

Welcome!

Important info for today's session:

1. Slides are available on the event page:

<https://militaryfamilieslearningnetwork.org/event/34434>

2. Need tech support?

Email us at MilFamLN@gmail.com

(write this down in case you need it later)

3. Select “All Panelists & Attendees” from the drop-down when commenting in the chat pod.

Building Partnerships Beyond Policy with Your Commissary

<https://militaryfamilieslearningnetwork.org/event/34434>

Connecting military family service providers
and Cooperative Extension professionals to
research and to each other through engaging
online learning opportunities

<https://militaryfamilieslearningnetwork.org>

Today's Presenter



Kirsten O'Neil, MS

- Health & Wellness Coordinator, Defense Commissary Agency
- MS, Human Resource Development
- Research interests surround equity, advocacy, and social movements

What is the Commissary?

**Have you partnered with us before?
Another grocer?**

Your Commissary

- A DoD jeweled asset
- We've done the work
- The largest reach
- We're a grocery store, not a cardiac care unit



Agenda

- Resources
- Day in the life of a store director
- Areas to partner
- Questions

Improve the Nutrition Quality in the Diet

Cook More Meals at Home

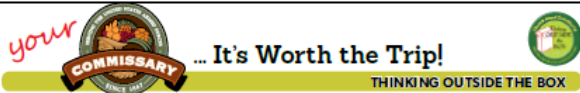
Build a Healthy Basket

Meal Destination

Thinking Outside the Box

Nutrition Guide Program

Ready to Eat Meals



Pork Loin & Sauerkraut

There has been a heightened increase with focusing on macronutrients in building a healthy eating pattern to meet your health and wellness goals. Macronutrients are the nutrients in food that provide calories, such as carbohydrates, protein, and fat. Most of our macronutrients should be from foods that have undergone the least amount of processing and contain the least amount of added sugars (preferably none) and sodium. Truly, the messaging of focusing on macronutrients is just another way of articulating the importance of high quality, nutrient dense foods. The best strategy to assure that the large majority of the foods you consume are of high nutrient quality is to aim to cook most of your meals at home.

Recently, one macronutrient, protein, has been getting additional attention. Although most Americans consume adequate amounts of protein, some studies suggest that increasing the amount in the diet and timing of when it is consumed may produce benefits to the waistline, bone strength, and lean muscle. This is because it actually takes more calories for the body to process protein than both carbohydrates and fat and it is needed to preserve bone and lean muscle. Furthermore, a diet made up of 25% protein has shown to decrease late night snacking and cravings throughout the day. Starting the day with a protein rich diet (20-25 grams) not only slightly increases the metabolic rate, but also controls the appetite which may decrease snacking throughout the day. Assuring that a good protein source is consumed shortly after exercise, and especially with strength training, assists recovery and building strong muscles.

Care needs to be taken to assure that proteins chosen are mostly from lean protein foods and, if they are plant based, they are combined in such a way to make a complete protein (such as beans with rice). Consuming more steaks and burgers is not the best strategy because this will likely lead to an excessive saturated fat intake and calories. Most of our animal protein sources should come from lean meats, dairy products, fish, and eggs. In addition, there should still be a focus on whole grains, and fruits and vegetables to round out the diet. MyPlate, America's food guidance system, provides more detail on the [Protein Foods](#) group to assist you in building a healthy eating pattern.

A 4 oz. portion of boneless center-cut pork loin is just under 200 calories, contains less than 10 grams of fat, and provides 24 grams of protein. This meal features this lean cut of pork and uses it in a "comfy food" way that is economical, nutritious, and quick.

