

May
2016

NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



INSIDE THIS ISSUE:

- IN-SEASON PRODUCE • P.1
- FARMER'S MARKET FUN • P.2
- COMMIT TO BE FIT • P.3
- UPCOMING EVENTS • P.3
- WELLNESS VISITS • P.4
- TIME IS RUNNING OUT • P.5
- IMPORANT FAQs • P.5



Spring Clean Your Health!

Now that the weather is getting warmer and healthy foods are in abundance, there is no better time to "spring" into wellness!

In-season produce reaps the most nutritional value so here's what to look for on the produce aisle or at local farmers' markets.

Apricots: Apricots are sodium free and pack a great nutritional punch of vitamin A, vitamin C, potassium and fiber with only 50 calories.

Artichokes: This crop peaks from March through May. A 2-ounce serving (approximately the size of the bottom of one large artichoke) has about 3 grams of fiber and just 25 calories. Artichokes are fat-free and a good source of fiber, magnesium, folate, and vitamin C.

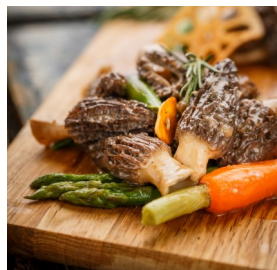
Asparagus: Low in fat and high in fiber, these tender stalks are a good source of iron, B vitamins, and vitamin C. Asparagus are at their peak from March through June but can be purchased year-round. Once harvested, asparagus deteriorate

rapidly, so place them in cool storage to retain freshness and nutrition.

Fava beans: Fava beans are a tasty and nutritious addition to soups, salads, or main dishes. They are a good source of vitamin B1, copper, iron, magnesium, phosphorous, and potassium. They are an excellent source of fiber, folate and manganese.

Morel mushrooms:

A member of the truffle family, these cone-shaped wild mushrooms are best known for their honeycomb texture and nutty flavor. The spongy texture of morels make them ideal for soaking up flavorful sauces. Pair with other spring veggies



like asparagus, spring onions, and green peas or toss in pastas, sautés, and salads.

Radishes: A root vegetable that is delicious raw, but it can be a flavorful addition to soups, condiments, and cooked dishes as well. You can also eat the green tops, which lends a peppery taste to salads. One cup of sliced red radishes provides 30% of your daily vitamin C requirement in less than 25 calories.

Rhubarb: Although technically a vegetable, rhubarb is often used as a fruit and is a good source of vitamin C, potassium, and manganese. Rhubarb stalks (the only part of the plant that should be eaten) are very tart but when sweetened, give rich flavor and texture to sauces and pies. Rhubarb can also be blanched, diced, and added to salsas and salads.



TACOMA
EMPLOYEE WELLNESS
Growing with Better Health

02 TIMELY JOURNEYS:
it's a great time of the year
to try something new

03 BIKE MONTH:
Learn more about events
happening in May

04 MEET SHANNON:
Learn more about your
Wellness Coordinator

Visit a Local Farmers' Market



Benefits

- Market prices are lower than at grocery stores because there is no “middleman”, transportation or packaging costs.
- They help to improve your diet and nutrition by providing access to fresh food.
- They play an important role in educating the consumer about the production and origin of their food.
- They can provide information and inspiration on how to prepare and cook fresh ingredients.
- Experiencing food at its finest can encourage even your pickiest eater to try a few bites.
- They stimulate local economic development by encouraging consumers to support local business and thus keeping the money within the local community.
- *And ... they are FUN!*

The downtown Tacoma Farmer's Market starts May 5th! For more information about all the Tacoma Farmer Markets, visit tacomafarmersmarket.com.

Have some fun!

- Local markets are a great opportunity to enjoy the warmer weather, walk and socialize all while shopping for healthful, local foods.
- Markets encourage you (and your family) to try a new food, or prepare something you normally eat in a new way.
- Ask the vendor(s) their favorite way to prepare a certain type of produce. Many have recipes that they would love to share.
- Check and see if there are any special events being planned in conjunction with the Farmers Market. There may be cooking demonstrations, tastings, and/or fun activities.
- Give your child(ren) \$2.00 and let them explore the market and make a new selection. There is a much greater chance that your child will try that food since it belongs to them.

Nutrition Journeys

Coach Your Kids to Eat Healthier (4 Stages): You want to give your kids every advantage in life—why not start with good nutrition? Learn to temp your elementary-school-age kids with foods that are fun and tasty in addition to being good for them. The result: healthy, happy kids.

Fit in More Fruit (3 Stages): Try new fruits, or new twists on your old favorites. Learn to choose well—whether it's fresh, frozen, canned or dried—to get the most nutrition out of your budget.

More Veggies in No Time (3 Stages): Whether it's cooking at home or dining out, getting more vegetables onto your plate is easier than you think. Just start with some small steps and you'll be on your way to eating better!

Recipe Spotlight

Steamed Artichokes with Vinaigrette Dipping Sauce*

1. Lay an artichoke on its side on a cutting board. Using a large, sharp knife, cut away the entire top quarter in one slice. Rub the top with the cut lemon. Cut off the stem at the bottom, so the artichoke will stand upright, and rub the bottom with lemon. Pull off the tough bottom leaves (bracts). Then, using scissors, cut away the thorny end of each remaining bract. Rub the edges with lemon.
2. Bring two inches of water to a boil in a steamer or pasta pot, and place the artichokes in the steaming basket. If they are too big to fit, place them directly in the water. Reduce the heat, cover and simmer 45 minutes or until a leaf easily pulls away. Remove from the heat. Serve hot or at room temperature with a sauce for dipping the leaves. Use your teeth to scrape the flesh from the bottom of the leaf. Have a bowl or plate on the side for the discarded leaves. When you reach the papery leaves that cover the heart in the middle, cut them away along with the choke and discard. Divvy up the heart and enjoy.
3. Whisk together the vinegar, salt, Dijon mustard and garlic. Whisk in the mayonnaise, yogurt and olive oil, and blend well. Taste, adjust salt, and add pepper. Use as a dip for artichokes or other vegetables.

