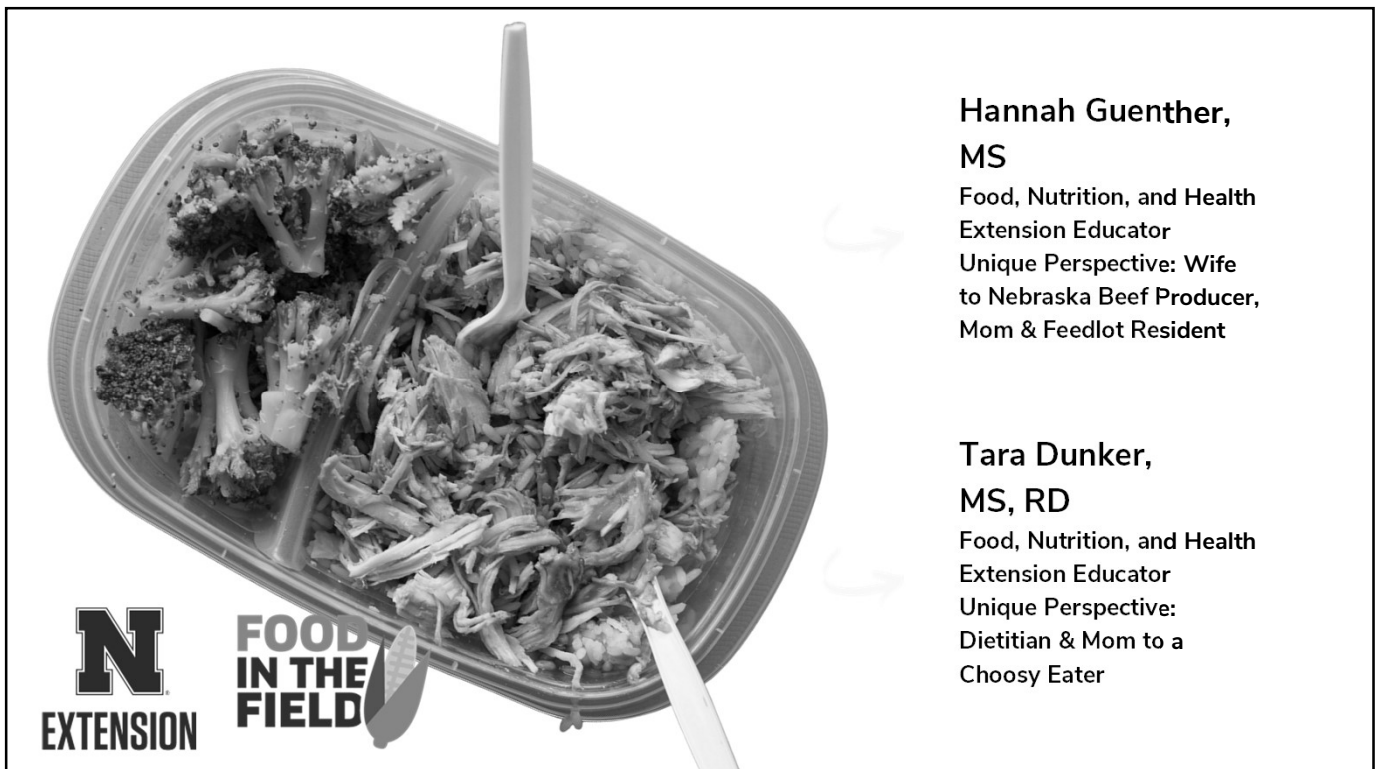




1



**Hannah Guenther,
MS**

Food, Nutrition, and Health
Extension Educator
Unique Perspective: Wife
to Nebraska Beef Producer,
Mom & Feedlot Resident

**Tara Dunker,
MS, RD**

Food, Nutrition, and Health
Extension Educator
Unique Perspective:
Dietitian & Mom to a
Choosy Eater

