



# WOMEN'S CIRCLE LEADER'S GUIDE

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## **INTRODUCTION TO WOMEN'S CIRCLE**

Thank you for joining Women's Circle. Your job is important because you will be teaching your friends about nutrition. You will also be helping them to understand how their diet relates to their health. As people learn about good nutrition, the better they will feel about making food choices and preparing meals for their families. You will make a difference!

The ideas in this manual are not rigid guidelines for you to follow, but rather a resource to help you plan each session. We want you to be creative and flexible when leading Women's Circle sessions. The more you show of your personality, the easier it will be for women to relate to you. You may also need to adjust the program to fit your agency's budget and available supplies.

We do not expect you to be an expert on nutrition. We realize it is a complex topic and, in response, have provided you with basic, straightforward materials. This Leader's Guide and the Participant's Workbook will provide you with the information needed to conduct a successful Women's Circle group. Be sure to allow your group enough time to review the various sections in their books as they follow your lead. Encourage them to ask questions at any time.

## General Instructions:

### *For the Leader*

- Each Women's Circle class requires different materials. Be sure to look ahead to each "**Materials Needed**" list at the beginning of each chapter. Keep in mind that there is a snack at the end of each session and that the ingredients and utensils needed to prepare the recipes must be bought ahead of time. Also remember that the proper eating utensils (knives, forks and spoons), cups and ice, napkins, etc. will also be needed at each session.
- A **TV/VCR** is also needed at all sessions that include a video. The agency should provide this to the Women's Circle leader.
- "**Prizes**" are a part of each Women's Circle class. Suggestions for prizes include: cooking utensils (spatulas, mixing bowls, turkey basters), pot holders, dish towels, recipe books, food storage containers, aprons, etc. The agency should supply the prizes for the Women's Circle leaders. Make sure that you have enough prizes for each class.
- A "**snack**" is prepared at the end of each class. Leaders should involve all Women's Circle participants in the preparation and clean-up of the snacks. Preparing the recipes is a **group effort**. Be sure to read ahead to each chapter to see what ingredients and supplies are needed for each snack. There is a list of alternate snacks in the back of this manual.
- The agency will provide the Women's Circle Leader with a "**supply box**" for each class. The supply box will contain all the needed materials for that class period including recipe ingredients and supplies, handouts, activities and materials, sign-in sheets, etc. There should be a complete list of materials on the outside of the box. The leader should double-check the list with the actual supplies in the box before the class.

## General Instructions:

### *For the Agency*

The agency should provide the Women's Circle leader (peer educator) with all necessary materials. The agency should include all materials necessary for each Circle in a set of containers that include a list of what materials are needed. With the "supply boxes", the leader should have everything they need to lead a successful Women's Circle.

- If videos will be used, the agency needs to provide the leader with a TV/VCR or make sure that the location of the Women's Circle has one available. The agency should also provide the leader with appropriate videos (guest speakers can be substituted for videos) for the Circles.
- The agency should provide all Women's Circle leaders with the necessary orientation and training needed. The agency needs to also offer support to the leaders throughout their period of service to the agency.
- The agency is also responsible for providing **prizes** for each class. Suggestions for prizes include: cooking utensils, potholders, cookbooks, dish towels, refrigerator magnets, garden seeds, etc. Make sure that there are enough prizes for each class.
- If possible, Women's Circle leaders (peer educators) should receive reimbursement for their mileage and any money they may spend on the program. An on-site babysitter may also be needed.

## MATERIALS NEEDED



### CLASS 1

"Roseanne" video	Blender
"Eating Healthy for Life" video	Knives
TV&VCR	Bowls
Food Diaries	Spoons
3 Prizes	
Nutrition Awareness Assessment Questionnaire	
Ingredients for Dilled Garden Dip	

### CLASS 2

TV and VCR	Pencils
Food Guide Pyramid Video	Bingo Handouts and Questions
Pyramid Poster	Bingo Tumbler
Prizes	Forks, Spoons
New Food Label	Ingredients for Snack
Knives	Large bowl
Cooking Pot	
Colander	

### CLASS 3

Food Labels	Food Label Quiz
New Food Label Video	2 Calculators
TV and VCR	2 Prizes
Ingredients for Taco Rice	Skillet
Bowls, Forks, Knives	Pencils

### CLASS 4

"Freedom from Fat" Video	Prize(s)
TV and VCR	Pencils
Puzzle Sheets	
Mixing Bowl, Spoons, Cookie Sheet	
Ingredients for Snickerdoodles	

**CLASS 5**

TV and VCR  
Pencils  
Sodium Surprise Worksheet  
Prize  
Ingredients for Coleslaws

Mammogram Video  
\*Disease Information Folder  
Knives, Bowls, Spoons  
Index Cards

**CLASS 6**

TV and VCR  
Budgeting Video  
Unit Price Sticker  
Handout: "Making a Budget"  
Prize

Watermelon  
Knives

Items for game (Spaghetti noodles, oregano, onion, garlic powder, 28 oz. can tomatoes, non-stick cooking spray, envelopes, index cards)

**CLASS 7**

TV and VCR  
"Belinda" Video  
Discussion Questions  
Prize

Ingredients for Fruit Salad  
Knives, Serving Platter  
Mixer

**CLASS 8**

Wheel of Nutrition Game  
Supplies for Lunch  
Paper and Pencils  
Nutrition Awareness Assessment Questionnaire  
Program Evaluations  
Camera and Film  
Tote Bags

\*THE DISEASE INFORMATION FOLDER CONSISTS OF PAMPHLETS ON DIFFERENT DISEASES INCLUDING CANCER, DIABETES, STROKE, AND HEART DISEASE. THESE CAN BE OBTAINED-FROM YOUR LOCAL HEALTH DEPARTMENT.

**BE SURE TO LOOK AHEAD TO EACH CHAPTER FOR THE INCREDIENTS FOR SNACKS!!**

## Recruiting Participants



Each Circle should have approximately 10 participants.

- Suggested Ways to Recruit Participants:
  1. Distribute flyers around town. Target areas where women naturally congregate such as laundromats, grocery stores, churches, health departments, housing authorities, etc.
  2. Release information about the Women's Circle to the local newspaper. Be sure to include the time, date, location, contact person and phone number in the release. Newspapers will often print this information in the "Upcoming Events" or "Community Calendar" section at no cost.
  3. Make phone calls to local community action agencies, or county coordinators and explain to them what Women's Circle is and when the next one will be held. They can then get the word out to people they work with who may be interested in attending.
  4. Tell your friends! Word of mouth is a very powerful recruiting method.

