

VIRTUAL HEALTHY HABITS



Virtual Healthy Habits (VHH) is a FREE, interactive, group-based program designed for older adults to learn about healthy nutrition and provide an opportunity for social engagement.

- + 10-session program, classes are held twice a week for 5 weeks and each session is 1-2 hours long
- + Fresh ingredients will be delivered to your door
- + Cooking demonstration videos and a recipe book will be available to help guide meal preparation
- + Participate via Zoom or phone


Program Material


- + Participant workbook which includes weekly session information, activities, handouts, and cooking recipes
- + Access to cooking demonstration videos
- + Weekly grocery or meal kit delivery for meal preparation



For More Information and Eligibility

Visit the Oasis Virtual Healthy Habits website, where you may take the eligibility screener directly on the website.

 st-louis.oasisnet.org/health/virtual-healthy-habits

 314-862-2933 ext. 246

 emirk@oasisnet.org

Virtual Healthy Habits is **currently offered to older adults** living in the following Illinois and Missouri counties:

Illinois

Bond
Clinton
Madison
Monroe
Randolph
St. Clair
Washington

Missouri

St. Louis City
St. Louis County
St. Charles
Franklin
Jefferson

2021

VIRTUAL HEALTHY HABITS FACILITATOR MANUAL



ACTIVITY 4

Eating the Rainbow: Love Your Colorful Fruits & Veggies

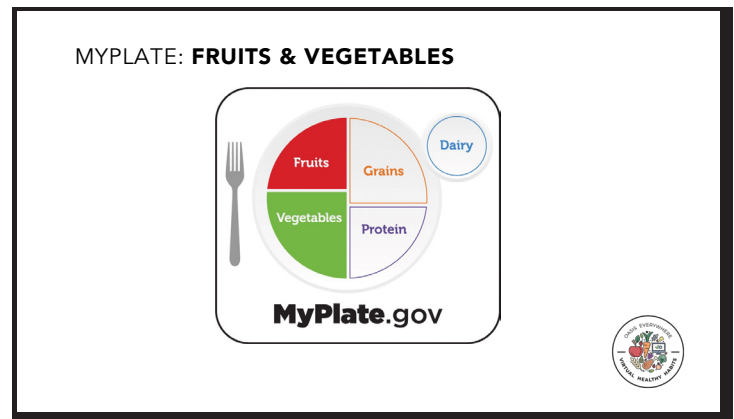
30 Minutes

MATERIALS

- Virtual Healthy Habits Session 1 PowerPoint Slide Deck
- Device to Track Time

Now that we have covered some of the basics of healthy eating, let's take some time to talk about the fruits and vegetables part of the MyPlate. As we already mentioned, we want to fill half of our plate with Fruits and Vegetables.

NOTE TO FACILITATORS Point to the fruits and vegetables portion on the MyPlate.

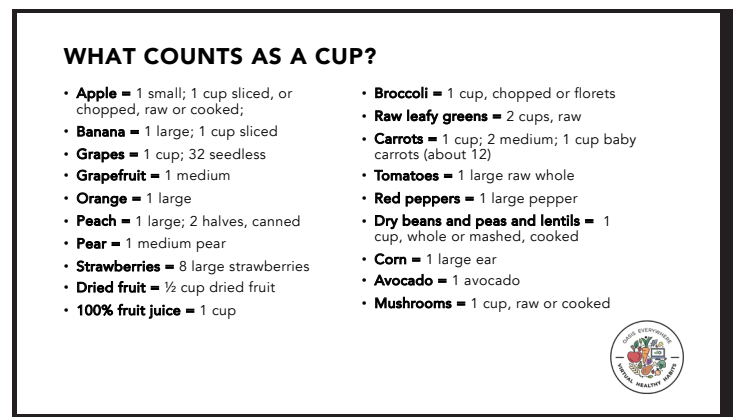


ASK: By a show of hands, how many of you already follow this method or try to follow?
...Wait for responses...

ADVANCE TO THE NEXT SLIDE

Let's look at serving sizes for fruits and vegetables.

