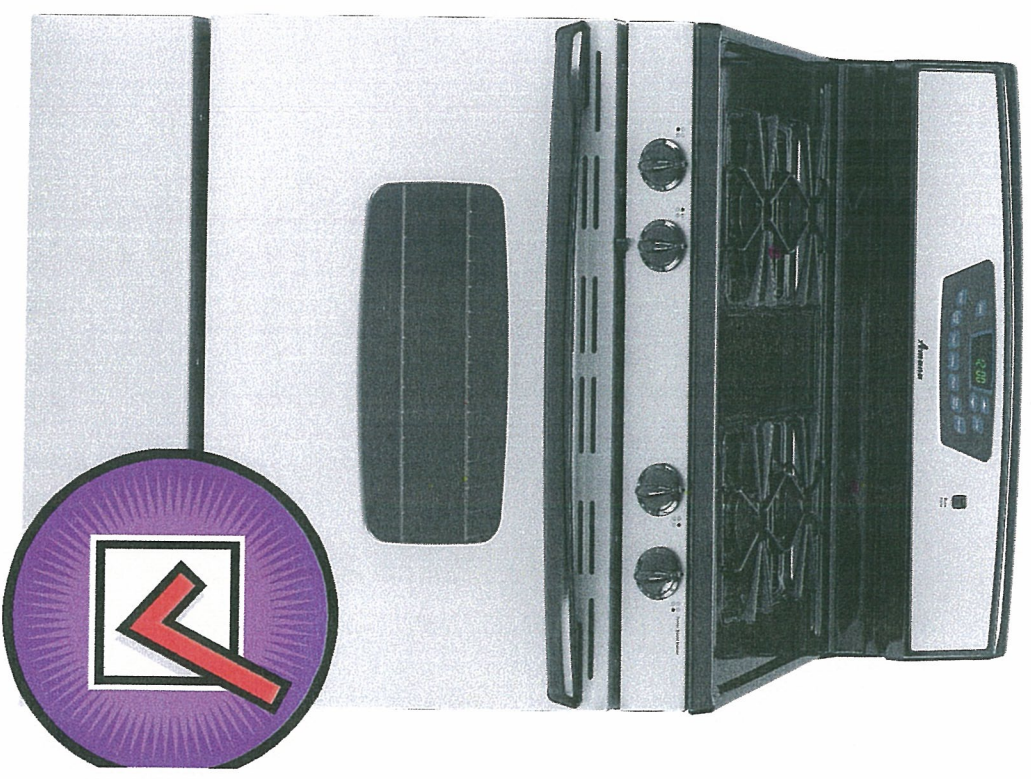
Para sabor, usa hierbas y especias
en lugar de sal!





Use Cooking Spray instead of Butter,
Margarine, or Oil.

Usa cocinar el aerosol en lugar de
mantequilla, margarina o aceite!



BAKE, GRILL, OR STEAM instead of FRYING.

No free! Hornea, usa la parrilla o cocina al vapor!

Healthy Cooking Tip



Use skim milk instead of whole milk.

Healthy Cooking Tip



Use applesauce in place of
butter or oil in baked goods.

Recipes

Recipes

- Recipes for healthier alternatives of cultural dishes will be provided.
- Recipes will be written in both English and Spanish.
- Recipes will be posted near the Wellness Tip and on the second wellness wall.
- Recipes will also be brought up during employee training sessions.
- Recipes will be posted in a folder affixed to the yellow board in South Commons kitchen.

Anonymous
Country Unknown
Serves 4
4 Porciones

Fish in Parsley Sauce

Pescado en Salsa de Perejil

Per serving: 259 calories, 25 g carbohydrate, 4 g total fat, 59 mg cholesterol, 1 g dietary fiber, 539 mg sodium
Por cada porción: 259 calorías, 25 g carbohidrato, 4 g grasa, 59 mg colesterol, 1 g fibra, 539 mg sodio

Ingredients

Ingredientes



2 Tb. parsley, chopped
2 cucharadas de
perejil fresco



1/2 cup fine, dry
breadcrumbs
1/2 taza de migajas
de pan



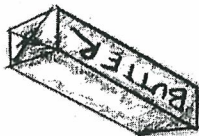
1 lemon, cut in half
1 limón, cortado por la
mitad



4 4-ounce fish fillets
4 filetes de pescado
de 4 onzas



1/2 cup all-purpose flour
1/2 taza de harina
de todo uso



2 tsp. butter
2 cucharaditas de
mantequilla



Lemon slices
Rebanadas de limón



1/2 tsp. salt
1/2 cucharadita de sal



1/2 cup skim milk
1/2 taza de leche
desnatada



1 cup dry white wine
1 taza de vino blanco
seco



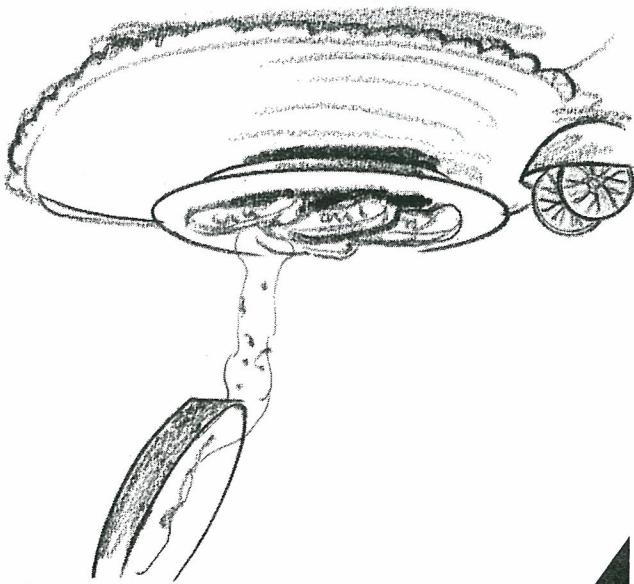
Vegetable oil cooking
spray
Roció de aceite vegetal
en aerosol



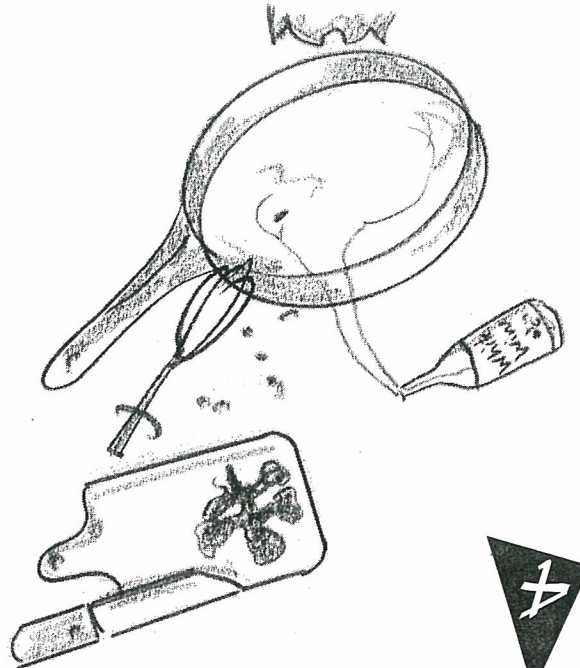
1/4 tsp. pepper
1/4 cucharadita de
pimienta



Pour the sauce over the fish and decorate the platter with lemon slices.
 Eche la salsa sobre el pescado y decore el plato con las ruedas de limón.