Ingredients

- 4 - 4 oz. boneless center-cut pork loin chops
- 1/2 cup bread crumbs
- 1/2 tsp. paprika
- 1 tbsp. olive oil; plus 1 tsp. for oiling the pan
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1-14.15 oz. jar prepared sauerkraut
- 1 egg
- 2 tbsp. milk
- 4 oz. dark dipping chocolate
- 1/2 cup corn starch
- 1/2 tsp. salt
- 12-16 oz. fresh strawberries

Directions: (Serves 4)

1. Preheat oven to 400 degrees F.
2. Place dipping chocolate broken into pieces in a microwave safe bowl and cook on high for 30 seconds. Stir and cook in 10 second increments until melted. Dip washed and dried strawberries in the melted chocolate to coat and then place on a wax paper lined baking dish in a single layer. Place the strawberries in the freezer.
3. Pound the 4 - 4 oz. boneless center cut pork loin chops to 1/2 inch thick by placing the chops in a single layer on a cutting board, covering with plastic wrap, and gently hitting them with a heavy sauce pan or a meat mallet.
4. Sprinkle cornstarch on both sides of the chops. Gently pat and set aside.
5. In a shallow dish, combine bread crumbs, salt, pepper, garlic powder, paprika and 1 tsp. olive oil.
6. Whisk together milk and egg in another bowl.
7. Line a baking sheet with foil then coat with the additional 1 tsp. olive oil.
8. Dip each chop into the egg mixture and then dredge both sides of the chops with the bread crumbs so they are coated completely. Pat gently to assure the crumbs stick.
9. Place the chops on the baking sheet and place in the oven. Cook until golden brown and the center is no longer pink and the internal temperature reads 160 degrees F.
10. While the chops are baking, microwave a 12-14 oz. steamable bag of your favorite plain vegetable, according to package directions.
11. Serve each plate with 1 chop topped with 1/4th of the sauerkraut, alongside a 1/2 cup of unsweetened applesauce and 1/4th of the steamed vegetables. For dessert, serve the frozen, chocolate covered strawberries.

Tip: None.



DISCLAIMER: YOU MAY USE ANY USE PRODUCTS ONLY IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES ARE NOT AN INDICEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE CLICK HERE

Improve the Nutrition Quality in the Diet

Meal Planning

Dietitian-Approved Meals

RECIPES

Search Recipes Items per page 9 Sort by Recent

BROWSE RECIPES

Dish Type

- Appetizers
- Beverages
- Breakfast
- Desserts
- Main Course
- Salads
- Side Dishes
- Soups & Breads


Main Ingredient

- Beef
- Egg
- Fruit
- Pasta
- Pork
- Poultry
- Seafood
- Vegetable


Category

- 20 Minute Meal
- Dietitian Approved
- Holiday
- Kid Friendly
- Miscellaneous


Showing 9 of 123




**Double A Brownies
(Avocado and Applesauce)**




**Pressure Cooker
"Tomatoey" Pasta**




Leftover Turkey Salad




Classic American Goulash




**"Thanksgiving" Meatloaf
Dinner**




**"Thinned Down," So
Creamy, Ground Turkey
Alfredo with Peas**



**Chicken and Quick
Dumplings**



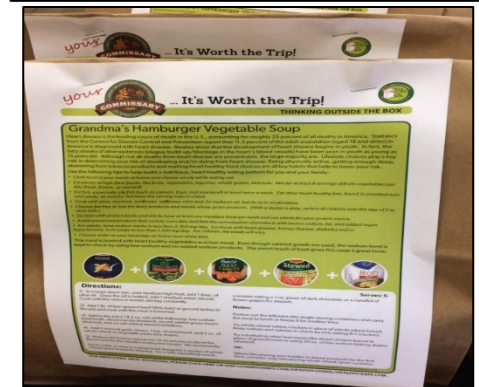
**Honey Mustard
Drumsticks with Pears**



On the Go Instant Oatmeal



November 2018 – West Point, NY
Recipe of the Week Display



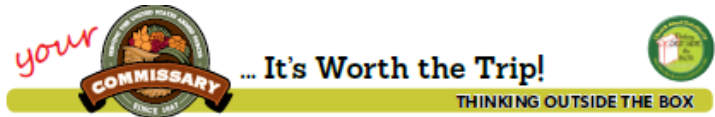
Thinking Outside the Box



Save a Healthy 20%

The "Thinking Outside the Box" meals offer quick solutions for your busy lifestyle that you can feel confident in knowing they are healthy and economical. You'll also see tips and suggestions on how to use the leftover items after preparing your meal. They feature a key nutrient and align with the Dietary Guidelines for Americans and may even be a tastier and healthier version of a high-fat or high-calorie dish. Find the ingredients for the latest "Thinking Outside the Box" recipe, *American Classic Goulash*, at special savings at your commissary now!