NOTE TO FACILITATORS Point out a couple from the list provided.



In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the fruit group, and 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

ASK: By a show of hands, how many of you eat a minimum of 1 ½ - 2 cups of fruits per day?
...Wait for responses...

ASK: By a show of hands, how many of you eat a minimum of 2 - 2 ½ cups of vegetables per day?
...Wait for responses...

ADVANCE TO THE NEXT SLIDE

<https://st-louis.oasisnet.org/health/virtual-healthy-habits/>

2022

<https://st-louis.oasisnet.org/health/virtual-healthy-habits/>

VIRTUAL HEALTHY HABITS **RECIPE BOOK**



RECIPES



1 CHICKEN (Each Recipe Serves 2)

BBQ Chicken Baked Potatoes

Dessert: Fruit Salsa & Cinnamon Chips

Chicken & Vegetable Stir-Fry

Dessert: Mini No-Bake Fruit Tarts

Cajun Chicken Etouffee

Dessert: Frozen Chocolate

Banana-Berry Clusters

Chicken Meatball Sandwiches

Dessert: Homemade Applesauce

Strawberry Pecan Salad with Chicken

Dessert: Spiced Peaches & Pears

2 BEEF (Each Recipe Serves 2)

Beef Stroganoff Over Egg Noodles

Dessert: Spiced Peaches & Pears

Ground Beef Burrito Bowls

Dessert: Homemade Applesauce

Greek Burgers With Mediterranean Salad

Dessert: Hawaiian Fruit Salad

Beef Shepherd's Pie

Dessert: Mini Cookie Fruit "Pies"

Ground Beef Stuffed Peppers

Dessert: Pan-Seared Angel Food Cake with Strawberries-Pineapples

3 PORK (Each Recipe Serves 2)

Asian-Style Pork Lettuce Wraps

Dessert: Pan Seared Angel Food Cake with Strawberries-Pineapples

Mini Meatloaves with Balsamic Vegetables

Dessert: Mini Cookie Fruit "Pies"

Pork & Vegetable Chili Mac

Dessert: Frozen Mint Berry Yogurt Cups

Pork Loin & Vegetable Sandwiches

Dessert: Blackberry Rosemary Crumble

Sausage & Gnocchi Soup

Dessert: Fruit Salsa & Cinnamon Chips

4 VEGETARIAN (Each Recipe Serves 2)

Cheesy Vegetable & Rice Casserole

Dessert: Frozen Chocolate
Banana-Berry Clusters

Creamy One-Pot Vegetable Pasta

Dessert: Hawaiian Fruit Salad

Cheese Manicotti with Vegetable Marinara

Dessert: Frozen Mint Berry Yogurt Cups

Roasted Vegetable Nachos

Dessert: Mini No-Bake Fruit Tarts

Roasted Vegetable Flatbreads

Dessert: Blackberry Rosemary Crumble

Potential Allergies Listed on Each Recipe: Allergens listed are based on top 8 most common allergens only. Top 8 most common food allergens include: wheat, soy, dairy, eggs, fish, shellfish, tree nuts, and peanuts. All ingredients will be listed in each recipe for participants to determine if the recipe ordered is safe for consumption. Also note, some foods may be packaged in a facility that also packages potential allergens.

STRAWBERRY PECAN SALAD WITH CHICKEN & TOASTED PITA WEDGES



INGREDIENTS

6 oz Boneless Skinless
Chicken Breast (cut into
bite-sized pieces)
1 cup Strawberries (sliced)
2 cups Mixed Greens
1 Small Red Pepper (diced)
¼ cup Chopped Pecans
¼ cup Feta Cheese Crumbles
2 Whole Grain Pita Rounds
2 Tbsp Balsamic Vinegar
2 Tbsp Honey
¼ cup Olive Oil
1 tsp Dried Parsley

Spice Blend:

Salt & Pepper (to taste)
1 tsp Onion Powder
1 tsp Paprika

ALLERGENS

Wheat, Dairy,
Tree Nuts



BEFORE YOU START

Wash all vegetables. Cut green leafy tops from strawberries before slicing length-wise to create slices. Cut around top of pepper to remove seeds. Turn pepper upside down and shake to remove remaining seeds. Cut bottom off of pepper and cut pepper in half. Lay sides inside-down on cutting board and make cuts from top to bottom, then turn and cut from side to side to dice pepper.