Pour the wine into the skillet and increase heat to high. Boil the wine until reduced by half. Whisk in the parsley.
 Echar el vino en el sartén y subir el fuego. Hervir el vino hasta que se reduzca por la mitad. Batir el perejil.





Spaghetti with Meat Sauce

Espaguetis con Salsa de Carne

Gracia Schwartz
Country Unknown
Serves 6
6 Porciones

Per serving: 703 calories, 112 g carbohydrate, 14 g total fat, 54 mg cholesterol, 10 g dietary fiber, 1683 mg sodium
Por cada porción: 703 calorías, 112 g carbohidrato, 14 g grasa, 54 mg colesterol, 10 g fibra, 1683 mg sodio



Ingredientes



1 tsp. vegetable oil
1 cucharadita de aceite vegetal



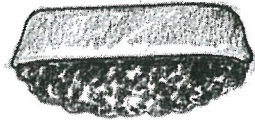
2 cloves garlic, minced
2 dientes de ajo, picaditos



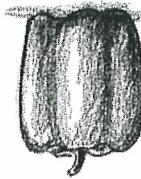
2 medium yellow squash, diced
2 calabacines amarillos medianos, picaditos



1 14 1/2-ounce can diced tomatoes
1 lata de tomates picados de 14 onzas y media



1/2 pound lean ground beef
1/2 libra de carne molida, magra



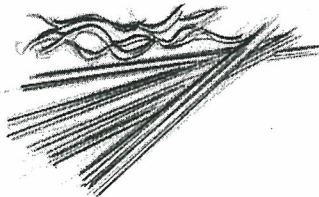
1 red pepper, diced
1 pimiento rojo, picadito



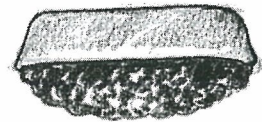
1 6-oz. can tomato paste
1 lata de pasta de tomate de 6 onzas



Salt to taste
Sal a gusto



1 1/2 pounds spaghetti
1 1/2 libras de espaguetis



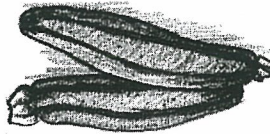
1/2 pound ground turkey
1/2 libra de pavo molido



1 yellow pepper, diced
1 pimiento amarillo, picadito



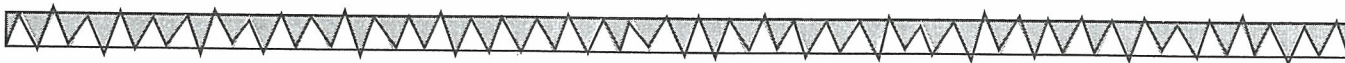
1 16-ounce can tomato sauce
1 lata de salsa de tomate de 16 onzas



2 medium zucchini, diced
2 zucchinis medianos, picaditos



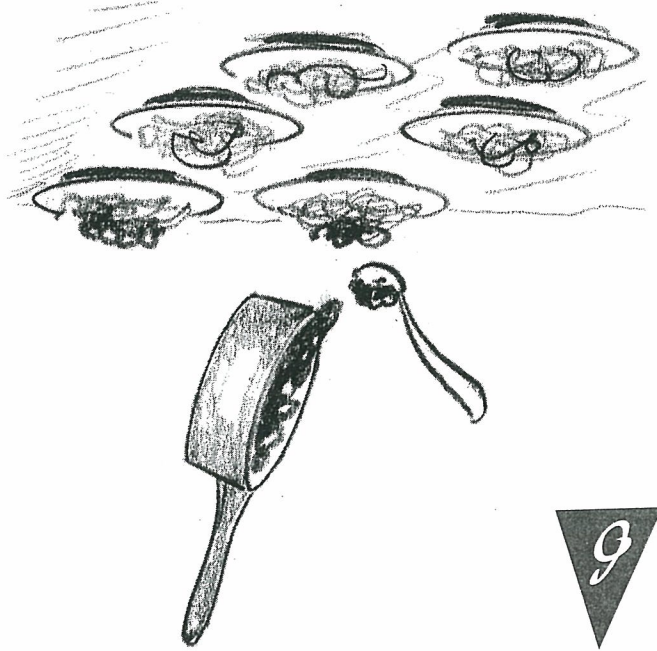
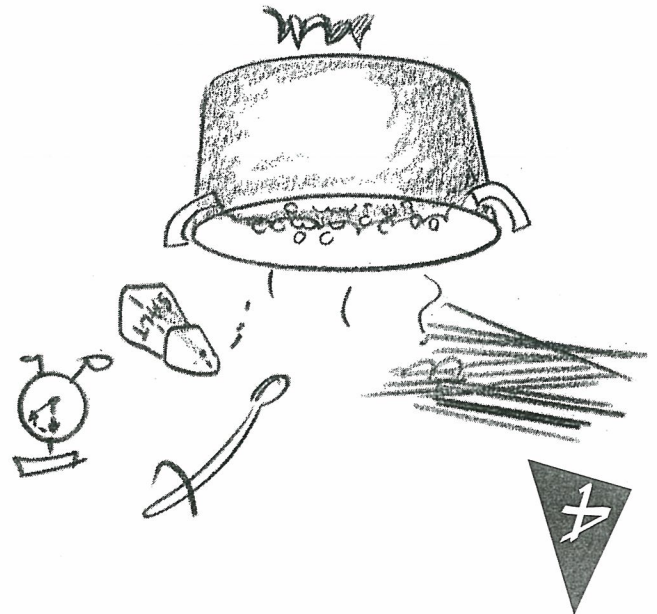
1 medium onion, diced
1 cebolla mediana, picadita





Drain and divide among 6 plates.
Botar el agua y dividir entre 6 platos.

Bring a large pot of salted water to a boil. Stir in the spaghetti and cook it, stirring occasionally, until al dente (firm), about 8 to 10 minutes. Traer una olla grande de agua con sal a un hervor. Añadir el espagueti y cocinarlo, mezclando de vez en cuando, hasta que esté al dente, como de 8 a 10 minutos.



Top with sauce and serve.
Echar la salsa por encima y servir.