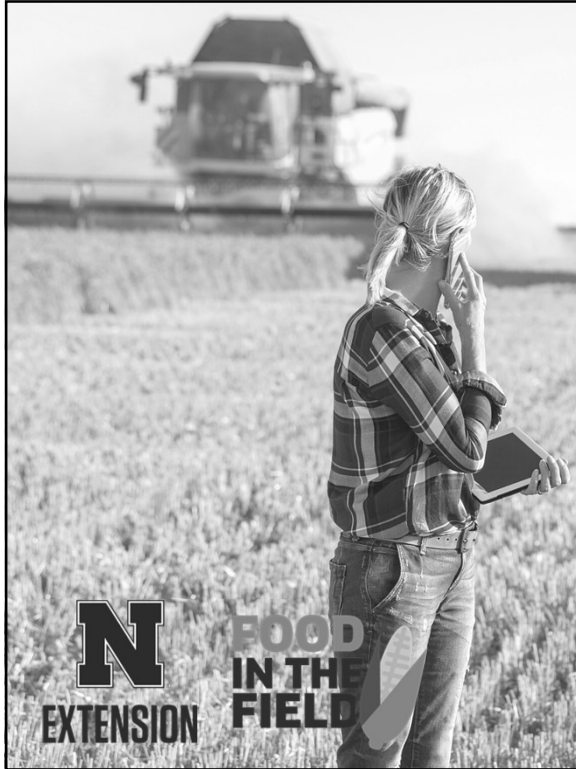
2



3



4



Why does this happen? Can you relate?



TIME. During planting and harvest seasons, 12+ hour days are common. There is rarely time to sit down for a meal.



LOCATION. Eating in the field poses issues of its own in terms of one-handed dining. There may be limited healthy options in rural areas.



STRESS. Uncontrolled, external stress has the ability to change our eating patterns and tends to lead to increased consumption of hyper-palatable, high sugar, and high fat foods.

5

Arthritis, vision loss, diabetes, and cancer are
4 of the 5 main health concerns for adults as they age.

What's the other one?



6

Can lifestyle changes really make a difference?

Research shows it's not all or nothing. Any improvement has benefits over being stuck in really unhealthful habits.

Even a 5-10% weight loss changes inflammation, insulin resistance, and hormones.

Advice is strong: develop healthful habits to avoid unwanted weight gain. If you desire weight loss, 5-10% is shown to reduce the risk of heart disease and type 2 diabetes, and may also reduce your cancer risk. Plus, provide relief from joint pain.



7

53%

of farmers, mean age 28.9, met the criteria for major depressive disorder with 71% meeting the criteria for general anxiety disorder.



8

when you eat better, you feel better

Dietary changes cannot cure
mental health issues, but studies
have found improved diet quality
can help individuals manage
stressful situations helping you
feel better today



