

Winter Session - Year 3: Easy One Dish Winter Meals

In this session, the participant will:

1. Identify winter/holiday situations that cause stress.
2. Share coping strategies to deal with winter/holiday situations.
3. Identify simple one-dish meals that provide quick and easy meal preparation ideas.

	Checklist of Materials Needed	
Supporting Materials	<input type="checkbox"/> Fat Scans <input type="checkbox"/> Pencils or pens <input type="checkbox"/> Flip chart, blackboard or whiteboard <input type="checkbox"/> Overhead Winter 3-1--Mind-map (example, page 25) <u>Optional:</u> <input type="checkbox"/> Large poster paper (flip chart paper) <input type="checkbox"/> Colored marking pens <input type="checkbox"/> Masking tape <input type="checkbox"/> Copy of “Stone Soup” story (page 26) <input type="checkbox"/> Group Nutritionist: Additional Participant Resources <input type="checkbox"/> Group Nutritionist: Additional Participant Party/Holiday Recipes	
Food & Paper Supplies	<input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Coffee, sugar, skim milk or low-fat creamer, stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic spoons or forks <input type="checkbox"/> <u>Food Tasting:</u> Feature easy, quick one-dish recipes (soups, stews, casseroles, etc.) that meet the interests of your group participants and the Winter month of your DM group (e.g., pre or post-holidays).	
	Participant Manual	
Worksheets	<u>Worksheet</u>	<u>Page(s) #</u>
	Winter 3-1	13-14
	Winter 3-2	15-17
	Winter 3-3 (optional)	18

Resource
Section

Additional materials available in Participant Manual

Resource**Page(s) #**

Low-Fat and Fat-Free Commercial Soups (Winter 3-1)

27-29

Lower-Fat Crackers and Breads (Winter 3-2)

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One-Dish Meal Cookbooks (Winter 3-3)

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Soup or Stew Ingredient Checklist (Winter 3-4)

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Group Nutritionist Note: A number of options for one-dish meals have been provided. Select the one (or two) that best meets the interests of your participants. For example:

Winter/Holiday Situation**Potential Food Tasting Focus**

Feeling busy, pressured, tired, or unable to cook

- ◆ Use of low-fat commercial soups and other time-saving ingredients
- ◆ Use of soup mixes and other ways to share meal preparation responsibilities.

Budgeting fat grams pre- and post-holidays, increasing

- ◆ Use of low-fat commercial soups to provide low-fat meal options.

Increasing servings of vegetables, beans and grains

- ◆ Focus on low-fat one-dish meals that vegetables, grains, or beans (with or without meat)
- ◆ Focus on unusual winter vegetables, and how they could be used.

Preparing for low-fat holidays or other social gatherings

- ◆ Focus on fun, low-fat party ideas using one-dish meal ideas.

Need quick, one-dish recipes

- ◆ Display cookbooks that feature one-dish recipe ideas. Use recipes from the featured cookbooks. Use more than one cookbook.

Note: If you do not have cookbooks available for display, refer participants to a list of One-Dish Meal Cookbooks in their winter materials (Resource Winter 3-3).

**Group Nutritionist Note: Suggestions for optional activities:****Canned Soup Display/Label Reading**

Display low-fat and fat-free commercial soups (canned or dried) that are available in your local area. If you feel participants could use some label-reading practice, have them examine soup labels for recipe ideas and fat grams. Include both low-fat and regular cream soups for comparison of fat-gram savings.

You may also want to display some of the fat-free and low-fat cracker and bread choices locally available. Refer participants to Resources Winter 3-1 and 3-2 in their materials.

Make-A-Soup Mix

If participants enjoy cooking, you might consider letting participants create their own soup mix that they can take home and use. There are two soup mix recipes included in the Participant Winter recipes: *Cream Soup Mix* and *Turkey Soup Mix*.

Unusual Winter Vegetables

Discuss unusual winter vegetables (locally available) or winter vegetables that can be included in soups and stews. Note: The recipes included in the Participant Winter, Year 3 session use widely available and inexpensive vegetables (carrots, celery, onion, mushrooms, and broccoli). An additional handout for unusual winter vegetables is included in supplementary Group Nutritionist materials.