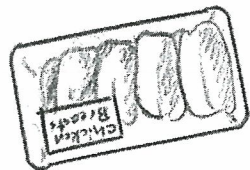
Chicken Pot Pie

Pastel de Pollo

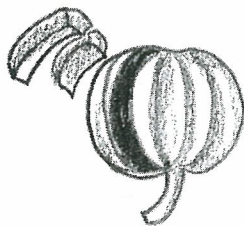
Per serving: 351 calories, 37 g carbohydrate, 11 g total fat, 46 mg cholesterol, 4 g dietary fiber, 109 mg sodium
Por cada porción: 351 calorías, 37 g carbohidrato, 11 g grasa, 46 mg colesterol, 4 g fibra, 109 mg sodio

Ana Padilla
México
Serves 6
6 Porciones

Ingredientes



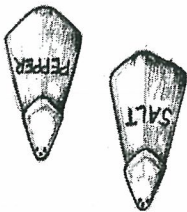
4 boneless chicken
breasts, about
1 1/2 pounds, skin
removed, fat trimmed
4 pechugas de pollo
desnuesadas, sin pellejo y
sin grasa como 1 1/2 libra



3 pounds pumpkin or
other winter squash,
peeled and cut into 1-inch
pieces
3 libras de calabaza,
peladas y cortadas en
pedazos de 1 pulgada



1/2 cup evaporated
skimmed milk
1/2 taza de leche
evaporada desnatada



Salt and pepper to taste
Sal y pimienta a gusto



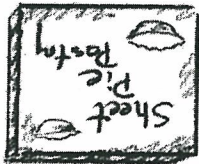
2 cups fat free, low
sodium chicken broth
2 tazas de caldo de pollo,
sin grasa y bajo en sodio



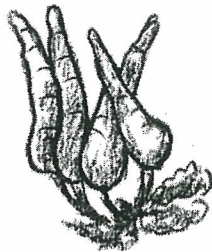
1/4 cup all-purpose flour
1/4 taza de harina de
todo uso



2 Tb. parsley, chopped
2 cucharadas de perejil
picado



1 thin sheet pie pastry,
6 ounces
1 hoja fina de hojaldre,
6 onzas

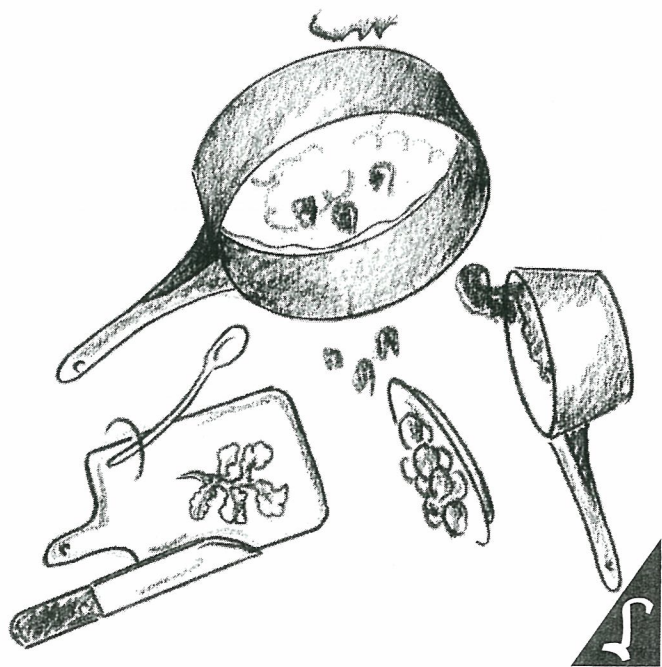


4 medium carrots, peeled
and cut into 1 inch pieces
4 zanahorias medianas,
peladas y cortadas en
pedazos de 1 pulgada

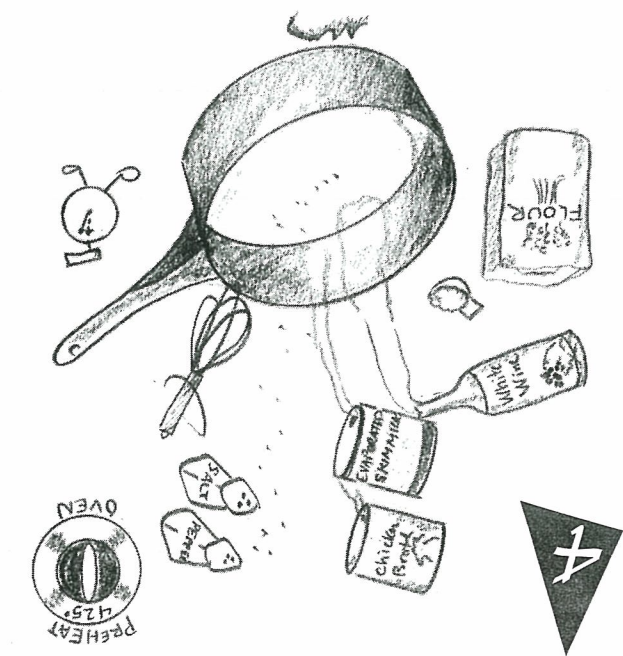


1/2 cup white wine
1/2 taza de vino blanco



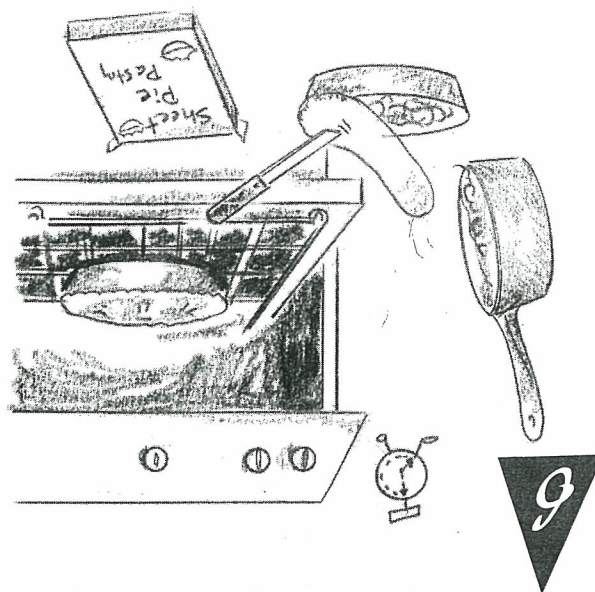


Stir in the parsley. Stir in the carrots, pumpkin and chicken.
 Añadir el perejil. Añadir las zanahorias, la calabaza y el pollo.



Preheat the oven to 425 degrees F. In a large saucepan whisk together the flour and white wine. Gradually whisk in the evaporated skimmed milk and the chicken broth. Bring to a simmer over low heat, whisking continuously. Let simmer 2 minutes, season to taste with salt and pepper.
 Precalentar el horno a 425 grados F. En una casuela grande, batir la harina y el vino blanco. Añadir la leche evaporada desnatada y el caldo de pollo poco a poco. Hervir a fuego lento, y batir continuamente. Cocinar lentamente por 2 minutos más, sazonar a gusto con sal y pimienta.

Spoon the chicken mixture into a 2 1/2 quart baking dish and lay the pie pastry over the top. Press the edges to seal and cut several slits in the top with a knife. Bake 35 to 40 minutes, until bubbling around the edge and brown on top.
 Cucharar la mezcla de pollo dentro de un molde de 2 1/2 cuarto y colocar la hoja de hojaldre encima de la mezcla de pollo. Apretar las orillas para sellarlas y cortar varias rajaduras en la parte de arriba con un cuchillo. Hornear de 35 a 40 minutos, hasta que bulbúee alrededor de la orilla y la parte de arriba esté dorada.