## Keeping Attendance Up



Keeping participation up in any program can be a challenge. Women often have very busy schedules and may have to make decisions about attending Women's Circle *or* doing the laundry. Here are some tips on how to keep participation up.

- Hold the Women's Circle classes at a time when people can attend. Having a baby-sitter on site will help people with young children to keep attending.
- Keep the atmosphere relaxed and comfortable. Make Women's Circle a fun time for the participants. Never embarrass participants for having wrong answers, or promote unfriendly competition.
- Give participants as much personal attention as possible. Make everyone feel special and let them know that they are an important part of the group.
- Offer incentives for perfect attendance. Provide a special prize to the participants with perfect attendance at the end of the Circles.
- Stay on schedule. Be sure to begin and end on time. This will help people who are faced with time constraints.
- Be enthusiastic! Women's Circle was developed to be informative and fun! If you are excited about Women's Circle, the women will be excited also.

## Being a Group Leader

**A group leader organizes an agenda, presents information and encourages discussion. It is not the role of the leader to change participants' ideas or habits, but instead to offer alternatives. As a group leader, there are some important principles to remember.**

1. Make sure that everyone in the group gets a chance to be heard.
2. Keep the group on track.
3. Don't be afraid to bring up touchy issues, if left unresolved, they may fester.
4. Be **POSITIVE!**
  - Compliment people on their accomplishments.
  - Thank people for their contributions.
5. Set up the meeting place with an eye to participation. Arrange chairs in a circle where everyone can see each other.
6. Use a blackboard or flip chart on an easel to keep track of participants' ideas and comments.
  - Participants will feel they have been heard when they see their ideas written out for all to see.
7. Give a little background for new people who may have missed the last meeting.
  - This will help those who may have forgotten.
  - It will bring everyone up to the current meeting.
8. Be sure to keep track of time. Try to stay on schedule.

## Handling Difficult People



**Sometimes we have participants in our groups who can test our skills as leaders. They may continuously dominate discussions, offend other participants, or be disruptive to the class. Here are some tips on dealing with difficult participants.**

1. Try to maintain or regain focus. For example, say, “Okay, we’ve strayed a little from our subject...”
2. Move the class onto a different subject.
3. Try not to be defensive, or take things personally.
4. Use body language.
5. Use humor, but be careful not to make fun of the person.
6. Protect others from personal attack.
7. If the person insists on dominating every conversation, suggest that the class would like to hear from someone who hasn’t spoken.
8. Stay in control of the class. One difficult person can ruin the experience for everyone.
9. If the person is a persistent problem, you may want to speak to him or her after the class has left. The person may not have realized how disruptive they have been.

Adapted from: “The Family Nutrition Program: Leader’s Guide,” Kentucky River Foothills Development Council. Inc. 1995.

## CLASS 1: THE DIETARY GUIDELINES

**GOAL:** To show women that their diet has a direct effect on their health.

### Materials Needed:

“Roseanne” Video	Blender
“Eating Healthy for Life” Video	Knives
TV&VCR	Bowls
Food Diaries	Spoons
3 Prizes	
Nutrition Awareness Assessment Questionnaire	
Ingredients for Dilled Garden Dip	

### CLASS PLAN

#### 1. Welcome everyone to your circle.

- Have everyone introduce themselves.

#### 2. Ice Breaker

##### “NAME YOUR POISON”

- Have each member name something they love to eat but that is not healthy for them. You should start.

#### 3. Explain the Women’s Circle Program to the participants.

- Share with the participants the purpose of the program - to improve their knowledge of nutrition and health issues. Let them know what topics will be covered in the next seven weeks: the food guide pyramid, the food label, fat in foods, diet and disease, budgeting, and general wellness.
- Emphasize that the program is designed to be informative and fun. There will be snacks, prizes and videos at each session.

#### 4. Play the Roseanne video.

##### DISCUSSION QUESTIONS

- Can you relate to Roseanne?
- Have you ever done any of the same things while shopping?

#### FOR THE LEADER

The women will not know what to expect. You need to make them feel at ease, and the best way to do this is to be yourself. Have fun and be open with them. Encourage everyone to talk.

#### KEY POINTS:

- Everyone is going to have fun in these circles.
- Learning about nutrition and how our diets are related to our health will help us to keep ourselves and our families strong and healthy.
- We all have a lot to learn. Wrong answers are a part of learning. Don't be embarrassed if you do not know some of the answers. That's why we are here.
- Keep a list of any questions you need help on. Show them to the Women's Circle contact person and work on answering them together.

#### 5. Play the "Eating Healthy for Life" video.

#### 6. Discuss the video.

##### DISCUSSION QUESTIONS

- Do you ever go without your favorite foods?
- Do you think healthy foods can taste good?
- Where have you learned about nutrition?
- Do you think you need to learn more?
- What about "good nutrition" do you think is important?

## **7. Nutrition Awareness Assessments**

Distribute the hand-out titled “Nutrition Awareness Assessment.”

- Tell the women that there are NO wrong answers and ask them to be honest.
- After they are finished, collect the hand-outs, and seal them in the manila envelope provided.
- Return the envelope to the Women’s Circle supply box.

## **8. Read through the seven Dietary Guidelines.**

- The new “action” dietary guidelines are listed below. The wording is slightly different from the older guidelines found in the participants’ workbooks - but the ideas are the same. Have the participants follow along and note the changes.

### **FOR THE LEADER**

You do not need to spend a lot of time on these. Each guideline is explained in the weeks to come. The women need to know that these are the seven main ideas involved in good nutrition.

### **THE DIETARY GUIDELINES**

- 1. Eat a variety of foods.**
- 2. Balance the food you eat with physical activity -maintain or improve your weight.**
- 3. Choose a diet with plenty of grain products, vegetables, and fruits.**
- 4. Choose a diet low in fat, saturated fat, and cholesterol.**
- 5. Choose a diet moderate in sugars.**
- 6. Choose a diet moderate in salt and sodium.**
- 7. If you drink alcoholic beverages, do so in moderation.**

## 9. Exercises

### “LOOKING AT YOU”

- Have the women turn to the page in their book that says “Looking at You.”
- Give them a few minutes to look through Chapter One and write down the topics that are important to them and why.
- Give them a chance to read their answers to the class. Please write down all the topics that are mentioned. (Return topics to the Women’s Circle coordinator at the end of the week.)

## 10. Weekly Game

### “DID YOU KNOW?”

Ask the following questions. Have the class write down their answers on a separate sheet of paper. The one who guesses closest to the correct number is the winner. Give each winner a prize.