*Recipe by Martha Rose Shulman from cooking.nytimes.com/recipes.

Commit to be Fit

Engaging in physical activity everyday has a powerful and positive impact on your health now and in the future. The benefits of leading an active life are worth mentioning:

- More energy
- Weight control
- Better sleep
- Healthier heart
- Less stress
- Looking and feeling younger
- Healthier cholesterol, blood pressure, and blood sugar levels
- Stronger bones, muscles and joints
- Feeling happier and more confident (improves depression)



TRY BIKING TO WORK!



2016 “BIKE EVERYWHERE” CONTEST — BIKE TO GET HEALTHY OR STAY HEALTHY—AND ALWAYS HAVE FUN!

May is Bike Month

Whether you bike to work, the mall, grocery store, or anywhere else, log your trips on PierceTrips.com to win prizes.

Participants who log five or more trips will be entered to win one of several prizes, including a \$100 Visa gift card.

Bikers who log 10 or more trips will be entered to win a weekend getaway to Hood River, Oregon.

Additionally, you can find lots of information about activities and events all month long at bike253.com.

UPCOMING EVENTS*

Date	Event	Location
May 7, 2016	Cinco de Mayo Fun Run/Walk	Tacoma, WA
May 10, 2016	Woodland Park Zoom	Seattle, WA
May 14, 2016	Tacoma's Amazing Preservation Race	Tacoma, WA
May 14, 2016	Mud Mountain 10K, 5K trail run/ 2.5 mile walk	Enumclaw, WA
May 14, 2016	Univera Serve First 5K and Children's Fun Run	Tacoma, WA
May 15, 2016	Capital City Marathon	Olympia, WA
May 15, 2016	Nordstrom Beat the Bridge 2016	Seattle, WA
May 21, 2016	XPLORE Seattle - Urban Adventure Race	Seattle, WA
May 21, 2016	10th Annual Spring Forward 5K Run/Walk—Autism	Tacoma, WA
June 4, 2016	Rainier to Ruston Rail-Trail Relay & Ultra	Carbonado, WA

Find many more races in the Pacific NW by visiting the [RaceCenter NW Website](#).

[Tacoma Runners](#) is another great resource.

*The City of Tacoma is not sponsoring nor contracting with any of these events.
The list provided is a summary of events happening within 60 miles of Tacoma.

Wellness Assistance Day Schedule

Starting in May, Shannon Carmody (Wellness Coordinator) is regularly going to offer assistance days at various City locations to better assist and motivate employees to participate in the RedBrick Health Portal and other Wellness Program activities. This list will continue to grow.

Rotation Schedule (listed alphabetically):

Environment Services:

Day: Third Friday of each month, beginning June 17th

Time: 7:00 AM to 2:00 PM.

Room: Plant Maintenance Training Room

Municipal Court (City-County Building):

Day: Second Thursday of each month, beginning May 12th

Time: 12:00 to 4:00 PM

Room: TBD

Solid Waste Management:

Day: Fourth Wednesday of each month, beginning May 25th

Time: 11:00 AM to 4:00 PM

Room: Lunchroom

Tacoma Public Utilities:

Day: First and Third Wednesday of each month, beginning June 1st

Time: 7:30 AM to 4:30 PM

Room: Cafeteria — 7:30 to 8:30 AM
11:00 AM to 1:30 PM
HR Office — 8:30 to 11:00 AM
2:30 PM to 4:30 PM

Please feel free to drop in and ask for assistance or direction! If you need a more in-depth, one-on-one training, please contact Shannon in advance so that she is able to give you her undivided attention.

Meet Your Wellness Coordinator

Shannon Carmody is a passionate, realistic and friendly Nutritionist who has worked in the Health and Wellness field for 11 years. She earned her B.S. from Central Washington University and M.S. from Washington State University in Human Nutrition. Over the last five years Shannon's career has focused exclusively on employee wellness because she believes that such programs can help working adults to improve their overall health and well-being both inside and outside of work.

Pictured: Shannon Carmody and her husband Ryan



Shannon joined the City of Tacoma in September of 2014 to assist with the design and rollout of the Tacoma Employee Wellness Program, which launched January 1, 2015. She is thankful to be part of the new program and is excited for the possibilities and innovative directions that can assist employees in living longer, healthier and happier lives.

"An employee wellness program is something that should be fun, rewarding and inspiring for employees and should meet each individual where they are currently at on the road to good health. My goal is that employee wellness will become an important part of the City of Tacoma culture".

Shannon is originally from Yakima, WA and she is an avid soccer fan and dog lover. She currently has two dogs (Piper and Sophie).



Contact Information:

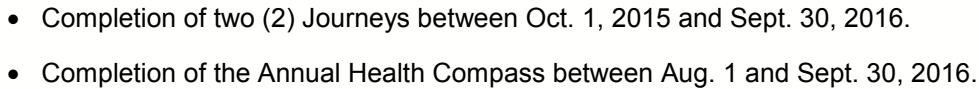
Office: TMB Room 1448

Email: scarmody@cityoftacoma.org.

Phone: 253.591.2002

Wellness Microsite: wellness.cityoftacoma.org

As of Oct. 1, 2015, the 2017 Incentive Period has been underway. If you want to earn or continue to receive a monthly Wellness Incentive in 2017, you should start working on the requirements TODAY. As a reminder, the requirements for the 2017 Incentive are as follows:



Important FAQs