Pelagia Chavez
Peru
Serves 6
6 Porciones

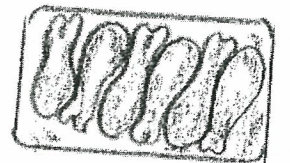
Chicken Simmered with Cilantro & Rice

Pollo con Cilantro y Arroz

Per serving: 222 calories, 35 g carbohydrate, 3 g total fat, 24 mg cholesterol, 3 g dietary fiber, 120 mg sodium
Per cada porcion: 222 calorías, 35 g carbohidrato, 3 g grasa, 24 mg colesterol, 3 g fibra, 120 mg sodio

Ingredients

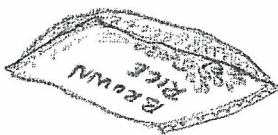
Ingredientes



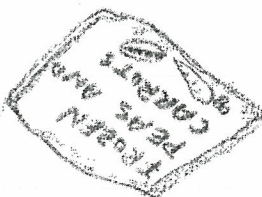
6 pieces of chicken, skin removed and fat trimmed
6 pedazos de pollo, sin pellejo y sin grasa



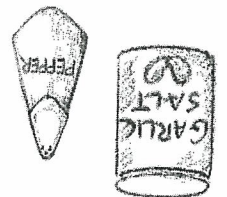
1 large bunch of cilantro, washed thoroughly
1 racimo grande de cilantro, lavado completamente



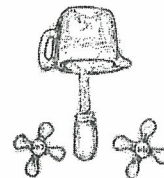
1 1/4 cups parboiled brown rice
1 1/4 tazas de arroz sancocado



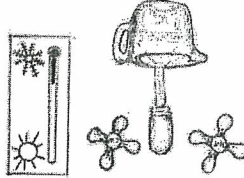
2 cups frozen peas and carrots
2 tazas de arvejas y zanahorias congeladas



Garlic salt and pepper to taste
Sal de ajo y pimienta a gusto



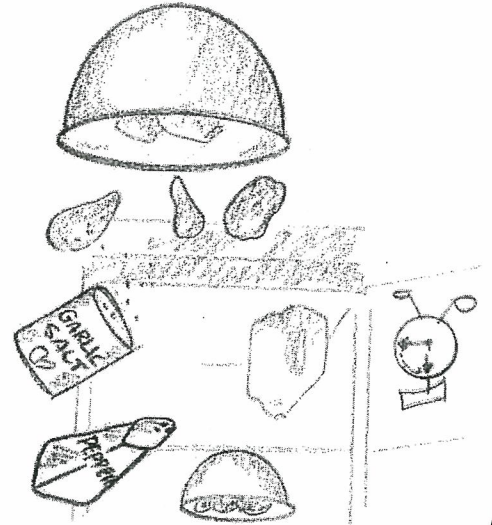
1 1/2 cups water
1 1/2 tazas de agua



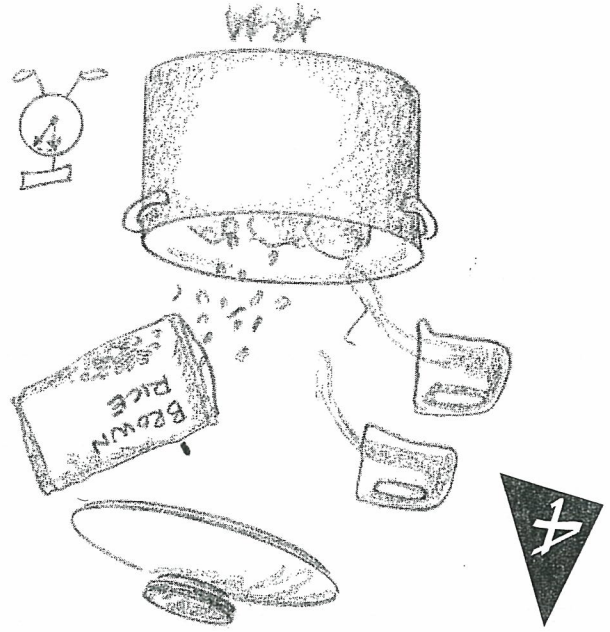
2 cups cold water
2 tazas de agua fría



Vegetable oil cooking spray
Roció aceite vegetal en aerosol



Put the chicken in a bowl, rub it with garlic salt and pepper and refrigerate for 15 minutes.
Poner el pollo en un recipiente y adobar con sal de ajo y pimienta y refrigerar por 15 minutos.

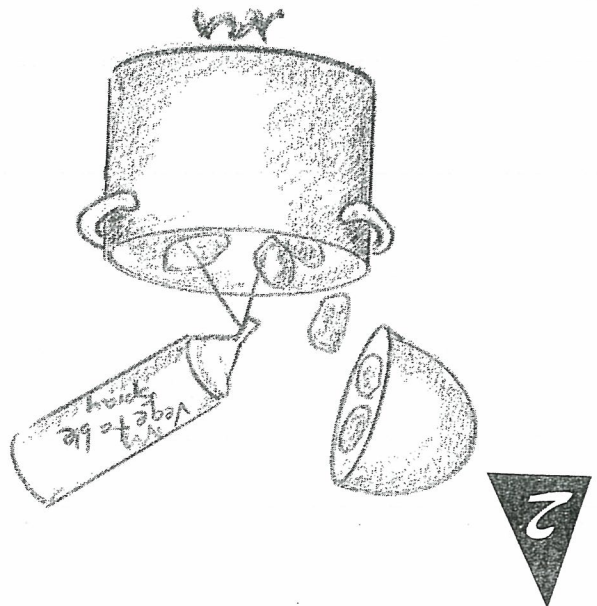


Raise the heat, add the rice and 2 cups cold water. Bring to a boil, reduce the heat to low and simmer until the water is almost all gone. Cover the pot and cook the rice and chicken for 5 more minutes.

Subir el fuego, añadir el arroz y 2 tazas de agua fría. Traer a un hervor, reducir el fuego y cocinar lentamente hasta que el agua casi se evapore. Cubrir la olla y cocinar el arroz y el pollo por 5 minutos más.

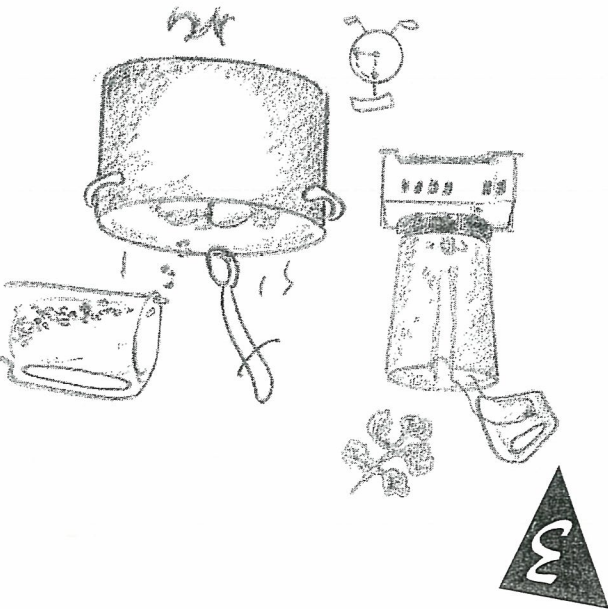
Spray a large, non-stick soup pot with vegetable oil cooking spray and warm the pot over medium heat. Add the chicken and brown lightly on all sides.

