

## Events this Week

Come to the Farmer's Market every Tuesday from 2:30 to 6:30 PM outside the medical school entrance. Cash only

## WORKSHOPS

Get Moving!

Tuesday, August 8:  
12:30 – 1:00 PM  
S2-309C

AND

Wednesday, August 9:  
12:30 - 1:00 PM  
S2-309B

Feel free to bring your lunch!

## WALKS

Meet with other walkers at the Step Ahead Information Center, across from the stamp machine, every day at noon.

To purchase a pedometer, visit the Step Ahead office at S7-746.

**Step Ahead can come to you!**  
**Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com).**

## A SHORT STORY BEHIND ORGANIC



While shopping in your local supermarket you may have noticed more choices of organic fruits, vegetables, cereals, milk, eggs, and meat. Organic foods are not found only in natural or health food stores anymore, but often cost more than non-organic (conventionally grown) foods. Here is a guide to help you decide if you want to buy organic foods and if so, which ones.

### What does organic mean?

The U.S. Department of Agriculture (USDA) labels a food as organic if it meets standards on how foods are grown and handled. Synthetic pesticides and fertilizers are not used in organic farming. Organic milk, beef, and eggs come from animals that have been raised without hormones or antibiotics, as well as following feed and grazing rules.

### If I would like to buy some organic foods, which should I choose?

The nonprofit Environmental Working Group tested a variety of fruits and vegetables and found that some typically have more pesticides than others. Eight of the top 12 produce with the most pesticides are fruit:

peaches, strawberries, apples, nectarines, pears, cherries, raspberries and imported grapes. The next highest levels are vegetables: spinach, celery, potatoes, and sweet peppers. Consumer Reports adds milk and beef to this list. If you are interested in trying out organic foods on a budget, buy organic varieties of foods that have the most pesticides when conventionally grown.

### Which foods have the least pesticides?

Fruits and vegetables that have low amounts of pesticides include asparagus, peas, broccoli, avocado, corn, cauliflower, onions, pineapple, mango, bananas, kiwi, and papaya. You can save money by buying conventionally grown varieties since they are low in pesticides anyway.

### What is the main message?

Whether you choose organic or not, it is important to eat a wide variety of fruits, vegetables and lean protein daily to give your body the vitamins, minerals and protein it needs for health. Wash and scrub all fruits and vegetables to remove external pesticides and bacteria.

## Recipe of the Week

### Light Avocado Dip

(Makes 10 servings)

1 cup canned white beans, drained and rinsed (navy, great northern, cannellini)  
1 large ripe avocado  
1 chopped Italian plum tomato  
3 Tbsp. squeezed lemon juice (minimum)  
¼ cup chopped parsley (minimum, very good with more)  
Hot pepper sauce (optional)  
Salt, to taste

Mix everything together in blender or food processor.

### Serving suggestions:

- Veggie Dip
- Pita Chip Dip
- Sandwich spread

### 2 Tablespoons provide:

Calories: 55	Total Fat: 2.3g
Saturated fat: .45g	Fiber: 2g
Sodium: 13mg	Folic Acid: 36 mg

## Tip of the Week

Practice *random acts of fitness* with a loved one. Choose activities that help you both be active together, such as hiking, walking, or canoeing. Give 'active' gifts such as roller blades or personal training classes. Based on Random Acts of Fitness from [www.sparkpeople.com](http://www.sparkpeople.com).

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)