One-Dish Party Ideas

Let participants create a party theme and share menu ideas using low-fat soups, stews and casseroles. Suggestions:



- **Holiday Open House:** Have a warm pot of vegetable, bean or pasta soup with low-fat bread and/or crackers.
- **Baked Potato Buffet:** Baked potatoes with low-fat toppings.
- **Build-It-Yourself Soup or Sandwich Bar:** Make a basic broth-base soup. Identify low-fat foods that could be added (e.g., cooked chicken breast, lean ham, green onion, tomatoes, canned beans, etc.).
- **Pasta Potluck Party:** Have a few people bring favorite low-fat sauces, hostess supplies the pasta. What sauces would they suggest?
- **Football Chili Party:** Serve low-fat chili with assorted raw vegetables, low-fat crackers and fruit.
- **Holiday Buffet:** Some recipe suggestions provided in Group Nutritionist: Additional Party/Holiday Recipe materials. These recipes were not included in the Winter, Year 3 Participant session materials because of length of session.


Winter 3 Session Outline--Key Activities

Activity Type (Time)	Activity
Pair or Small Group Discussion (20 minutes)	<p style="text-align: center;">Review of Success/Progress</p> <p>◆ Discuss experiences of the last 3 months (with or without the group support--depending on peer group meetings). Use the questions below:</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What successes did you have at meeting your WHI goals during the last 3 months? - What strategies and skills did you use to maintain your success? <p>(Ask the group a question that addresses their last maintenance session, if appropriate):</p> <ul style="list-style-type: none"> • Fall 2 - Sizing Up Your Progress • Fall 3 - Making Sense of Health News <p>(Ask the group a question that addresses their peer group activities, if appropriate.)</p>
Individual and Group Activity (15 minutes)	<p>◆ Define how stress-producing situations can influence WHI participation. (Go round question).</p> <p>◆ Participants use Worksheet Winter 3-1 to:</p> <ul style="list-style-type: none"> • Identify personal winter/holiday situations that create stress. • Select at least one situation to look at more closely. <p>◆ Tennis match elimination (optional). Either have the group select a situation to work on or use a “tennis match” elimination process to actively involve participants in identifying one or more situations to work on (see pg. 24).</p> <p>◆ Key point--participants identify common winter situations that could interfere with maintaining their WHI nutrition goals.</p>



Notes

	
<p>Large or Small Group Activity (20 minutes)</p>	<ul style="list-style-type: none"> ◆ Participants discuss stress coping strategies they can use to handle their winter/holiday situations. ● Use <i>mind-mapping</i> process to help participants creatively review and identify strategies and ideas they could use. (Overhead pg. 25). <ul style="list-style-type: none"> - Worksheet Winter 3-2 - list of potential strategies, if needed. - Worksheet Winter 3-3 - blank <i>mind-map</i> worksheet (optional). ◆ Introduce one-dish meals as a potential strategy for winter hassles. ◆ Key point--participants actively participate in reviewing and identifying coping strategies to handle winter/holiday situations
	
<p>Group Discussion/ Food Tasting Activity (20 minutes)</p>	<ul style="list-style-type: none"> ◆ Discuss how soup and stew meals can provide easy one-dish meal solutions. Refer participants to available resources <ul style="list-style-type: none"> ● Resource Winter 3-1-<i>Low-Fat and Fat-free Commercial Soups</i>. ● Resource Winter 3-2-<i>Lower-Fat Crackers and Breads</i>. ● Resource Winter 3-3-<i>One-Dish Meal Cookbooks</i>. ● Resource Winter 3-4-<i>Soup and Stew Ingredient Checklist</i> ◆ Select a food-tasting/recipe activity to focus on each group's specific one-dish interests (see pgs. 3-4 for ideas) ◆ Key point--participants identify easy one-dish ideas that they can use to help reduce stress and meet WHI nutrition goals.