1. How many pounds of grain does it take to produce one pound of beef?

**16 pounds**

\*This helps to explain why beef is usually more costly than grain products.

2. How many milligrams of salt does the average person consume each day?

**4500 mg**

\*The body only needs about 2000 mg per day.

3. There are 80 calories in one large egg. How many of those calories are in the yolk?

**60 calories**

\*The egg white contains only 20 calories and no cholesterol, while the yolk contains approximately 230mg of cholesterol. Egg whites can often be used without the yolks in recipes.

## 11. Snack

Involve the whole class in snack preparation. Let the women choose the tasks they would like to do including washing and cutting vegetables, measuring ingredients, washing dishes, etc.

**Dilled Garden Dip--** This recipe makes about 4 cups and has 0 grams of fat. It takes about 10 minutes to prepare. Serve with raw vegetables such as carrots, celery, green peppers and cucumbers.

### Ingredients:

3 cups no-fat cottage cheese	2 Tbs. chopped fresh parsley
2 Tbs. lemon juice	3 tsp. minced fresh dill weed, or 1 tsp. dried
2 Tbs. shredded carrot	2 Tbs. sliced green onion
1 tsp. sugar	
dash of pepper	

**Directions:** In a blender, combine the cottage cheese and lemon juice and blend 3 to 5 minutes, or until smooth. Spoon into a bowl and stir in the remaining ingredients. Serve with raw vegetables.

Adapted from: Rohde, Betty. *So Fat. Low Fat. No Fat.* New York: Simon & Schuster. 1993.

## 12. Homework

Review the homework assignment in the Participant's Workbook. Everyone should write down everything they eat and drink for a week in the Food and Activity Record, or in a personal journal. Stress that the booklets will be used in class, so it is important for the participants to fill them out completely and bring them to back class. This is a weekly activity and should be continued throughout the remaining sessions.

## CLASS 2: THE FOOD GUIDE PYRAMID

**GOAL:** To teach women how to use the Food Guide Pyramid as a tool for making better eating choices for their families.

### Materials Needed:

TV and VCR  
"Food Guide Pyramid" Video  
Pyramid Poster  
Prizes  
Knives  
New Food Label  
Cooking Pot  
Colander

Pencils  
Bingo Handouts and Questions  
Bingo Tumbler  
Ingredients for snack  
Large bowl

### Class Plan:

#### 1. Discuss the Food Diaries.

The women should have their completed Food Diaries with them. Give them a chance to talk about what they have learned. You may want to ask them some of the questions below.

#### DISCUSSION QUESTIONS

- What did you learn about your eating habits?
- Did you eat more or less than you thought you would?
- How many fruits and vegetables did you eat daily?
- Do you eat regular meals? Do you eat breakfast?
- Did you eat a lot of fried foods? What kind?

## 2. Show the “Food Guide Pyramid” video.

### FOR THE LEADER

The Food Guide Pyramid is different from the four food groups because the pyramid shows us how much of each of the **six** sections of the pyramid we should eat each day. We should eat the most foods from the bigger parts of the pyramid, just as we should eat fewer foods from the smaller parts of the pyramid. For example, it is suggested by the U.S. Department of Health and Human Services that we eat 6 - 11 servings of bread, pasta and rice, while we should only eat 2 or 3 servings from the meat group.

The Food Guide Pyramid helps us understand how to balance our diets by limiting our fats and sugars (the top and smallest part of the triangle) and eating more grains, fruits and vegetables.

### 3. Discuss the video.

- The women may start a discussion of their own. This is great! If they don't, here are some questions you might ask.

#### DISCUSSION QUESTIONS

- How is the pyramid different from the four food groups?
- Did any of the serving sizes surprise you?
- From what section of the pyramid do you eat the most?
- From what section of the pyramid do you eat the least?

## 4. Exercises

### YOUR FOOD DIARY vs. THE FOOD GUIDE PYRAMID

- Have each woman pick a day from her food diary. It can be any day of the week.
- She should write each food into the proper section of the pyramid found at the end of Chapter 2 in the participant's handbook.
- Talk about the results and what the women need to work on. Did everyone eat enough fruits and vegetables? Did anyone eat too many fats, oils, and sweets? Talk about what changes the women can make in their diets.

## 5. Weekly Game

### "BINGO"

- Use the BINGO cards, directions, and questions provided in the "Forms" section at the back of this manual.

## 6. Snack

**Macaroni Salad**— This recipe makes about 6 to 8 servings. It has 0 grams of fat and takes about 30 minutes to prepare.

### Ingredients:

1 (8-ounce) package of macaroni, any style	1 cup fat-free mayonnaise
1 large tomato, diced	salt and pepper (optional)
3/4 cup chopped onion	
3/4 cup chopped green pepper	
3/4 cup green olives, sliced	

**Directions:** Cook the macaroni in a large pot of boiling water until tender but still firm. Drain noodles and rinse with cold water. In a large bowl, combine the macaroni, tomato, onion, green pepper and olives. Toss lightly. Add enough fat-free mayonnaise to desired moistness. Mix well. Chill before serving.

Adapted from: Rohde, Betty. *So Fat, Low Fat. No Fat.* New York: Simon & Schuster, 1993.

## 7. Homework

The next chapter is "The New Food Label." To prepare for it, show the women a picture of the new food label. Ask them to bring three of the new labels from home for next week's session.

## CLASS 3: THE NEW FOOD LABEL

**GOAL:** To enable women to use the new food label as a tool to make better food choices for themselves and their families.

### Materials Needed:

Food Labels	Food Label Quiz
“New Food Label” Video	2 Calculators
TV and VCR	2 Prizes
Ingredients For Taco Rice	Skillet
Bowls, Forks, Knives	Pencils

### Class Plan:

#### 1. Comparison of Food Labels

- Before this class, the Circle Leader should find a pair of food labels that are either both the same type of food but different brands or an original and a low-fat version of a product (try to find an original and low fat version of salad dressing). Use the labels to compare and contrast the two similar products. Bring more than one pair, if possible.

#### DISCUSSION QUESTIONS

- On what foods did you find the labels?
- What makes the products different?
- After looking at the labels and considering the prices, which product would you buy?

#### 2. Food Label Quizzes.

- Hand out the food label quiz found in the “Forms” section of this manual.
- Give the women a few minutes to take their quizzes.
- A discussion should follow.

### DISCUSSION QUESTIONS

- What are some reasons why people do not read food labels?
- If you read labels often, why? If not, why?
- How can reading food labels help you eat better?