 <p>Del Monte® Italian Style Stewed Tomatoes 14.5 oz. SALE 90¢</p>	 <p>Ronzoni® Whole Grain Rotini 16 oz. SALE 62¢</p>	 <p>McCormick® Paprika 2.12 oz. SALE \$1.00</p>	 <p>Pearls® Sliced Ripe Olives 2.25 oz. SALE 78¢</p>
 <p>McCormick® Chili Powder 2.5 oz. SALE \$1.28</p>	 <p>HOMEBASE™ 10 in. Foam Plates 24 ct. SALE \$1.28</p>	 <p>HOMEBASE™ 8 7/8 in. Foam Plates 50 ct. SALE \$1.00</p>	 <p>SAVE MORE</p>



Pork Loin & Sauerkraut

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Recently, one macronutrient, protein, has been getting additional attention. Although most Americans consume adequate amounts of protein, some studies suggest that increasing the amount in the diet and timing of when it is consumed may produce benefits to the waistline, bone strength, and lean muscle. This is because it actually takes more calories for the body to process protein than both carbohydrates and fat and it is needed to preserve bone and lean muscle. Furthermore, a diet made up of 25% protein has shown to decrease late night snacking and cravings throughout the day. Starting the day with a protein rich diet (20-25 grams) not only slightly increases the metabolic rate, but also controls the appetite which may decrease snacking throughout the day. Assuring that a good protein source is consumed shortly after an exercise, and especially with strength training, assists recovery and building strong muscles.

Care needs to be taken to assure that proteins chosen are mostly from lean protein foods and, if they are plant based, they are combined in such a way to make a complete protein (such as beans with rice). Consuming more steaks and burgers is not the best strategy because this will likely lead to excessive saturated fat intake and calories. Most of your animal protein sources should come from lean meats, dairy products, fish, and eggs. In addition, there should still be a focus on whole grains, and fruits and vegetables to round out the diet. MyPlate, America's food guidance system, provides more detail on the [Protein Foods](#) group to assist you in building a healthy eating pattern.

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Ingredients

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- 1 tsp. olive oil; plus 1 tsp. for oiling the pan
- 1- 14-15 oz. jar prepared sauerkraut
- 4 oz. dark dipping chocolate
- 12-16 oz. fresh strawberries
- ½ cup bread crumbs
- ½ tsp. garlic powder
- 1 egg
- ½ cup corn starch
- ½ tsp. paprika
- ½ tsp. black pepper
- 2 tbsp. milk
- ½ tsp. salt

Direction: (Serves 4)

1. Preheat oven to 400 degrees F.
2. Place dipping chocolate (broken into pieces) in a microwave safe bowl and cook on high for 30 seconds. Stir and cook in 10 second increments until melted. Dip washed and dried strawberries in the melted chocolate to coat and then place on a wax paper lined baking dish in a single layer. Place the strawberries in the freezer.
3. Pound the 4 - 4 oz. boneless center cut pork loin chops to ½ inch thick by placing the chops in a single layer on a cutting board, covering with plastic wrap, and gently hitting them with a heavy sauce pan or a meat mallet.
4. Sprinkle cornstarch on both sides of the chops. Gently pat and set aside.
5. In a shallow dish, combine bread crumbs, salt, pepper, garlic powder, paprika and 1 tbsp. olive oil.
6. Wisk together milk and egg in another bowl.
7. Line a baking sheet with foil then coat with the additional 1 tsp. olive oil.
8. Dip each chop into the egg mixture and then dredge both sides of the chops with the bread crumbs so they are coated completely. Pat gently to assure the chops stick.
9. Place the chops on the baking sheet and place in the oven. Cook until golden brown and the center is no longer pink and the internal temperature reads 160 degrees F.
10. While the chops are baking, microwave a 12-14 oz. steerable bag of your favorite plain vegetable, according to package directions.
11. Serve each plate with 1 chop topped with 1/4th of the sauerkraut, alongside a ½ cup of unseasoned applesauce and 1/4th of the steamed vegetables. For dessert, serve the frozen, chocolate covered strawberries.

Tip: None.