Rociar una olla sopera grande de teflón (de los que no se pegan) con rocío de aceite vegetal y calentar la olla a fuego moderado. Añadir el pollo y dorar ligeramente por todos lados.

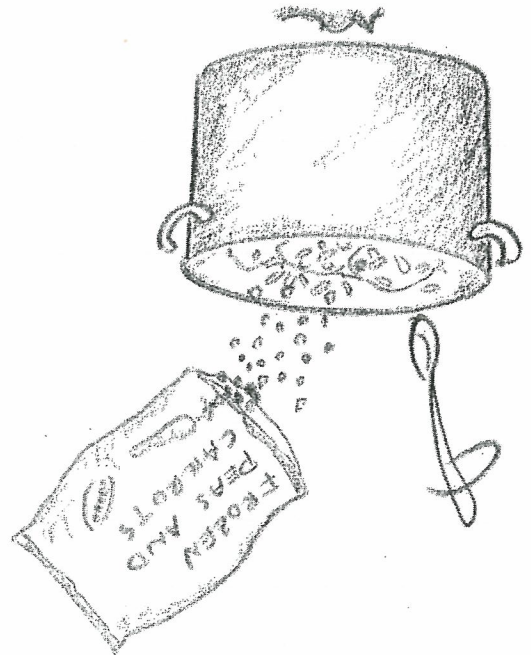


While the chicken is cooking, puree the cilantro and 1 1/2 cups water in a blender. Add the cilantro puree to the chicken. Cook over low heat about 15 minutes, stirring occasionally until it boils. Let simmer until the water evaporates.

Mientras el pollo se está cocinando, haga un puré con el cilantro y 1 1/2 taza de agua en la licuadora. Añadir el puré de cilantro al pollo. Cocinar bajo fuego lento por 15 minutos mezclando ocasionalmente hasta que hierva. Hervir a fuego lento hasta que el agua se evapore.

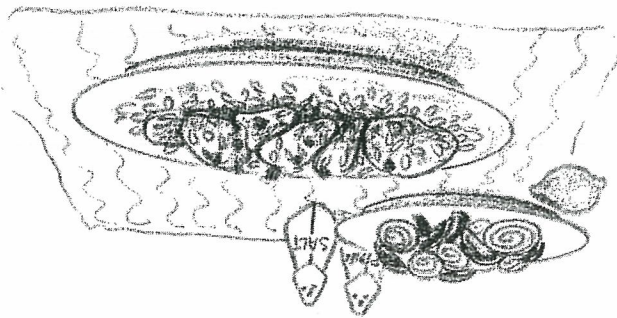


Stir in the peas and carrots and cook for 1 minute. Serve immediately.
 Añadir las arvejas y las zanahorias y cocinar por 1 minuto. Servir inmediatamente.



Suggestions for Accompaniments:
Acompañamiento:

Onion Salad: Finely sliced onions and tomatoes, seasoned with salt, pepper and lemon.
 Ensalada de Cebolla: Cebollas y tomates rebanados en tiras delgadas, condimentadas con sal, pimienta y limón.



Anonymous
Country Unknown
Serves 6
6 Porciones

Spicy Rice with Shrimp

Arroz con Camarones

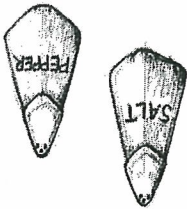
Per serving: 297 calories, 53 g carbohydrate, 4 g total fat, 26 mg cholesterol, 2 g dietary fiber, 303 mg sodium
Por cada porción: 297 calorías, 53 g carbohidrato, 4 g grasa, 26 mg colesterol, 2 g fibra, 303 mg sodio

Ingredients

Ingredientes



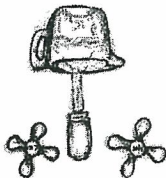
2 cups fat free, low
sodium chicken broth
2 tazas de caldo de pollo
sin grasa y bajo en sodio



Salt to taste
Sal a gusto



12 medium size shrimp,
peeled and deveined
12 camarones medianos,
pelados y sin venas



2 cups water
2 tazas de agua



1 Tb. cilantro, chopped
1 cucharada de cilantro,
picado



1 scotch bonnet pepper,
chopped
1 pimiento de bonete,
picado



1 Tb. butter
1 cucharada de
mantequilla



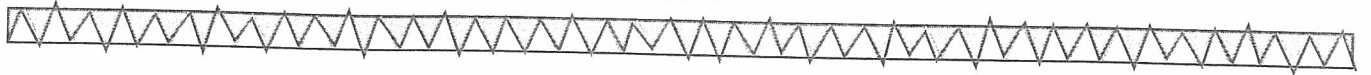
1 medium onion, chopped
1 cebolla mediana, picada



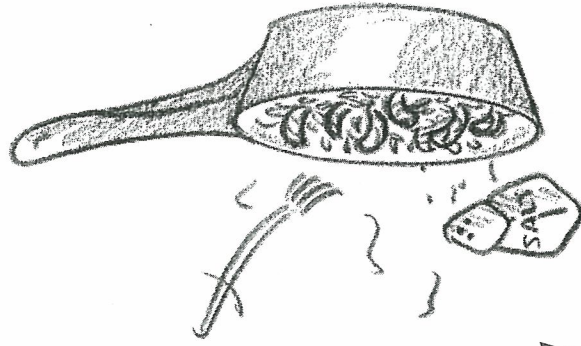
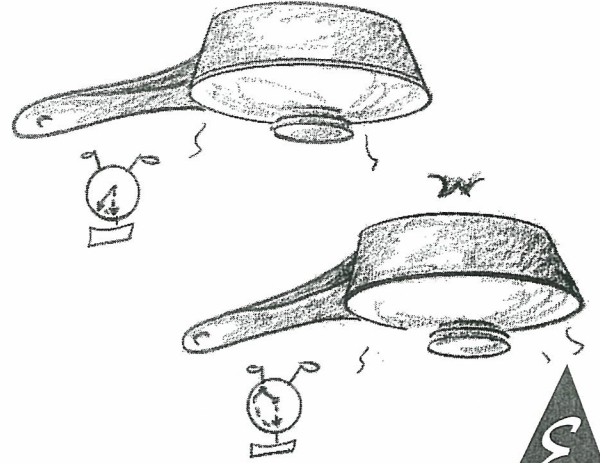
3 cloves garlic, chopped
3 dientes de ajo, picados