### 3. Show the Food Label video.

### 4. Discuss the video.

#### FOR THE LEADER

**A. Percent Daily Value** shows how the food fits into your overall daily diet. 100% is the total that is recommended to eat of each nutrient each day. Note the first two pages in Chapter 3 of the Women's Circle workbook.

Be sure to explain that % Daily Value is not the percentage of fat, sodium, fiber, etc. that is found in the food. The % Daily Value tells you how much of the fat, sodium, fiber, etc. one serving of that product supplies you with in terms of what you need for a whole day. For example, if the % Daily Value of fat in a product is 50%, then that product supplies half the fat you need for that day. So, if you eat two servings of that product, you've eaten all of the fat you need for the whole day.

However, it is important to remember that % Daily Values are calculated based on a 2000 calorie diet. Since the average woman needs fewer than 2000 calories each day, one serving of a particular product is actually supplying her with a slightly greater percentage of that nutrient than what is listed on the label.

**B. Serving Sizes** - One serving size of a product equals one serving size in the pyramid. Most people eat servings that are much larger. An easy example is to think of spaghetti noodles. A serving equals one cooked cup. Most servings in a restaurant (or at home) can easily be two, sometimes three cups of spaghetti noodles.

**C. Ingredients** - Ingredients are listed by volume from the most to the least. If a food has sugar listed first, the food has more sugar than anything else.

## 5. Exercises

### WHITE BREAD --vs--WHEAT BREAD

- Ask the women which bread is healthier, white or wheat? Let them vote.
- Ask them to turn to the page that says “White Bread vs. Wheat Bread” in their books.
- Give them a few minutes to look at the labels and answer the questions. They may work together if they want.

Review the answers.

1.	Which bread has more fiber?	Wheat
2.	Which bread has more calcium?	Same
3.	Which bread is lower in iron?	White
4.	Which bread has more calories?	Wheat
5.	Which bread is the healthier choice?	Wheat

## 6. Label Reading

This exercise lets the women practice using the % Daily Value.

- Divide the women into two teams. Turn to the “Label Reading” page.
- Let them use their calculators to answer the questions at the bottom of the page. Give them plenty of time to complete the questions. Be sure they add all four of the labels together.
- When they are finished, have them call out the answers as you read the questions.

### Answers:

### % Daily Value

1. How much fat did you eat?	24%
2. How much more fat can you eat today?	76%
3. How much sodium did you eat?	19%
4. How much more sodium should you eat today?	81%
5. How much fiber did you eat today?	7%
6. How much more fiber should you eat today?	93%
7. How much vitamin C have you had today?	134%
8. How many calories have you had so far today?	460

## 7. Weekly Game

### “THE COMMERCIAL GAME”

This game is about our favorite commercials. Read the quotations from these popular commercials out loud and let the women write down their answers. The woman with the most number of correct answers wins a prize.

1. “You have to eat 14 bowls of raisin bran to get the same amount of nutrients you get in only one bowl of \_\_\_\_\_.”
2. “GOT \_\_\_\_\_?”
3. “\_\_\_\_\_. It’s what’s for dinner.”
4. “Just for the taste of it, \_\_\_\_\_!”
5. “You can’t eat just one of these?\_\_\_\_\_.”
6. “\_\_\_\_\_Is Mmm, Mmm Good!”
7. “It’s the “other white meat. \_\_\_\_\_”
8. “Make a run for the border! \_\_\_\_\_”
9. “\_\_\_\_\_, Good to the last drop.”
10. Bill Cosby advertises \_\_\_\_\_.

Answers to the Commercial Game:

- |                       |                    |
|-----------------------|--------------------|
| 1. Total              | 6. Campbell’s Soup |
| 2. Milk               | 7. Pork            |
| 3. Beef               | 8. Taco Bell       |
| 4. Diet Coke          | 9. Maxwell House   |
| 5. Lay’s Potato Chips | 10. Jell-O Pudding |

- How often do ads motivate us to buy foods we don’t need or wouldn’t buy otherwise?

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the woman with the most correct answers a prize, and ask the following question:

## 8. Snack

**Taco Rice**— This recipe makes 8 servings. It has 2 grams of fat per serving and takes 15 minutes to prepare.

### Ingredients:

1 lb. lean ground beef (or ground turkey)	8 cups of chopped lettuce
1 medium onion, chopped	4 tomatoes, chopped
(2) 8 oz. cans no-added-salt tomato sauce	4 oz. part-skim cheddar cheese, shredded
3 cups quick rice, uncooked	1 cup salsa

**Directions:** Brown ground beef and onion in a large skillet. Drain meat and return it to the skillet. Add salsa and tomato sauce to the meat and bring to a boil. Stir in rice, cover and let stand for 5 minutes. Fluff rice with a fork, and transfer to a serving dish. Serve lettuce, tomatoes, and cheese in side bowls as toppings.

## 9. Homework

### “I HAD NO IDEA!!!”

Some foods have more fat or sodium in them than we ever dreamed. Looking through your cabinet at home, you will probably be surprised by the information on some of the food labels. Now that we know how to use the new food label, we can better balance our diets by recognizing which foods need to be eaten with caution and which foods we need more of.

Find one food label from a product at home that surprises you in its calorie, sodium, fat, etc. content. Be prepared to tell the class why. If possible, bring the food label from the package in for the next class.

## CLASS 4: THE FAT CONNECTION

**GOAL:** To teach women the connection between disease and th fat that we eat, and to teach women successful steps towards weight control.

### Materials Needed:

“Freedom from Fat” Video	Prize(s)
TV and VCR	Pencils
Puzzle Sheets	
Mixing Bowl, Spoons, Cookie Sheet	
Ingredients for Snickerdoodles	

### CLASS PLAN:

#### I. Discussion on the Homework Labels

(Women were to find at least one food label that surprised them.)

#### DISCUSSION QUESTIONS

- What surprised you about this food’s label?
- Why?
- Will you continue to eat this food in the same amounts?
- Will your knowledge of the new food label affect the way you and your family choose foods?

#### 2. Show the “Freedom from Fat” video.

### 3. Discuss the “Freedom from Fat” Video.

#### DISCUSSION QUESTIONS

- What foods did you see that you normally eat?
- Were they the foods that were high in fat?
- Were their suggestions for low fat meals realistic?

### 4. Have the women look at the Fat Sheets in Chapter 4.

#### DISCUSSION QUESTIONS

- Which food groups are lowest in fat?
- Which food groups are highest in fat?
- How does this compare with the Food Guide Pyramid?