DISCLAIMER: YOU MAY USE ANY BRAND PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#)

Nutrition Guide Program (NGP)



Your Guide to Nutrition

Organic
Whole Grain
Low Fat
Good Source of Fiber

Thumbs Up

Dietitian Approved - **We did the work for you!**

Use the guide to help meet your health and wellness needs.

Build Your Basket With Us!

1. Fill your cart with mostly:
 - Fresh produce
 - Lean meats & eggs
 - Heart healthy fats from fish, nuts & seeds, avocados, olive & canola oil, etc.
 - Items that have the Thumbs-Up
2. Remember:
 - It's Okay to include a few indulgences & treats, just use the nutrition attributes to guide you.

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"Thumbs Up"
High nutrition quality food
High performance food

Low Sodium

Items that are low in sodium, $\leq 140\text{mg}$ per serving & RACC*.

Whole Grain

Items that are made with whole grain & contain at least 8g of whole grain.

No Sugar Added

"No Added Sugars" & "Without Added Sugars" are allowed if no sugar or sugar containing ingredient is added during processing.

Low Fat

Items that contain $\leq 3\text{g}$ total fat per serving; for Meals/Main Dishes: $\leq 3\text{g}$ total fat per 100g.

Good Source of Fiber

Items with at least $\geq 10\%$ Daily Value for Fiber per serving & are low in fat.

Organic

Items that have been certified as "USDA Organic."

RACC: The regular amount commonly consumed for food types. This amount is determined by the FDA. The serving size listed on the package may not equal the RACC.



www.commissaries.com





What are the four pillars on how the Commissary is improving the nutrition quality in the diet?

A Day in the Life

- Number one goal: Sell groceries
- Keep the store stocked
- Intentions vs. what happens



Driven by Demand



Can't Buy it if it's Not on the Shelf



Training and Events



Never a Dull Moment




What You Can Do

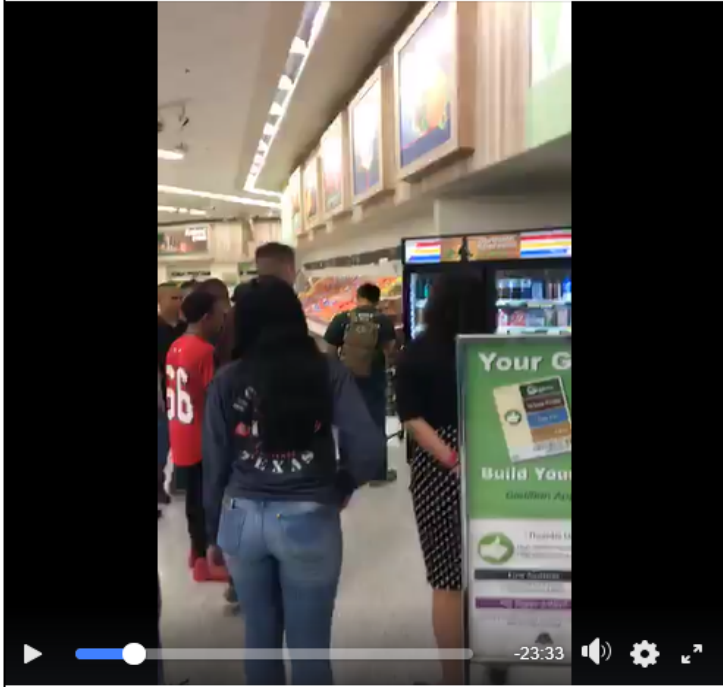


Train the Trainer



 **Defense Commissary Agency** shared a live video. June 7 at 12:37 PM · 🌐

Soldiers are learning how to up their nutritional game at the Fort Riley Commissary with the Agency Dietitian. [Army BOSS](#)