9



a healthy eating pattern doesn't mean a complete diet overhaul

NO SAD SALADS



10

SMALL SHIFTS

TOWARDS A HEALTHIER
EATING PATTERN



11



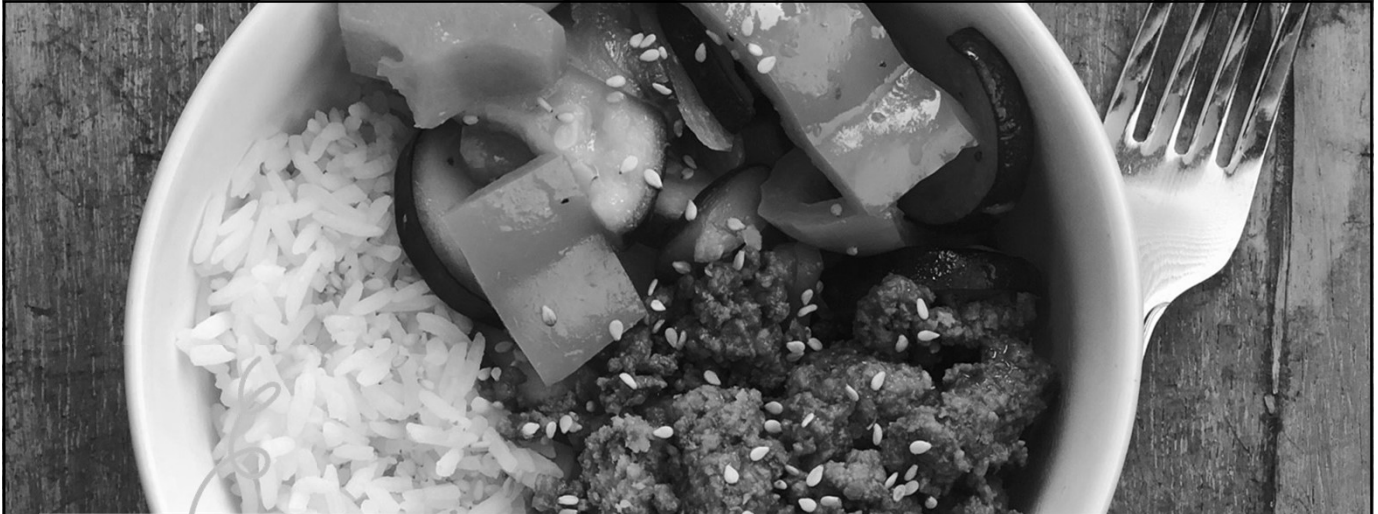
12



13



14



**what small shifts can you make
today that will have a long term
impact on your health?**



15



**IMPROVING YOUR
FOOD ENVIRONMENT**

TO CREATE EASY, NUTRITIOUS, FLAVORFUL MEALS



16

REMEMBER TO THAW YOUR PROTIEN

3 SAFE WAYS

- in the fridge
- in cold water, changing water every 30 minutes
- in the microwave

HANNAH'S GAME CHANGER



17



18



21



22



SALTS, FATS, ACIDS, HEATS



23



PESTO, HOISON, SALSA, MARINARA



24



VEGETABLE PREP



25



GET HEAVY HANDED WITH YOUR SEASONINGS



26



KNOW YOUR AUDIENCE



27



**We all deserve a
medal for keeping
our families fed!**



28

WHY IS THIS IMPORTANT

“Meals are my morale booster when it’s harvest and planting season. It may sound silly, but getting a meal to the field makes me feel a little less like I’m living out of a tractor cab. Although I do love when you bring me a cheeseburger and French fries every now and then, I do feel overall better with a healthy meal. It makes me not as sluggish so I can keep working to get the crops in or out of the ground.”

–Adam Guenther.

29

QUESTIONS &
please take this survey

N
EXTENSION

FOOD
IN THE
FIELD

30



31



32

SMALL SHIFTS

TOWARDS A HEALTHY EATING PATTERN

SHIFT TO **WHOLE GRAIN** bread,
pasta, rice, or wraps



SHIFT TO **WATER** or
UNSWEETENED tea
instead pop or sugar
sweetened beverages



SHIFT TO **LEAN**
PROTEINS including
white meat chicken,
lean beef and pork

choose **HEALTHY FOOD**
PREPARATION METHODS
like roasting, steam, or air
frying



include a **FRUIT** with you meals
like an apple, box of raisins, or
even 100% fruit juice



SMALL SHIFTS

TOWARDS A HEALTHY EATING PATTERN

Add a **VEGETABLE** to sandwiches, wraps, or as a side!



CHOOSE LOW FAT DAIRY with low fat milk, yogurt, and cheeses



VARY YOUR PROTEIN by including eggs, nuts, beans, and seeds



MAKE 1/2 YOUR PLATE FRUITS AND VEGETABLES this could include an apple and some baby carrots for lunch or a baked potato and bagged salad with dinner



HOW TO MODIFY A RECIPE

1. CHOOSE LEAN PROTEINS

Look at the proteins included in your recipes. Is there a protein that could be leaner? Chicken breasts are leaner than chicken thighs and legs. Swap your 80/20 ground beef with 90/10 or 93/7 lean ground beef.

2. INCLUDE LOW FAT DAIRY

Instead of full fat dairy such as milk, yogurt, or sour cream, use low fat options in your recipes.

