



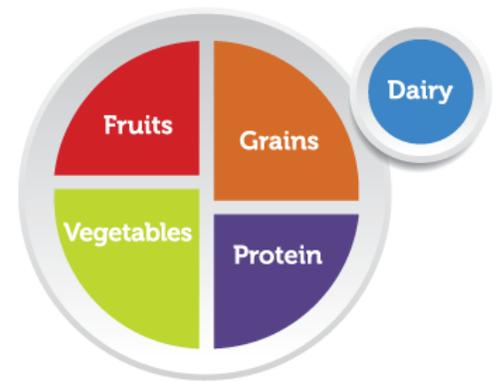
S F M N P HEALTH

Your source for Senior Farmers' Market Nutrition Program nutrition education and community resources. In this newsletter you will find important and useful information affecting your health. *Enjoy!*

MyPlate for You!

Eating fruits and vegetables each day is a good way to help maintain your health and reduce the risk of heart disease, obesity and high blood pressure. Fruits and vegetables and other plant foods (like beans nuts and whole grains) are also good sources of fiber. Eating fiber can help prevent stomach and intestine problems like constipation, and may also help lower blood cholesterol and blood sugar.

Fresh fruits and vegetables from the farmer's market are a great way to get your fruits and vegetables- but frozen and canned versions are also healthy ways to eat these foods. My Plate recommends filling half your plate with fruits and vegetables.



Also, take advantage of the fresh produce that may be in your backyard! Wild Alaskan berries and greens are very nutritious! One half cup of lowbush salmonberries has more vitamin C than ½ cup of 100% orange juice. Sour dock has more vitamin A than carrots. Turn the page to locate a list of healthy fruits and vegetables which may grow in your area and learn how to harvest them! (Sources: <https://www.nia.nih.gov/health/publication/healthy-eating-after-50#fiber>, <http://www.choosemyplate.gov/>, http://dhss.alaska.gov/sites/takeheart/SiteCollectionDocuments/ESA_AK_5aDay.pdf, <http://www.choosemyplate.gov>)

Free TurnAround Health for Alaskans

According to the 2014 Alaska Health Indicator report, 8.4 % of Alaskans have prediabetes. Prediabetes is a condition in which individuals have blood glucose or A1C levels higher than normal, but not high enough to be diabetes.

TurnAround Health is a virtual Diabetes Prevention Program. TurnAround Health has been recognized by the Center for Disease Control and Prevention for its fidelity and strong evidence-based curriculum. TurnAround Health focuses on behavior change.

The goal is to help inspire people change the habits that put them at risk for type 2 diabetes. TurnAround Health brings behavioral medicine and information on nutrition available to anyone with an Internet connection. TurnAround Health combines the science of behavior change and provides automated e-mails or phone calls to remind individuals about their goals, and help them adopt a healthier lifestyle.

TurnAround Health starts with an individual completing a survey with questions on nutrition and physical activity. The individual can then create their goals. The goals can be customized or selected from a drop down menu. As the individual continues the program, they can gain points by learning more about nutrition, type 2 diabetes, exercise, and other health topics.



The program uses an innovative approach that combines behavioral science, automated support, and technology to achieve long-term change. Sign up for TurnAround Health, it is **free** to all Alaskans, visit: www.alive.turnaroundhealth.com and enter the code: Alaska2015.

Health and Social Services

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Div. of Public Assistance
P.O. Box 110612
Juneau, AK 99811
Phone: 907-465-3100
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E-mail: wic@alaska.gov

How to Use Your Coupons

-  Redeem your coupons at approved farmers' markets, farm stands or farms. You cannot use coupons at grocery stores.
-  Look for the WIC "Accepted Here" sign. These are the farmers who will accept your coupons.
-  Coupons can only buy Alaska-grown fresh fruits, vegetables, herbs and honey.
-  Tell the farmer you are buying with a senior coupon. Each coupon is worth \$5.00. You can combine coupons in a single transaction but the farmer cannot give change.
-  These coupons are just like cash and cannot be replaced. Report any lost, stolen or damaged coupons to your Senior Program agency.
-  Let your Senior Program agency know if you have any problems using your coupons.

Helpful Shopping Tips:

- Call ahead for operating hours and availability of fruits and vegetables.
- Try to get to the market before noon for the best selection.
- Bring your own bag and look for the best bargain within the market.

Eat Local!

Here is your list of healthy fruits and vegetables which may grow in your area!

Berries

Lowbush cranberries
Huckleberries
Crowberries
Blackberries
Lowbush salmonberries
Highbush salmonberries
Blueberries
Raspberries
Currants

Greens

Beach asparagus
Seaweed
Fiddlehead fern
Goose tongue
Sour dock / Wild spinach
Willow leaves
Fireweed shoots & leaves
Wild rhubarb
Dandelion greens
Wild celery

State of Alaska Resources:

Chronic Disease Prevention and Health Promotion

Phone: (907) 269-2020 Fax: (907) 269-5446

Anchorage Office Location:

3601 C Street, Suite 722, Anchorage, Alaska 99503

Juneau Office Location:

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