810 Views

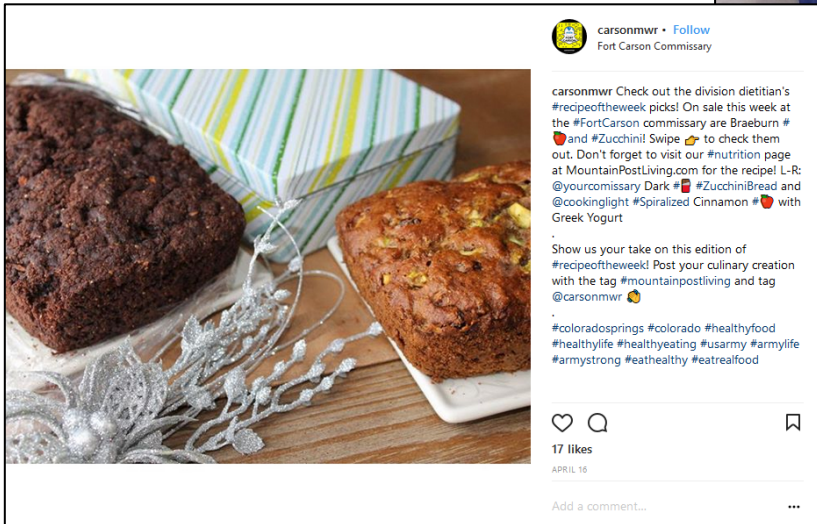
Lethality in action

Maintaining lethality isn't just training for and recovering from missions, it's ensuring your body is fueled for the fight. Listen as Deb Harris and members of the Joint Force explain what the **Defense Commissary Agency** is doing to improve lethality and educate service members on healthy eating. **See less**



<https://www.facebook.com/SEAC.JCS/videos/2357527611156781/>

Building Endorsers



Dietitian Approved Meal Solutions



your **COMMISSARY** ... It's Worth the Trip!

your **COMMISSARY** ... It's Worth the Trip!
THINKING OUTSIDE THE BOX

Grandma's Hamburger Vegetable Soup

Heart disease is the leading cause of death in the U.S., accounting for nearly 25 percent of all deaths in America. Statistics from the Centers for Disease Control and Prevention report that 11.3 percent of the adult population (aged 18 and older in America) is diagnosed with heart disease. Studies show that the development of heart disease begins in youth. In fact, the fatty streaks of atherosclerosis (plaque) build up throughout the heart's blood vessels have been seen in youth as young as 15 years old. Although not all deaths from heart disease are preventable, the large majority are. Lifestyle choices and a key role in determining your risk of developing and/or dying from heart disease. Being physically active, getting enough sleep, abstaining from tobacco products and making heart-healthy food choices are all key habits that help to lower your risk.

Use the following tips to help build a nutritious, heart-healthy eating pattern for you and your family:

- Cook most of your meals at home and choose wisely when eating out.
- Eat more of high fiber foods, like fruits, vegetables, legumes, whole grains, and nuts. Aim for at least 3 servings of fruits/vegetables per day (fruit, vegetable, or bean).
- Eat fish, skinless poultry, lean meats, dairy, and nuts/soy as part of a meal.
- Eat other heart-healthy fats, found in unsalted nuts, and seeds, as snacks, and keep serving sizes in check.
- Cook with olive, canola, safflower, soybean, corn and flax oils and use moderation.
- Choose fat-free or low-fat dairy products and mostly whole-grain products. (Ask a doctor's advice, watch all children over the age of 2 for wheat allergy.)
- You have with protein (beans) and aim to have at least one meal/day that you cook and use plenty for your protein source.
- Avoid processed products that contain trans fats and limit the consumption of products with excess sodium, fat, and added sugar. For example, limit intake to less than 2,300 mg/day. For those with heart disease, kidney disease, diabetes, asthma, or all of these conditions, limit intake to less than 1,500 mg/day. For children, the limit will vary.
- Choose foods in your household of lower sodium of the diet.

This meal is flavored with heart-healthy vegetables and lean meat. Even though canned goods are used, the sodium level is kept as close to the using frozen and/or non-salted sodium products. The smart touch of bread gives this soup a great taste.