3. ADD MORE VEGETABLES THAN THE RECIPE CALLS FOR

If your recipe calls for 1 cup of chopped spinach, increase it to 2 cups. Get creative and add new vegetables to recipes like bell peppers in your meatloaf, chopped zucchini in your rice pilaf, or diced squash in your chicken noodle soup.

4. INCLUDE WHOLE GRAINS

If your recipe includes rice, pasta, or bread, choose a whole-grain option. If you are baking, substitute half of your all purpose flour with whole-wheat flour. This will add whole-grains while maintaining the integrity of your baked goods.

5. REDUCE SUGAR BY $\frac{1}{3}$ AND SUPPLEMENT WITH FLAVOR

You can reduce overall sugar in a recipe by $\frac{1}{3}$ without disrupting the end result. This works great in recipes like muffins, pancakes, and quick breads. Supplement the flavor by adding unsweetened applesauce, diced fruit, or vanilla extract.

6. REDUCE SALT

Instead of reaching for the salt shaker, cut the salt in your recipe by $\frac{1}{2}$ if over 1 tsp, and season with herbs and spices. Never forget the power of a squeeze of lemon or lime juice to add flavor without salt or fat!

7. CHOOSE HEALTHY FOOD PREPARATION METHODS

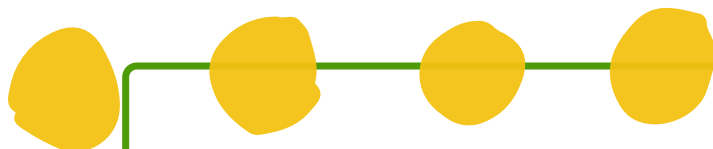
If called to deep fry or pan fry in your recipe, try baking or roasting instead. Coat the exterior in crispy bread crumbs and bake to lower fat and calories in a recipe. This works great for chicken or fish.



only choose **2-3 ingredients** to
modify to maintain the integrity
of the recipe



MEALS TO REMEMBER



meal 1

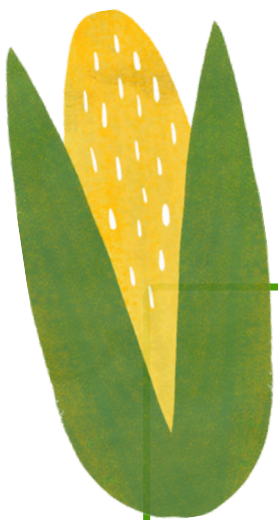
meal 2

meal 3

notes



HARVEST MEALS TO REMEMBER



meal 1

meal 2

meal 3

notes





CALVING MEALS TO REMEMBER

meal 1

meal 2

meal 3

snacks

notes





CALVING MEALS TO REMEMBER

meal 1

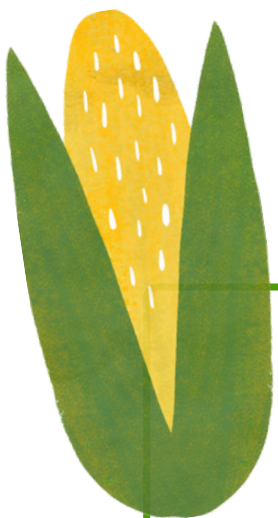
meal 2

meal 3

snacks

notes

PLANTING MEALS TO REMEMBER



meal 1

meal 2

meal 3

notes





BANANA OAT MUFFINS

Ingredients | Makes 12 to 16

5 large, very ripe bananas
2 eggs, whisked
½ cup canola oil
¾ cup sugar
1 cup oats
1½ tsp baking soda
1½ tsp baking powder
1 cup all purpose flour
1 cup whole-wheat flour
1 tsp salt

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a large mixing bowl, mash bananas with a fork. Add eggs, oil, and sugar.
4. In a separate bowl, combine oats, baking soda, baking powder, flour, and salt.
5. Add dry ingredients to wet ingredients and mix until just combined.
6. Grease a muffin tin and fill with batter ¾ full.
7. Bake for 20-25 minutes or until a toothpick comes out clean. Eat within 3-4 days.