2 cups long-grain rice
2 tazas de arroz grano
largo

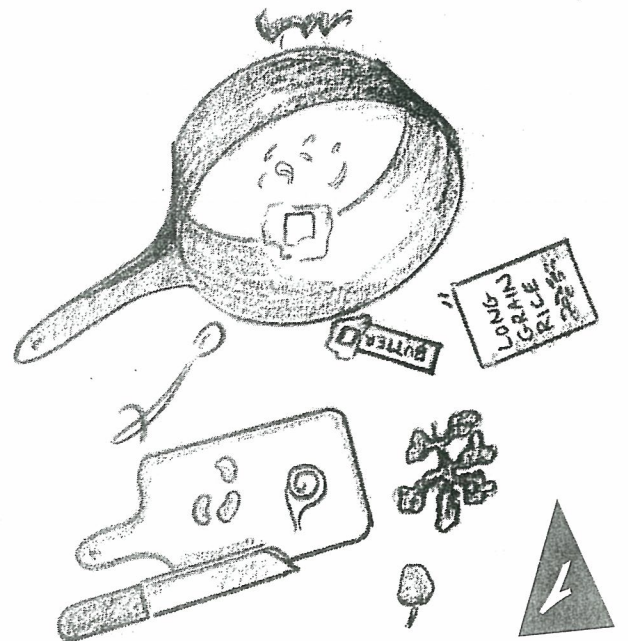


Simmer for 20 minutes, turn off the heat and let the rice steam for 5 minutes.
 Cocinar a fuego lento por 20 minutos, apagar el fuego y dejar que el arroz se cocine a vapor por 5 minutos.

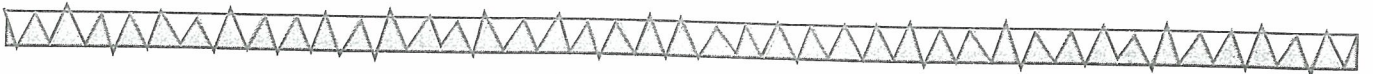
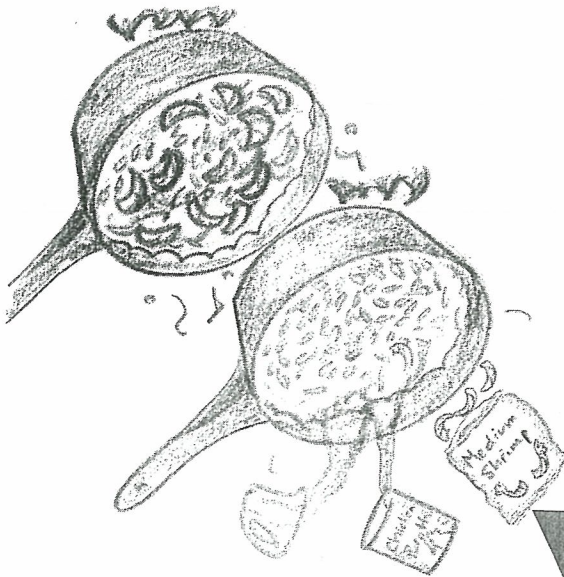


Season with salt, fluff the rice and serve.
 Sazonar con sal, revuelva el arroz y sirva.

In a large, non-stick soup pot cook the butter, onion and garlic over medium heat until the onion is transparent. Stir in the cilantro, scotch bonnet pepper and rice. Stir for a minute or two. En una olla sopera de teflón (de los que no se pegan) grande, cocinar la mantequilla, la cebolla y el ajo sobre fuego moderado hasta que la cebolla esté transparente. Añadir el cilantro, el pimiento de bonete y el arroz. Revolver por uno o dos minutos.



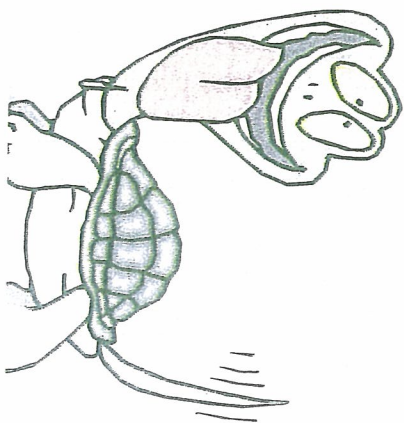
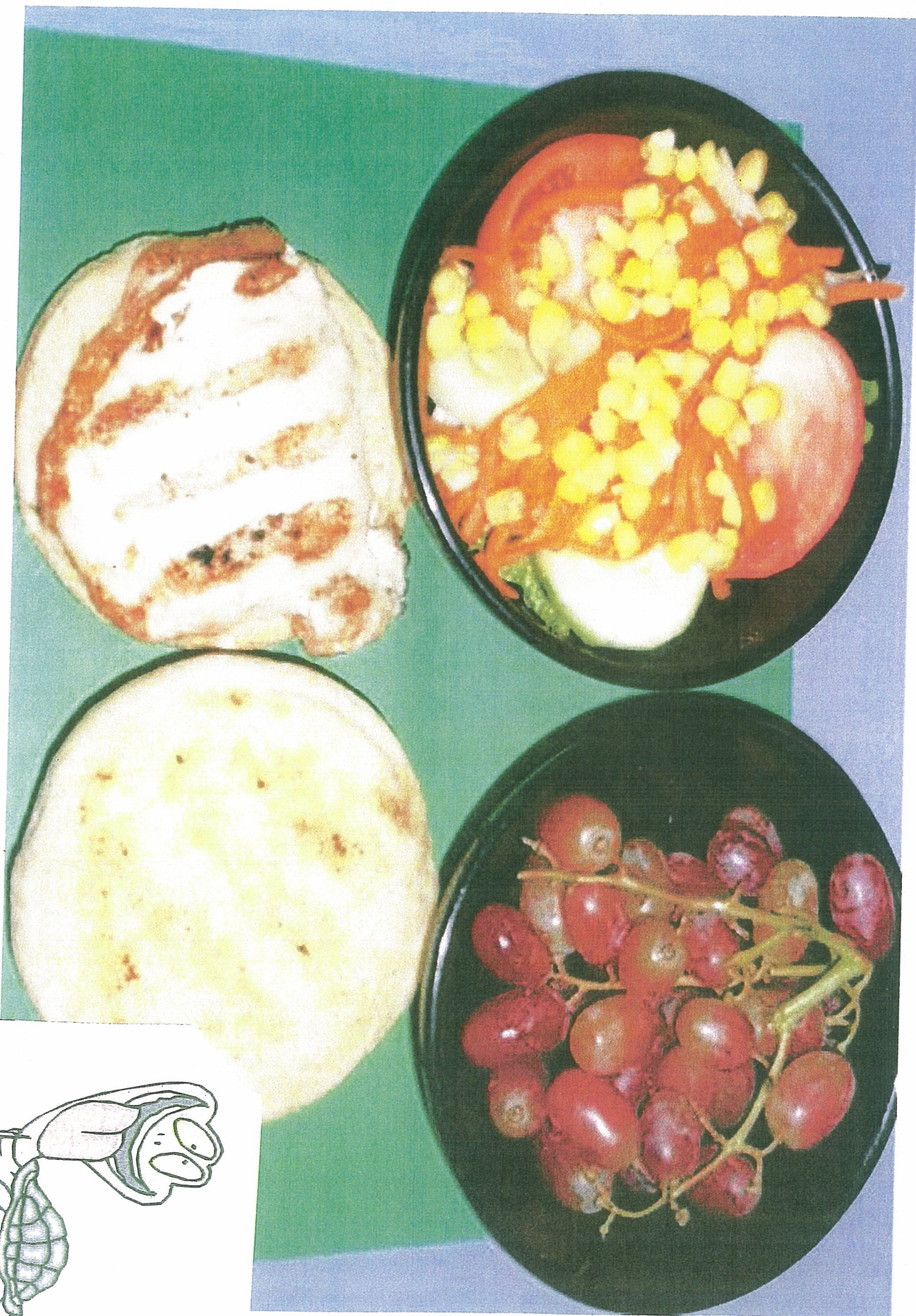
Stir in the peeled and deveined shrimp, water and chicken broth. Bring to a boil over high heat, reduce the heat to very low, and cover the pot tightly. Añadir los camarones, pelados y sin venas, el agua y el caldo de pollo. Llevar a un hervor sobre fuego alto, reducir el fuego bien bajo y tapar la olla.

