



Tara Dunker, MS, RD

Food, Nutrition, and Health Extension Educator

Dietitian & Mom to 2 Young Children (1 of whom is a choosy eater)





Hannah Guenther, MS

Food, Nutrition, and Health Extension Educator

Wife to Nebraska Beef Producer, Mom & Feedlot Resident







Why does this happen? Can you relate?

Time

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

Additionally, farm spouses have entered the workforce, further limiting time spent doing traditional household meal preparation.

Location

Eating in the field poses issues of its own in terms of one-handed dining.

There may be limited healthy options in rural areas, with the closest, and most convenient, warm meal coming from a gas station.

Stress

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











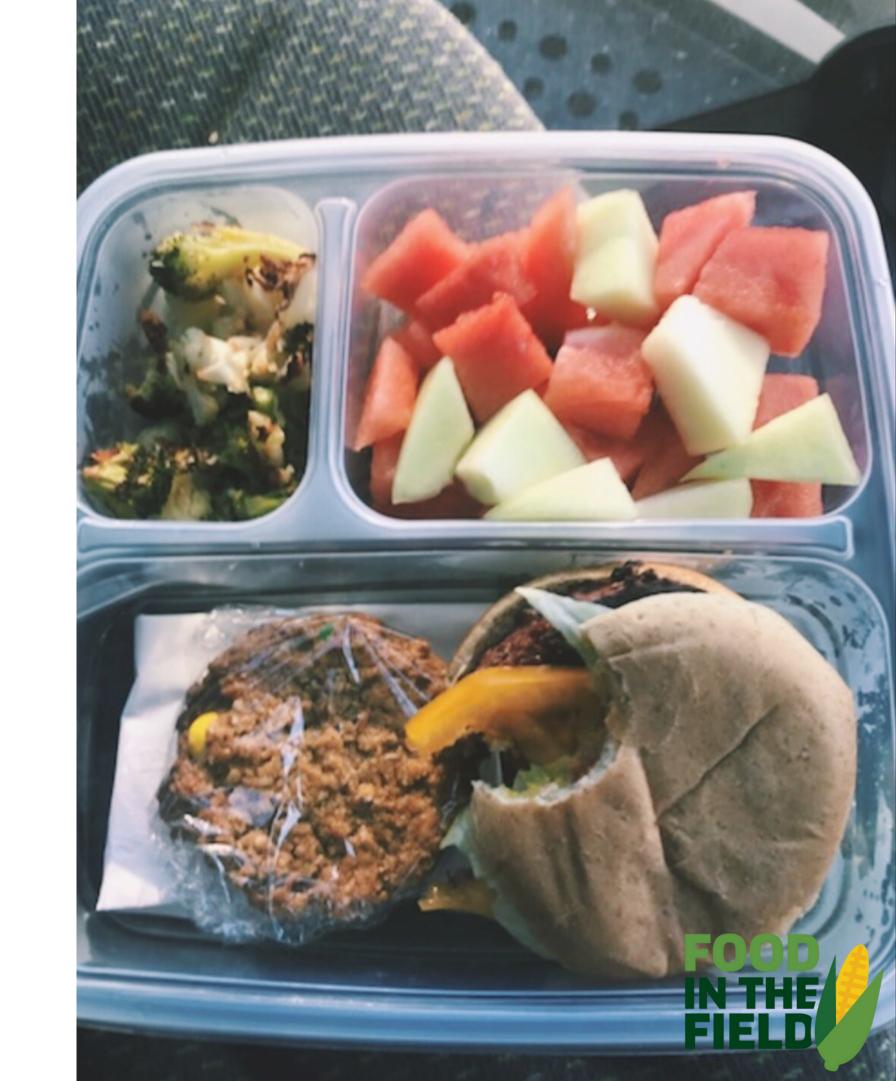
"The vitality of a rural community is directly linked to the viability of its local grocery store."



Supporting rural grocery in the field.

- Lean beef, 93/7 or 90/10
- Whole-grain bun
- Lettuce and tomato on hamburger
- Side of roasted vegetables and fruit
- Cookie for dessert

Busy seasons of life aren't the time for a complete eating pattern overhaul, but they can be a time to get creative with <u>small shifts to</u> <u>meals you already enjoy</u>.





Nutrition education is a WIN for rural grocery.

Back to the Basics

• Components of a Healthy US-Style Eating Pattern

Tools for Success

- "Meals to Remember" Worksheet
- Reading Food Labels
- Improving Your Food Environment

Preparing Healthy Meals

- Prepare Food Safely
- Modify Recipes
- Use Healthy Food Preparation Methods

Packing for the Field

- Portion Control
- Food Safety in the Field
- Helpful Tools to Make Food Portable





Field Friendly Snacks

- Clementines, grapes, apples
- Baby carrots, cherry tomatoes, celery sticks, edamame, 100% vegetable juice
- Popcorn, whole wheat crackers
- Low fat cheese, string cheese, yogurt
- Peanuts, raw nuts, hard-boiled eggs, beef jerky, sliced lunch meat
- Simple smoothie (FIF recipe)
- Energy bites (FIF recipe)

What are some field friendly snacks or ingredients filling your shelves?





How can Food in the Field continue to support rural grocery effectively?



HAYTHERE

a monthly nutrition newsletter for rural families





HAY, THANKS FOR BEING HERE!

Hannah & Tara