### 5. Exercises

#### FAST FOOD

- This exercise gives the women practice in making the best choices when they eat at restaurants.
- Divide the women into groups of three or four.
- Give each group a restaurant fact sheet (located in the “Forms” section).
- Each group needs to choose two meals.
  - A) A healthy meal that is low in sodium, fat, cholesterol and calories.
  - B) An unhealthy meal that is high in sodium, fat, cholesterol & calories.

*They should share their restaurant and meal plan with the class.*

## FOR THE LEADER

Though it is important to cut down our fat intake, we are not necessarily cutting calories by eating a lower fat diet. Recent studies have shown that Americans are gaining more weight than ever. Even though many of us are choosing lower fat diets, we're often consuming just as many calories, if not more! A common misconception is that you can eat more of a fat-free or low-fat food without facing consequences. Not true. So, if you are watching your weight, you must be aware of your fat intake **and** your calorie intake.

### 6. Exercise for the Health of It!

- Exercise is an essential part of good health. Most people do not get enough exercise. Choose between one of the two activities below.
- If you are in an area where it is safe to walk, all the women are able to walk and the weather is nice, take your class for a brisk 15 minute walk. Be sure to start slowly for the first 2-3 minutes, and end slowly for the last 2-3 minutes.
- If you cannot go for a walk, do the following relaxation exercises. If there is someone in the class who cannot stand, then these exercises can be performed in an arm-less chair.

--Clench each fist and hold for 10 seconds & release.

--Rigidly straighten both arms and hold for 10 seconds. **RELAX.** Repeat 2 times.

**Shoulder rotation** — Stand with arms at your sides, rotate shoulders forward 10 times and then backwards 10 times.

**Neck rotation** — Take a full, deep breath and exhale. Drop head to chest and rotate slowly to the right, then to left, 8 times.

**Arm rotation** — Stand up and extend arms outward to your sides. Rotate arms and begin making small circles in one direction. Gradually increase the size of your circles until you have rotated your arms 20 times. Repeat in the same movements in the opposite direction.

**Overhead stretches** — Reach up with your arms, alternating each arm, right then left, 8 times. Try to reach the ceiling.

**Adapted from:**

(Georgia Kostas. *The Balancing Act Nutrition and Weight Guide*. Arcata Graphics Company. Dallas, 1993)

**7. Weekly Game** (Use the puzzle worksheet in the back of this book.)

- Hand out the puzzle sheets to everyone.
- The first one to complete the puzzles wins.
- If no one can finish the puzzles, the one who finished the most is the winner.

**Answers:**

1. These spell the name of a dairy product:

cheese  
butter

2. These spell the name of a food in the bread and cereal group:

pretzel  
macaroni

3. These spell the name of a fruit or vegetable.

orange  
spinach

(Nutrition. Milken Publishing Company, 1986)

## 8. Snack

**Snickerdoodles**— This recipe makes 24 cookies. Each cookie has 1 gram of fat. They take about 27 minutes to prepare and cook.

### Ingredients:

1 cup brown sugar	2 cups of flour
2 Tbs. margarine	2 tsp. baking powder
1/2 cup of milk	1/2 cup finely chopped raisins
1 egg	Sugar and cinnamon topping

**Directions:** Preheat oven to 375 F. Cream margarine and brown sugar. Beat in egg and milk. Stir together flour and baking powder in a small bowl and add to batter. Fold in raisins. Drop by spoonfuls onto a greased baking sheet. Press down with a glass that has been dipped into a mixture of sugar and cinnamon. Bake for 12 minutes or until golden brown. Remove to a cooling rack.

Adapted from: Cooper, Nancy, R.D. *The Joy of Snacks*. International Diabetes Center, 1991.

## 9. Homework

### BE A FAT FIGHTER!

Each student should try one or more of the fat fighter tips found in the chapter. They should try the fat fighter tips at home and be able to report their success to the class next week.

## CLASS 5: DIET AND DISEASE

**GOAL:** To teach women that they do have some control over their health.

### Materials Needed:

TV and VCR  
Pencils  
Sodium Surprise Worksheet  
Prize  
Ingredients for Coleslaw

Mammogram video  
Disease Information Folder  
Knives, Bowls, Spoons

### CLASS PLAN:

#### 1. Talk about last week's homework.

#### DISCUSSION QUESTIONS

- What fat fighting ideas did you use?
- Did they work?
- If not, why?
- Did your family notice the change?
- Will you use the same method again?
- Will you try additional fat fighting tips?

#### 2. Play the Mammogram video.

### 3. Discuss the video.

#### DISCUSSION QUESTIONS

- Can you relate to the women in the video?
- Are you nervous about getting a mammogram? Why?
- Do you think you are at risk of breast cancer?
- Have you consulted a doctor about having a mammogram?

#### KEY POINTS:

- Every woman is at risk of breast cancer. Recent studies say that 1 in 9 women will develop breast cancer at some point in their lives. Women who have a mother or sister who have had breast cancer are more at risk.\*
- The Health Department provides breast exams and mammograms on a sliding fee scale.
- Having a mammogram is easy. It doesn't hurt and takes only a few minutes.

"American Cancer Society, Facts and Figures, 1995

### 4. Exercises

#### TEACHING EACH OTHER

(PAMPHLETS ON DISEASES CAN BE OBTAINED FROM YOUR LOCAL HEALTH DEPARTMENT.)

- Divide the women into two or three groups.
- Give each group a card with a fictitious person on it. This person has one of the following things wrong with them: Cardiovascular problems, Cancer or Diabetes.
- Give the women 10-15 minutes to learn about the disease. They can use their book and the extra information provided in the supply folder.
- Allow the women time to think about the person, his/her lifestyle and whether or not they would alter the person's lifestyle or diet.
- Give each group the chance to tell the others what they learned about the disease and what they would suggest for this person to live longer or better.

### **DISCUSSION QUESTIONS**

- What is wrong with your person?
- Can you tell us about his or her problem?
- Can this person change his lifestyle or diet?
- If so, how?
- Does anyone have any family members with similar conditions?
- What changes did they have to make in their lives?

### **KEY POINTS:**

Fiber is an important part of our diet. It helps food move through our body. If the food moves quickly through the body, any harmful substances in the food has less time to hurt our bodies. A diet high in fiber reduces the risk of certain types of cancer.

- Have the women turn to the page “Do you eat enough fiber?”
- Give them a few minutes to complete the questions.

### **Discuss the answers.**

### **DISCUSSION QUESTIONS**

- Do you think you eat enough fiber?
- What sources of food provides you with the most fiber?
- Why do we need fiber?