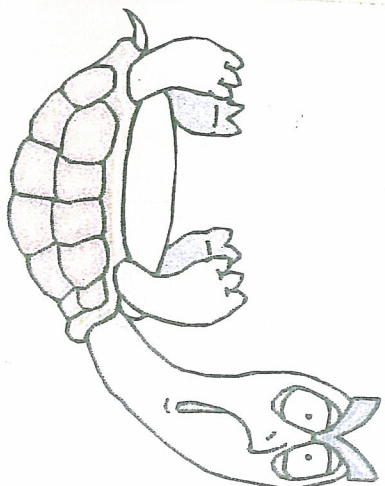


Healthy Plate

Healthy Plate

- Will provide a pictorial example of a balanced meal and an unbalanced meal.
- Each plate will carry a healthy message (i.e. eat more vegetables).
- To denote the health desirability of each plate, an image of a turtle indicates whether the image is or is not a healthy plate.
- Plates will be posted on yellow board located in the South Commons kitchen.
- The background of the healthy plate will be red for an unhealthy plate and green for a healthy plate to better differentiate the plates.





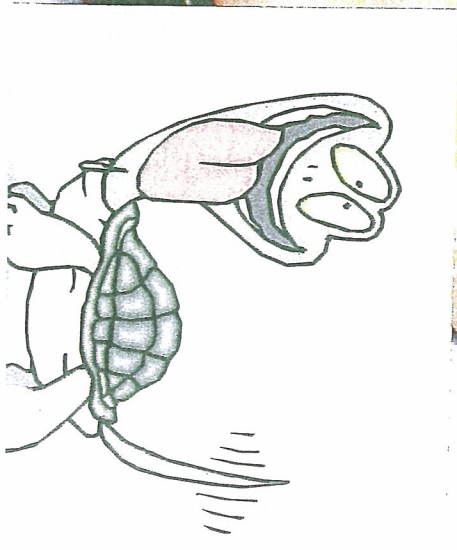
Healthy Plate and Unhealthy Plate Comparison 3

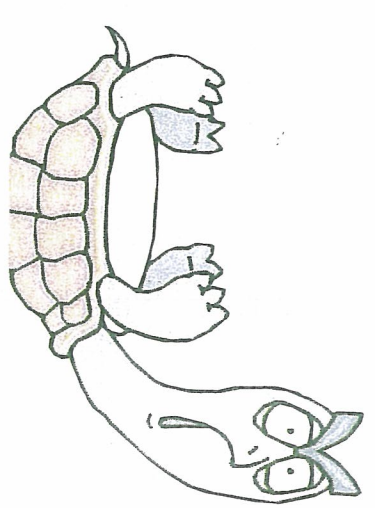
Healthy Plate

Food	Calories	Fat	Sodium
Gilled Chicken Sandwich	300	4g	400.1 mg
Grapes	61	0.3 g	1.8 mg
Mixed Greens Salad	150	1g	25 mg
Total	511	5.3g	426.9 mg

Unhealthy Plate

Food	Calories	Fat	Sodium
Fried Chicken Sandwich	413	19.2g	539.3mg
French Fries	198	9g	150.3mg
Rice	292	6.4g	305mg
Total	903	24.6g	994.6mg





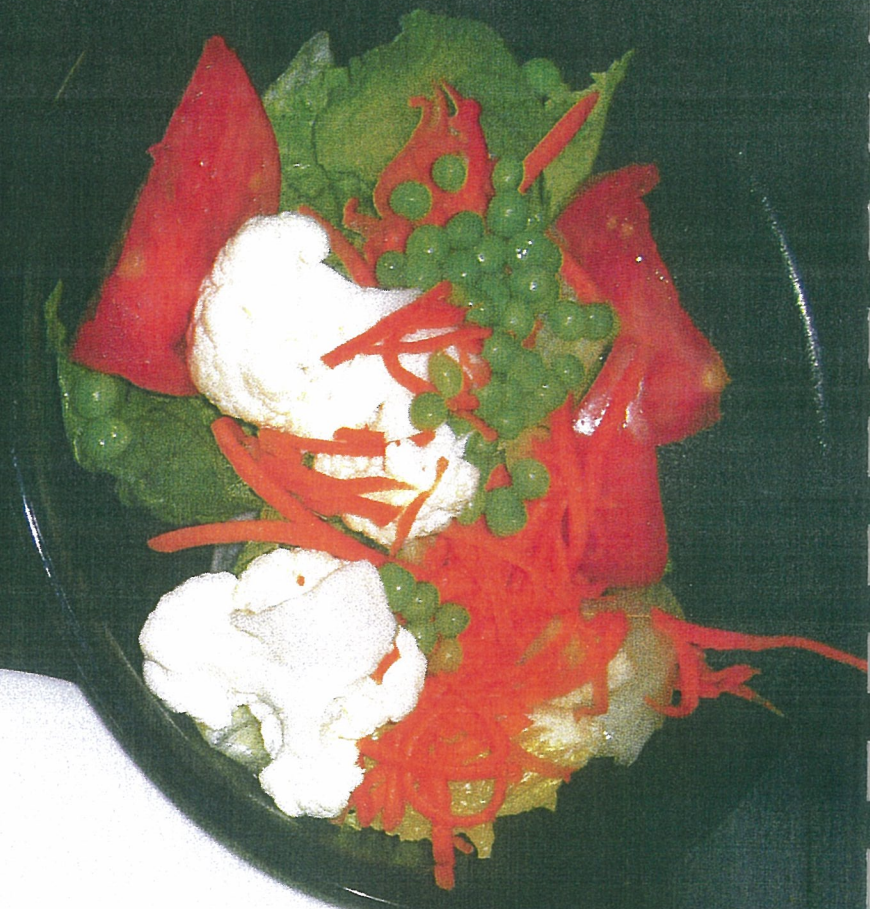
Healthy Plate and Unhealthy Plate Comparison 1