Cut chicken into bite sized pieces (no greater than 1"). Wash hands after handling meats.

DIRECTIONS

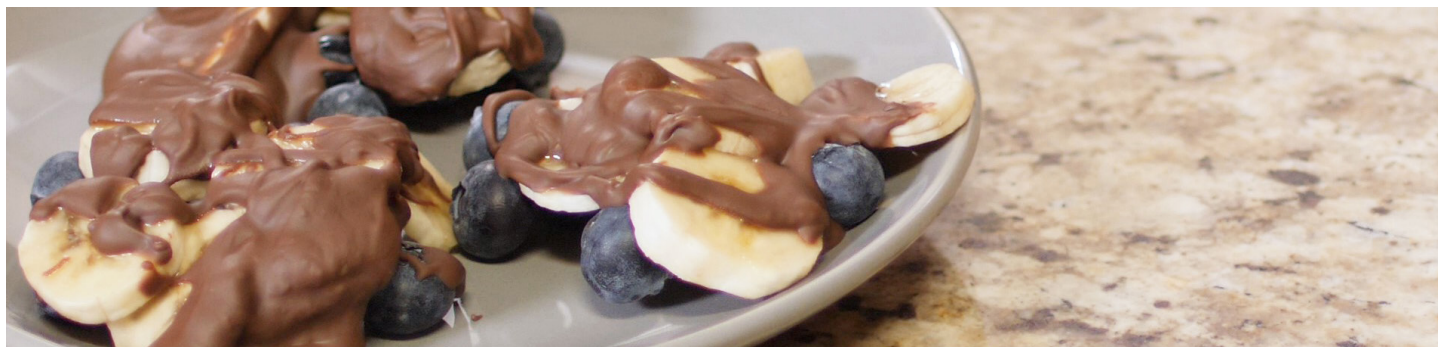
Step 1: In a medium saucepan, heat 2 Tbsp olive oil on medium-high heat. Cover chicken pieces in spice blend and 1 tbsp of oil to coat chicken evenly and add to pan. Cook chicken for 8-10 minutes or until golden brown on all sides. Remove from heat.

Step 2: Preheat oven to 350F. Brush pita rounds on both sides with about 2-3 Tbsp olive oil. Sprinkle with dried parsley. Place on baking sheet and bake in oven for 5 minutes or until rounds are golden brown. Pull from oven and cut into triangles.

Step 3: In a small bowl, whisk together equal parts oil and balsamic vinegar, then stir in honey until completely blended.

Step 4: To serve, place 1 cup mixed greens in a large bowl, top with diced red pepper and strawberries, then pecans and feta. Finally, top with chicken and drizzle balsamic vinaigrette. Serve alongside warm pita triangles.

FROZEN CHOCOLATE BANANA-BERRY CLUSTERS



INGREDIENTS

- 1 Banana (sliced)
- 1 cup Blueberries
- ½ cup Chocolate Chips
- 1 Tbsp Olive Oil

You'll Need:

- Parchment Paper

BEFORE YOU START

Wash fruit. Peel and slice banana.

DIRECTIONS

Step 1: Melt your chocolate. This can be done in a microwave by combining chocolate chips and oil in a bowl and microwaving for 30 seconds at a time, stirring frequently to avoid burning. If not using a microwave, you can create a double boiler by bringing 1 cup of water to a boil in a small saucepan and placing chocolate chips and oil in a glass bowl to sit on top of the pan. Stir frequently to avoid burning.

Step 2: On a cookie sheet lined with parchment paper, place blueberries and banana slices in small clusters on parchment.

Step 3: Using a spoon or fork, drizzle melted chocolate over fruit clusters, covering well to ensure fruit sticks together in clusters. Place cookie sheet in freezer for 30 minutes.

ALLERGENS

Soy