### **5. Do you get enough exercise?**

- Have the women turn to the next page in their book.
- Give them a few minutes to complete the questions.
- Talk about the results.

### DISCUSSION QUESTIONS

- What are some of the benefits of exercising?
- Does everyone get enough exercise?
- What are some of the obstacles that keep you from exercising?
- How can we overcome the obstacles?

### KEY POINT:

Everyone should exercise at least three times a week. Walking, gardening, riding a bike, swimming and running are great exercises.

### 5. Weekly Game

#### “SODIUM SURPRISES”

Ask the following questions, have the women write down their answers. Any right answer wins a prize. Answers are highlighted.

1. Which food has the **most** sodium?

- A. Processed American Cheese
- B. Frozen Turkey Dinner**
- C. Tuna packed in oil

2. Which food has the **least** amount of sodium?

- A. Hot Dog**
- B. Cinnamon Roll
- C. Vegetable Juice Cocktail

3. What is the **recommended amount** of sodium you should eat each day?

- A. 500 mg.
- B. 1,000 mg.
- C. 2,000 mg.**

## 6. Snack

This snack will be a comparison of real vs. non-fat, no cholesterol mayonnaise. It is important that you do not tell the women the difference in the coleslaw.

### **COLESLAW - 6 Servings**

1/4 cup Chopped onion  
1/2 cup Real mayonnaise  
2 Tbs. Vinegar  
1/4 tsp. Dry mustard  
3 cups Shredded cabbage (may use both green and red for color)

Mix together first 4 ingredients. After this is blended add the shredded cabbage and toss so that it is evenly coated.

142 Calories; 90% of calories from fats; 110 Mg sodium.  
(Recipe from *Making Do*. Manna Food Bank.)

### **Non-Fat COLESLAW - 6 Servings**

Use same recipe as above, except substitute non-fat, no cholesterol mayonnaise. (Fill in the blanks after deciding on which brand of Mayonnaise)

\_\_\_\_\_ Calories \_\_\_\_\_ Fats \_\_\_\_\_ mg Sodium

- Have the women taste both samples.
- Take a poll and see which one the women liked better.
- Discuss the results.

## **7. Extra Activity**

After the taste test, have the women plan a ***lunch menu***. This menu will be reviewed by the instructor and the contact person from the agency. We will prepare these recipes as our snack during the last class.

***Keep in mind nutrition value and any special diet requirements of the class when preparing the lunch.***

## **8. Homework**

This week's homework is probably the most important homework of the class. The book shows how to do a breast self-examination. Before the next class, each woman needs to perform a self-exam.

If she discovers a lump, she should contact her doctor or health department as soon as possible.

## CLASS 6: BUDGETING

**GOAL:** To demonstrate the cost effectiveness of a healthy diet, and show that eating healthy doesn't have to be expensive.

### Materials Needed:

TV and VCR  
"Eating Healthy on a Budget" Video  
Unit price sticker  
Handout: "Making a Budget"  
Prize  
Items for game (Spaghetti noodles, oregano, onion, garlic powder, 28 oz. can tomatoes, non-stick cooking spray)

Watermelon  
Knives

### CLASS PLAN:

#### 1. Discussion of homework

Some women may be uncomfortable talking about breast self-exams. Just ask the women if they performed an exam. If they didn't, remind and encourage them of the importance of the exam.

#### 2. Play the Budgeting Video.

#### DISCUSSION QUESTIONS

- Did the video make some good points about budgeting?
- What were some of the good points the people in the video made?
- How many women make a list before going to the grocery store?
- How many women use coupons?
- when you do make a list and/or use coupons, what is the result?

### 3. Read “10 Ways To Save Money Shopping For Food” from the workbook.

#### FOR THE LEADER

Spend some time with “10 Ways To Save Money Shopping For Food” before class. Try not read it to the class. It is better if you can sum it up in your own words, or have the class take turns reading each of the 10 ways. Use some of your own examples. Ask the class for some of their experiences.

#### 4. Unit Pricing

- Hold up the picture of the Price Sticker.
- Explain the different sections of the price sticker and what they mean.

The most important price to look at is the unit price. The bigger the size of an item, the less you **usually** pay per serving. Also, remember that a larger item that may save you a little money is not a bargain if it ends up going bad. Only buy as much as you can use.

#### 5. Exercises

##### UNIT PRICING

- Give the women time to complete the worksheet on unit prices in the workbook.
- Review the answers:

The store brand has the lowest unit price.  
The other brand has the best ingredients.

##### MAKING A BUDGET

- Pass out the worksheet titled “Make a Budget” found in the “Forms” section.
- Go over the budget on the page and discuss the woman’s needs.
- Have each member of your group come up with five ideas that will save her money each month.

As you can see your friend doesn't have enough money for the month. If she needs extra medicine or her car needs repaired, she cannot afford it. As a group, write down five things that will save her money.

- How much will it save her?
- How will it affect her total budget?
- Are these items realistic to cut out of your friend's budget?

1. Bingo	25
2. Eating Out	20
3. Phone	20*
4. Cable	22
5. Newspaper	19*
<b>TOTAL</b>	<b>\$106</b>

In helping your friend cut expenses, are there some alternative methods you can suggest? How about:

\*If your friend is able to reduce her phone bill by \$20 - \$25 dollars for three or four months in a row, maybe suggest she treat herself to a dinner out. NOT EVERY MONTH, just once a quarter.

\*Cancel the newspaper to save \$19.00. Would it be beneficial to receive just the Sunday paper? She would have a lot of news in review, a TV schedule, Want Ads and the weekly food coupons. How much might this cost?

\*Is there a way to reduce some of the utility bill? Maybe she can weatherize her house, remember to keep lights off, and the doors shut, not let water run needlessly, etc.

## 6. Weekly Game

### “The Price is Right”

Before the Circle write down the prices of the grocery items for “The Price is Right” game on small pieces of paper or index cards. Place the prices inside envelopes so that the participants cannot see them. Arrange all the grocery items in a line with the corresponding envelope placed in front of each item. Have everyone write down how much they think each item costs. Then total the amount of all the items.

The person who gets closest to the actual cost of all of the items in the showcase, ***without going over*** wins! Check your supermarket for current prices of these items.

#### Answers:

Spaghetti Noodles	.95
28 oz. can of tomatoes	.95
Oregano	1.99
Non-stick spray	1.50
Onion	.49
Garlic Powder	.59
<b>TOTAL</b>	<b>\$6.47</b>

## 7. Snack

### Watermelon!

Cut up a watermelon and let the women enjoy eating it. To add a little fun, don't offer forks. Do offer napkins!