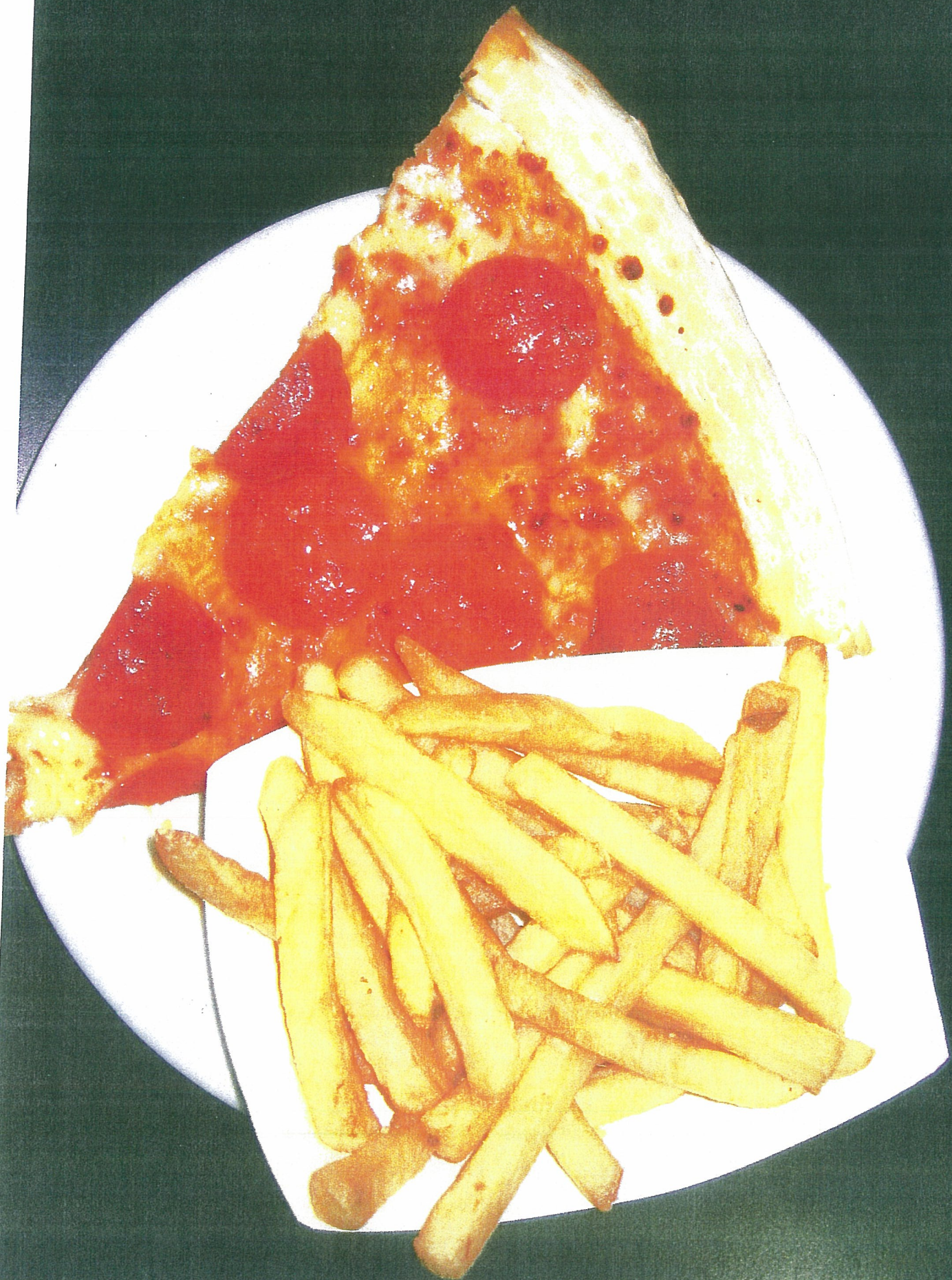
Healthy Plate

Food	Calories	Fat
Chicken	74	5g
Mashed Potatoes	237	9g
Mixed Fruit	65	0g
Total	376	14g

Unhealthy Plate

Food	Calories	Fat
Chicken	74	5g
Macaroni and cheese	869	40g
Potatoes	237	9g
Rice	88	2g
Total	1268	56g





Healthy Plate and Unhealthy Plate Comparison 2

Healthy Plate

Food	Calories	Fat	Sodium
Veggie Pizza	218	8.2g	469.2mg
Salad	172	0.61g	18mg
Total	390	8.81	487.2mg

Unhealthy Plate

Food	Calories	Fat	Sodium
Pepperoni Pizza	633	47g	1876mg
French Fries	250	9.4g	52.3mg
Total	883	56.4g	1928.3mg

Recommendations

Recommendations

These recommendations are intended for future dietetic students, interns, and other members that will continue the work on the wellness program

1. From our observation, we do not see the need for weight reduction in this population, especially in reference to obesity. With this particular audience, portion control in relation to obesity should not be addressed since this meal is generally either their only meal or the main meal of the day.

2. The "Healthy Plate" concept creates visualization for employees. Dining services offer multiple healthy food items to choose from. We recommend that future interns should utilize all food stations available at South Commons dining when preparing the healthy and unhealthy plate comparison.

3. It is difficult to have formal focus groups with dining services employees because time must be set aside from dining responsibilities. We recommend future interns spend more time socially interacting with employees through hands on production or food line time rather than attempting to conduct formal focus groups.

4. We recommend future interns develop a 3rd wellness wall to be placed downstairs for the employees working in the production areas as they may not come upstairs enough to see the original wall that was placed. Although previous interns targeted one specific population of dining service employees, we recommend that future interns broaden the focus of the wellness program to encompass all cultural backgrounds equally.

6. We recommend future interns add additional information to the wellness wall for the employee to take home such as tips on how to start an exercise program. We feel that the employees will respond better to suggestions if given ways in which they can begin exercising.

Goals & Objectives

1. CREATE a Wellness Wall

- The Wellness Wall was placed on the inside front wall of the South Commons kitchen.
- A 2nd Wellness Wall that included a nutrition and cooking tip was placed by the time clock so all employees could find the information easier.
- A 3rd Wellness Wall is recommended to be placed in the production area for the first floor dining employees.

2. ESTABLISH rapport with dining service employees.

- The interns worked with hourly dining service employees on production and serving lines to understand their schedule and responsibilities.
- The interns built rapport with these employees by friendly conversation and awareness of the importance of the jobs that they do each day.
- Future interns are encouraged to spend time with the hourly employees in the kitchen to gain trust, respect and information that may further enhance the wellness program. More time spent in the kitchen can alleviate the problem of forming and conducting formal focus groups.

3. EXPAND the wellness program to engage all employees.

- Recipes were provided in English and Spanish as well as pictures of the ingredients for better understanding.
- Future interns should explore a variety of physical activity and food options to accommodate all employees (i.e. age, gender, and cultural background).
- Future interns will work with the "Terps on the Move" program to establish a walking program to accommodate the schedules of the dining service employees.

4. ENCOURAGE employees to choose healthier food items.

- The interns provided pictures of healthy and unhealthy plates of food items offered here at the South Commons dining facility.
- Future interns should make sure that a variety of foods from all stations be used to provide the comparison of healthier foods options.

- 5. PROVIDE instruction regarding exercise to employees.**
- The interns provided simple exercises tips on how to exercise without a gym membership or the purchase of expensive exercise equipment.
 - Future interns will provide how-to handouts for employees to take home and use at their leisure.