Directions:

- 1) In a large sauce pan, over medium-high heat, add 1 tbsp. of oil. When hot and shimmering, add 1 medium onion (chopped). Cook until softened, about 5 minutes.
- 2) Add 1 lb. of lean ground beef (90% lean) or ground turkey to the hot oil and cook until browned.
- 3) Add 1/2 cup of oil and 1/4 cup of onion (chopped) from onion. Cook until softened, about 5 minutes.
- 4) Add 1/2 cup of onion (chopped) from onion. Cook until softened, about 5 minutes.
- 5) Add 1/2 cup of onion (chopped) from onion. Cook until softened, about 5 minutes.
- 6) Reduce the heat to medium-low. Stir in tomato paste, tomato sauce, and vegetable soup. Simmer for 15 minutes.
- 7) Add 1/2 cup of onion (chopped) from onion. Cook until softened, about 5 minutes.

consider eating a 1-oz. slice of dark chocolate or a handful of almonds for dessert.

Serves 6

Notes:

Please use the following tips to help eating confidently and easily. We want to help you make it so simple.

• We include a small portion of each in boxes of adults (adults) and small (small) and children (children) for easy eating. If you're eating 8-7 (children), the portioning will be smaller. Use a small portioning.

Yield:

Yield: 6 (6) servings. For more information, see the back of the box.

Your Commissary

- A DoD jeweled asset, we're a constant
- We've built the resources
- The largest reach
- We're a grocery store, not a cardiac care unit



Next Step

- Commissaries.com
- Contact your Store Director
- Plan 3 events



The screenshot shows the top portion of the Commissaries.com website. At the top left is the Commissaries logo, which features a circular emblem with a banner that says 'COMMISSARY'. To the right of the logo is a red location pin icon with the text 'Find A Store'. In the top right corner, there is a green button labeled 'Sales Flyer'. Below these elements is a navigation bar with links for 'HOME', 'REWARDS & SAVINGS', 'SHOPPING', 'HEALTHY LIVING', 'RECIPES', and 'OUR AGENCY'. A red search button with a white magnifying glass icon is on the far right of the navigation bar. Below the navigation bar, the breadcrumb trail reads 'Home / Shopping / List Of Locations'. The main heading is 'List of Locations'. The content is organized into four columns, each headed with a letter: 'A', 'F', 'K', and 'P'. Each column lists various military bases and locations.

A	F	K	P
Aberdeen PG	F.E. Warren AFB	K-16 Air Field	Panzer Kaserne
Air Force Academy	Fairchild AFB	Kadena AB	Parris Island MCRD
Albany MCLB	Fallon NAS	Kaneohe Bay MCBH	Patch Barracks
Alconbury	Forest Glen	Keesler AFB	Patrick AFB
Altus AFB	Fort Belvoir	Kelley Barracks	Patuxent River NAS
Anchorage Area	Fort Benning	Key West NAS	Pearl Harbor
Andersen AFB	Fort Bliss	Kings Bay NSB	Pensacola NAS
Ankara	Fort Bragg North	Kingsville NAS	Peterson AFB
Annapolis NSA	Fort Bragg South	Kirtland Commissary	Picatinny Arsenal
Ansbach	Fort Buchanan	Kodiak	Pittsburgh Area
Arnold AFB	Fort Campbell	Kunsan AB	Port Hueneme
Atsugi NAF	Fort Carson		Portsmouth NNSY
Aviano	Fort Detrick		Portsmouth NSY NH/ME

Questions?



Stuffed Peppers



**Better Than Takeout:
Shrimp Fried Rice**



Chicken Stuffed Tomatoes



Strawberry Mango Salsa



**Speedy Microwave
Chicken Quesadilla**



Veggie Burrito Bowl

Contact Information

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Connect with the MFLN

Explore upcoming events, articles, resources, and more
<https://militaryfamilieslearningnetwork.org>



Upcoming Event

Empowering Diabetes Self-Management Utilizing the Latest Technology in Personal Blood Glucose Monitoring

- November 12, 2019
- 11:00 – 12:00 pm ET
- <https://militaryfamilieslearningnetwork.org/event/34462>



Photo by Pixabay

For archived and upcoming webinars visit:
<https://militaryfamilieslearningnetwork.org>

Evaluation & Continuing Education

Today's webinar is valid for **1.0 CPEU** from the Commission on Dietetic Registration.

Go to the event page for evaluation and post-test link:

<https://militaryfamilieslearningnetwork.org/event/34434/>

Continuing Education Credit/Certificate

Questions? Email Kristen DiFilippo at kdifilip@illinois.edu