Talk about different ways everyone serves watermelon, here are a few ideas:

**Melon balls** - Hollow out the watermelon and put mixed fruit such as strawberries, grapes, cantaloupe, and watermelon, back into the melon for a watermelon boat.

**Watermelon Basket** - Carve the melon in the shape of a basket. Cut out the sides leaving enough around for the handle. Make a “handle”, then hollow out and refill with fruit, etc.

**Small Triangles** - Cut melon in half and then half again, thinly slice melon for easy to eat melon triangles.

## CLASS 7: GENERAL WELLNESS FOR WOMEN

**GOAL:** To inform women of community resources that are available to them.

### Materials Needed:

TV and VCR  
"Belinda" Video  
Discussion Questions  
Prize

Ingredients for Cheese and Fruit Salad  
Knives, Serving Platter  
Mixer

### CLASS PLAN:

#### 1. Play the "Belinda" Video.

#### FOR THE LEADER

There are a few important points you should make during this discussion.

Everyone is at some risk of contracting AIDS. If you are faithful in a relationship with a mutually faithful partner, your risk is very, very low. Your risk rises with each sexual partner. Condoms greatly reduce the risk of contracting AIDS during sexual intercourse, but condoms can fail. If a woman has different sexual partners or if her sexual partner sleeps with others, she should go to the Health Department for a free AIDS test.

AIDS is also transmitted through blood transfusions, but, the blood supply is cleaner now than ever before. You **cannot** get AIDS while **giving** blood. Dirty needles can carry the AIDS virus. If you use IV drugs or your sexual partner uses IV drugs, please go to the Health Department for a free AIDS test.

You cannot get AIDS from shaking hands with an infected person, using a public bathroom, or sharing food and dishes. AIDS is a frightening disease, but it is easy to greatly reduce your risk of getting it.

### DISCUSSION QUESTIONS

- Can you relate to Belinda? How?
- If she was your neighbor, how would you react to her illness?
- Would you let your children play with her children?
- Do you think you are at risk of contracting HIV? Why?
- Have you ever been tested for HIV? If not, why?

## 2. Exercises

What About You?

- Have the women turn to the last page in Chapter 7, “What About You?”
- Have everyone write down a few concerns they have about their health.
- Invite the women to share their concern(s) with the class. Each person does not have to share her concerns. Some may be private.
- **If someone wants to speak to a professional, let your contact person at the agency know and they will try to make arrangements and accompany her if she would like.**
- Next, have the women write down three actions they can take to improve their health.
- Give them a few minutes to finish writing down their answers. Allow anyone who wants, to share their “Actions” with the class.

## 3. Homework

Study the Women’s Circle book. We will play the Wheel of Nutrition next week.

## 4. Weekly Game

**Preview for the “Wheel of Nutrition” game.**

Have the women write down the answers to these questions. The one who gets the most answers right wins.

1. How many calories are in a gram of fat?

- A. 2
- B. 9**
- C. 12

2. How many calories does the average woman need each day?

- A. 1,800**
- B. 2,000
- C. 1,600

3. True or False: Many families that work qualify for Food Stamps.

**Answer: True**

4. What is the greatest cause of injury to women in this country?

**Answer: Battering, abuse**

## 5. Snack

**Cheese and Fruit Salad with Poppy Seed Dressing** This recipe makes 8 servings. Each serving has 9 grams of fat. Preparation time is about 15 minutes.

### Ingredients:

1 cup low-fat plain yogurt	24 green grapes
1/2 cup low-fat cottage cheese	4 oz. part skim mozzarella cheese, cubed
2 Tbs. orange juice	4 oz. cheddar cheese, cubed
2 Tbs. honey	2 small apples, cored and cut into wedges
3 tsp. poppy seeds	2 small pears, cored and cut into wedges
small banana, sliced	2 small oranges

**Directions:** In a small bowl, with mixer at medium speed, beat yogurt, cottage cheese, orange juice and honey until smooth. Stir in poppy seeds. On a serving plate, arrange grapes, cheeses, apples, pears, orange and bananas. Serve with the dressing.

## **CLASS 8: REVIEW AND END OF CLASS LUNCH**

**GOAL:** To provide a fun way to review the information learned during the Women's Circle program.

### **Materials Needed:**

Wheel of Nutrition game  
Supplies for lunch  
Paper and Pencils  
"Nutrition Awareness" Questionnaire  
Program Evaluations  
Camera and Film  
Tote Bags

### **CLASS PLAN:**

#### **1. Hand out the "Nutrition Awareness" questionnaire.**

- Have the women complete the questionnaire.
- Put completed questionnaires back into the supply box.

#### **2. Complete program evaluations.**

#### **3. Prepare lunch.**

- The lunch should have been approved by the Women's Circle director in advance. Be sure that you have allowed enough time to prepare and eat the meal.

#### **4. Set up Wheel of Nutrition game.**

#### **5. Eat lunch and play game.**

- If time permits, play game after eating.

## THE WHEEL OF NUTRITION

The Wheel of Nutrition is designed to be a fun way to see how much the participants learned in Women's Circle. Just like everything else we have done, this game should be a fun way to learn even more. Here's how we play:

### Materials Needed:

The Wheel	prizes
Numbered Cards	beans
Question Cards	

### Getting Started:

1. Have each woman draw a numbered card. This number tells her in what order she will get to spin the wheel.
2. Each woman gets one spin per turn.
3. Read the question from the colored section where the wheel stopped. If she answers correctly, she receives a bean. She will not receive a bean if she has the wrong answer.
4. If the wheel stops on red (bankrupt) she loses all of her beans.
5. The woman who gets five beans first, wins.

### Remember:

1. The cards are color-coded with the wheel. Be sure to ask a question from the right category. The colors are:

**Blue:** The Food Guide Pyramid

**Orange:** Wellness for women

**Yellow:** Budgeting

**Green:** Diet and Disease

**White:** Fat and weight control

**Black:** Daily Doubles

The Red Bankruptcy section doesn't have any questions. Anyone who lands on it loses all of her beans.

2. Please do not give hints. Someone might think that is unfair.
3. Be enthusiastic! Correct answers deserve praise.
4. Everyone gets a prize for being a good sport.
5. If someone doesn't want to play, they don't have to. Some people just enjoy watching.

## Recipes

A snack or light meal will be prepared at the end of each Women's Circle session. We have suggested snacks for each of the lessons. However, depending on the number of women, your budget, or the amount of time allowed for each session, different recipes may need to be substituted. The following is a list of other healthy recipes that you may prefer to use.