*Try making these
at the beginning of
the week.*

*Enjoy for a
grab-and-go
breakfast, paired
with milk and a
piece of fresh fruit.*

Suggested Supplies

1 Measuring spoon set
1 Dry measuring cup set
1 Liquid measuring cup
2 Mixing bowls
1 Fork
1 Mixing spoon
1 Muffin tin
Preferred supplies for
greasing muffin tin



MINI MEATLOAVES

Ingredients | Makes 4

- 1 tsp olive oil
- 1 cup chopped mushrooms
- 1 lb lean ground beef (90/10 or 93/7)
- $\frac{1}{3}$ cup tomato juice
- $\frac{1}{2}$ cup quick oats
- 1 egg
- $\frac{1}{2}$ cup finely diced onion
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp thyme

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a sauté pan, add oil and sauté mushrooms until soft. Remove from heat.
4. Add mushrooms and remaining ingredients to a large mixing bowl and mix together thoroughly.
5. Scoop out $\frac{1}{4}$ cup of the mixture and form into a small loaf.
6. Place on greased sheet pan and repeat with remaining mixture.
Wash hands after handling raw protein.
7. Bake for 30-35 minutes or until meatloaves reach an internal temperature of 160°F.
8. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.

Add a southwestern twist!

Use salsa, instead of tomato juice. Add bell peppers and black beans to your meatloaf mixture.

Suggested Supplies

- 1 Measuring spoon set
 - 1 Dry measuring cup set
 - 1 Liquid measuring cup
 - 1 Sauté pan
 - 1 Spatula
 - 1 Cutting board
 - 1 Knife
 - 1 Mixing bowl
 - 1 Mixing spoon
 - 1 Sheet pan
- Preferred supplies for greasing sheet pan



*Make for easy
clean-up!*

*Spread a layer of
parchment paper or
aluminum foil on the
baking sheet prior
to adding potatoes.*

Suggested Supplies

1 Measuring spoon set
1 Vegetable scrubber
1 Cutting board
1 Knife
1 Mixing bowl
1 Mixing spoon
1 Sheet pan
Aluminum foil

ROASTED HERBED POTATOES

Ingredients | Serves 4

2 lb baby potatoes (yellow or red)
2 tbsp olive oil
½ tsp salt
1 tbsp dried parsley
1 tbsp dried rosemary
1 tbsp dried thyme

Directions

1. Wash hands with soap and water.
2. Preheat oven to 400°F.
3. Wash potatoes, scrubbing to remove any dirt. Dry completely and quarter into uniform pieces.
4. Add potatoes to a large mixing bowl.
5. Add oil, salt, and herbs. Toss to completely coat.
6. Spread potatoes in an even layer on a sheet pan. Roast for 25-30 minutes, mixing once or twice during the baking process.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.



BAKED OATMEAL

Ingredients | Serves 8 to 10

- 1 cup oil (or ½ cup applesauce and ½ cup oil)
- 4 eggs
- 1 1/2 cups sugar
- 2 cups milk
- 7 cups quick oats
- 4 tsp baking powder
- 2 tsp salt

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350°F.
3. In a mixing bowl, whisk together oil, eggs, sugar, and milk.
4. In another mixing bowl, add oats, baking powder, and salt. Stir until completely combined.
5. Pour wet ingredients into dry ingredients, and stir until there are no dry patches in the mixture.
6. Bake in a 9x13 baking pan for 30 minutes.
7. Serve with fresh fruit for an easy, fiber-packed breakfast.

This is a great recipe to make at the beginning of the week to enjoy all week long.

You can half this recipe and use an 8x8 pan instead!

Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 2 Mixing bowls
- 1 Mixing spoon
- 1 9x13 baking pan
- Preferred supplies for greasing baking pan



SHEETPAN FAJITAS

Ingredients | Serves 4

1 lb sirloin, skirt, or flank steak, cut into strips
2 tbsp olive oil, divided
1 red or orange bell pepper, sliced
1 yellow bell pepper, sliced
1 onion, red or sweet, sliced
Lime wedges (or juice), chopped cilantro, and whole-grain tortillas for serving

Taco Seasoning:

1 tsp cumin
1 tsp chili powder
1 tsp garlic powder
½ tsp salt

Directions

1. Wash hands with soap and water.
2. Set oven to broil on high or 500°F.
3. Place steak in a bowl and add 1 tbsp of oil and ½ of taco seasoning. Toss to combine. Wash hands after handling raw protein.
4. Spread peppers and onions on ½ of a foil-lined sheet pan and drizzle with 1 tbsp oil and the other ½ of the taco seasoning. Toss to combine and broil for 10 minutes.
5. Add steak to the other ½ of the sheet pan and broil for 3-4 minutes or preferred level of doneness.
6. Top with fresh lime juice and chopped cilantro to serve on whole-grain tortillas.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.

*Tired of flour
tortillas?*

*Fajitas pair well
with corn tortillas,
which are a great
change of flavor
AND still count
toward your whole
grains.*

Suggested Supplies

1 Dry measuring spoon set
1 Cutting board
1 Knife
1 Mixing bowl
1 Sheet pan
Aluminum foil



*Farmer Adam
Approved!*

*This is one of Adam
and Charlotte's
favorite weeknight
meals.*

Suggested Supplies

- 1 Multi-cooker
- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Liquid measuring cup
- 1 Cutting board
- 1 Knife
- 1 Spatula
- 1 Serving spoon

TUSCAN CHICKEN PASTA

Ingredients | Serves 6 to 8

- 2 tbsp olive oil
- 2 lbs chicken breast, boneless, skinless, and cut into 1-inch cubes
- ½ cup sun-dried tomatoes, drained
- 1 tbsp minced garlic
- ½ tbsp Italian seasoning
- ½ tsp salt
- ¼ tsp pepper
- 3 cups low-sodium chicken broth
- 12 oz whole-grain penne pasta, dry
- ¾ cup plain Greek yogurt
- ¾ cup low-fat cottage cheese
- ⅔ cup parmesan cheese, shredded
- 1 cup fresh spinach
- 1 tsp dried basil

Directions

1. Wash hands with soap and warm water.
2. Set multi-cooker to sauté. Add oil, chicken, tomatoes, garlic, Italian seasoning, salt, and pepper to multi-cooker liner. Sauté for 1-2 minutes. Wash hands after handling raw protein.
3. Press cancel and add chicken broth and pasta to multi-cooker liner. Broth should cover pasta.
4. Place lid on multi-cooker and lock according to manufacturer's instructions. Make sure the valve is set to sealing position.
5. Cook on high pressure for 4 minutes followed by a quick release.
6. Once pin drops, remove lid and stir in Greek yogurt, cottage cheese, parmesan cheese, spinach, and basil. Stir to combine.
7. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.



Pair with your favorite whole grain bun, bread, or tortilla.

Portable, one-handed meals and snacks make the healthy choice the easy choice during your busiest seasons!

Suggested Supplies

- 1 Measuring spoon set
- 1 Dry measuring cup set
- 1 Cutting board
- 1 Knife
- 1 Mixing bowl
- 1 Spatula

CURRY CHICKEN SALAD

Ingredients | Serves 4

- ½ cup mayonnaise
- 1-2 teaspoons curry powder
- 1 tablespoon bottled lime juice
- Pinch of salt, more to taste
- 2 cups cooked chicken, diced or shredded
- 1 medium apple with peel, diced
- 2 tablespoons red onion, finely diced
- ¼ cup raisins
- ¼ cup cashews, roughly chopped
- 2 tablespoons freeze dried cilantro

Directions

1. Wash hands with soap and water.
2. In a bowl, mix together mayonnaise, curry powder, lime juice, and salt.
3. Add cooked chicken, diced apple, and onions. Stir to combine.
4. Fold in raisins, cashews, and cilantro.
5. Serve in a wrap or on a bun.
6. If taking to the field, eat within 2 hours of making. If storing leftovers, eat within 3-4 days.