### Vegetable Chili

This recipe makes 6 servings. Each serving has 0 grams of fat. Preparation time is about 30 minutes.

#### Ingredients:

1 cup chopped onion                      1 (14-ounce) can low-sodium stewed tomatoes  
1 cup chopped celery                    1 (14-ounce) can tomato sauce  
1 cup chopped green pepper          1 package of chili seasoning  
1 clove of garlic, chopped            2 cans of kidney beans or other types of beans  
1 1/2 cups chopped zucchini

**Directions:** Cover the bottom of a large saucepan with 3 or 4 tablespoons of water. Add the chopped onion, celery, green pepper, and garlic. Cook until wilted, 3 to 4 minutes. Add the zucchini and cook until tender, 5 to 10 minutes. Add the tomatoes, juice and all, the tomato sauce, chili seasoning, and beans. Cook on low heat for 10-15 minutes.

### Fruit Kabobs and Dip

This recipe makes 8 servings. Each serving has 1 gram of fat.

#### Ingredients:

16 fresh strawberries  
16 unsweetened, canned pineapple chunks  
16 honeydew melon balls  
16 banana chunks

**Dip:** 1 cup fresh strawberries  
1 cup plain nonfat yogurt  
2 tsp. honey

**Directions:** Place fruit on toothpicks. Mix all ingredients for the dip in a blender until smooth.

### **Sunshine Raisin Fruit Salad**

This recipe makes 8 servings and takes about 15 minutes to prepare.

#### **Ingredients:**

1/2 cup orange juice	2 bananas, sliced
2 Tbs. honey	2 cups raisins
2 cups strawberry halves	2 cups granola
2 cups seedless grapes	2 cups plain yogurt
2 cups orange segments	

**Directions:** Measure the orange juice and honey into a large bowl and mix. Add the strawberries, grapes, orange segments, banana slices, and raisins. Toss gently. Spoon mixture into 8 bowls, dividing equally. Top each bowl with 1/4 cup of granola and 1/4 cup of yogurt.

### **Crescent Hamburger Roll-Ups**

This recipe makes 8 servings. Each serving contains 8 grams of fat. Preparation time is 20 minutes.

#### **Ingredients**

1 lb. lean ground beef	(3) 8-ounce cans refrigerated crescent rolls
2 medium onions, chopped	1 1/2 cups shredded part skim mozzarella cheese
16 tsp. prepared mustard	dash ground pepper

**Directions:** Brown ground beef and onion in skillet. Unroll the cans of crescent dough on baking sheet. Separate each can of dough into 4 squares (2 triangles per square). With fingers, spread out dough to slightly enlarge square. Spread 1/2 to 1 teaspoon of mustard on each square. Sprinkle 2 tablespoons cooked ground beef and 2 tablespoons of cheese onto each square. Roll up dough the long way, making 16 long rolls. Bake at 375 degrees for 10 to 12 minutes. Serve immediately.

## Tuna Veggie Snacks

This recipe makes 8 servings. Each serving has 1 gram of fat.

### Ingredients

1/2 tsp. Worcestershire sauce	4 tsp. nonfat yogurt
2 tsp. lemon juice	1 cup water-packed tuna (drained)
1/2 tsp. garlic powder	2 small zucchini (cut in 1/2 -inch slices)
4 tsp. dried parsley flakes	4 tsp. grated Parmesan cheese
4 tsp. reduced calorie mayonnaise	

**Directions:** Combine Worcestershire sauce, lemon juice, garlic powder, parsley, mayonnaise and yogurt. Mix well. Stir in tuna. Spread 2 teaspoons of tuna mixture on each zucchini slice. Sprinkle with Parmesan cheese. Makes 16 tuna vegetable snacks.

## Banana Boats

This recipe makes 8 servings. Each serving contains 5 grams of fat. Preparation time is about 7 minutes.

### Ingredients

4 bananas  
12 tsp. chunky peanut butter  
4 tsp. wheat germ  
8 tsp. unsweetened shredded coconut  
8 tsp. raisins

**Directions:** Peel the bananas and cut them in half the long way. Spread 1 1/2 teaspoons of peanut butter on each half. Sprinkle wheat germ and coconut on each banana half. Top with raisins.

**Recipes Adapted from:** Cooper, Nancy, R.D. *The Joy of Snacks*. International Diabetes Center, 1991. Rhode, Betty. *So Fat, Low Fat, No Fat*. New York: Simon & Schuster, 1993. University of Massachusetts Cooperative Extension System. *The Good Eating for Less Cookbook*. 1992.

## **Video Library**

### **“The New Nutrition Pyramid”**

Glencoe, MacMillan McGraw-Hill  
P.O. Box 544  
Blacklick, OH 43004-0544  
I-800-3 34-7344

### **“Freedom From Fat”**

Department of Health Education and  
Health Promotion  
7201 N. Interstate Avenue  
Portland, Oregon 97217  
(503)286-6880

### **“Food Labels”**

Food and Drug Administration  
5600 Fishers Lane  
HFI-40 15A19  
Rockville, Maryland 20857  
(301)443-3220

### **“Eating Healthy for Life”**

### **“Eating Healthy for Weight Control”**

### **“Eating Healthy on a Budget”**

-Turner Multimedia  
I-800-344-6219

### **“For Your Peace of Mind: Get a Mammogram”**

Kentucky Cancer Program  
Markey Cancer Center  
800 Rose St.  
Lexington, KY 40536  
(606)233-6541

### **“Belinda”--**

Appalshop Film & Video  
306 Madison St.  
Whitesburg, KY 41858 (606)633-0108

## Conclusion

Congratulations on a job well done!! We want to sincerely thank you for donating your time and energy to the Women's Circle program. As a peer educator, you have made a great difference in the lives of others. You have passed on valuable nutrition and wellness information to women who may otherwise not have received it. Your job has been very important and we really appreciate all the hard work you have done. We hope that you have enjoyed your experience and that you have also benefited from the program.



**For More Information...**

Contact these groups for information, advice or guest speakers.

**Cancer Information Service**

I-800-422-6237

**National Center for Nutritional Dietetics**

I-800-366-1655

**Food Research and Action Center**

1875 Connecticut Avenue N.W.

Suite 540

Washington DC. 20009

(202)986-2325

**WIC Director Kentucky Dept. for Health Services**

275 East Main St.

Frankfort, KY 40621

I-800-372-2973

**Lexington Spouse Abuse Center**

I-800-544-2022

**AIDS Information Helpline**

I-800-342-AIDS

**Children's Defense Fund**

122 C. Street, N.W.

Washington D.C. 20001

(202)628-8787

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