	
<p>Large Group Discussion (15 minutes)</p>	<p style="text-align: center;">Summary</p> <p>Discuss issues and identify participants who need more help. The <i>mind-map</i> activity and strategy sharing will serve to help summarize participants' stress coping strategies.</p> <ul style="list-style-type: none"> ◆ Have participants focus on the steps they need to take to implement one-dish meal ideas that will help them reduce winter/holiday stress. <p>Q/A:</p> <ul style="list-style-type: none"> - Which of the one-dish meal ideas or recipes appeal to you the most? - In what situations do you think that one-dish meals will be most helpful for you? - What other stress coping strategies do you think will help you maintain your WHI eating patterns this winter?
<p>Lecture (5 minutes)</p>	<p style="text-align: center;">Home Activity</p> <ul style="list-style-type: none"> ◆ Assign 3 Fat Scans (or other self-monitoring method). ◆ Suggest activities to work on during the next 3 months. Answer questions.
<p>Total Time: 95 minutes</p>	

Winter 3 Session: Easy One Dish Winter Meals

Activity Type (Time)	Activity
Pair or Small Group Discussion (20 minutes)	REVIEW OF PROGRESS
	<p>♦ Discuss experiences of the last 3 months (with or without the group support--depending on peer group meetings). Use the questions below:</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What successes did you have at meeting your WHI goals during the last 3 months? - What strategies and skills did you use to maintain your success? <p>(Ask the group a question that addresses their last maintenance session, if appropriate):</p> <ul style="list-style-type: none"> • Fall 2 - Sizing Up Your Progress • Fall 3 - Making Sense of Health News <p>(Ask the group a question that addresses their peer group activities, if appropriate.)</p>
	<p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • The winter months and holidays are usually full of jolly events, but sometimes they are also filled with stress. That's understandable, after all, there can be a lot of demands on our time at this time of year. Depending on your other demands, the stress created by winter and holiday events may affect your WHI participation. Today's session is meant to help you identify some of the ways you can manage the small, but additive events that may increase winter time stress.

NEW MATERIAL

Winter Time and Holiday Experiences

PURPOSE: Participants identify the situations that commonly occur during the winter months.

**Individual/
Group
Activity
(15 minutes)**

- ◆ **Define how stress-producing situations can influence WHI participation. (Go round question).**
- ◆ **Participants use Worksheet Winter 3-1 to:**
 - **Identify personal winter/holiday situations that create stress.**
 - **Select at least one situation to look at more closely.**
- ◆ **Tennis match elimination (optional). Either have the group select a situation to work on or use a “tennis match” elimination process to actively involve participants in identifying one or more situations to work on (see pg. 24).**
- ◆ **Key point--participants identify common winter situations that could interfere with maintaining their WHI nutrition goals.**



Q/A: Go Round (Whip):

- What do you picture (or think about) when you hear the words “winter-time or holiday hassle”?
- Many people see a *hassle* as a small, bothersome event that causes stress. It may be the feeling you get when you’re caught in a traffic jam, or standing in a long check-out line at the store. It could also be your last minute discovery that you have eight dinner guests, but only six matching plates.
- Day-to-day stress can really add up and drive people crazy. This type of stress occurs more frequently than stress created by major life changes, such as a death in the family or loss of a job. So, a person’s ability to manage daily hassles is an important part of stress management.
- Daily hassles appear to increase during the winter months. For example, the demands on our time may increase due to social gatherings, increased travel, and waiting in longer lines. Emotions may be influenced by holiday celebrations, poor weather and road conditions, poor health, and for some people a sense of loneliness or a feeling of “winter blues.”

- All of these situations can cause stress, whether we think of them as fun activities or challenges. They compete for your time and energy. So, they have the potential of influencing your food choices.
- I would like everyone to take a few minutes and use **Worksheet Winter 3-1** to check any current (or potential) winter/holiday situations that could increase your stress levels.
- When you have completed the checklist, look back at the situations you checked. Place a star next to at least one situation that you would like to look at more closely.
- Think about how the situations you starred could influence your low-fat eating patterns in both positive, as well as negative ways. Keep in mind that stressful situations can have both positive and negative influences on your food choices. For example, having people around who are interested in trying new low-fat foods could be a positive influence. On the other hand, having high-fat foods and gifts readily available, might make it more challenging to maintain low-fat eating patterns.



Group Nutritionist Note: Ask participants to identify their ‘starred’ situations and potential influences on their food choices. As participants identify their ‘starred’ situations, write them in a single column. This will help you do the optional “tennis match” elimination activity described on page 24.



Q/A (Ask for volunteers):

- What winter-time situations did you star?
- What influence do you think your winter or holiday situation might have on your food choices and WHI eating patterns?



Group Nutritionist Note: Trim the list of “starred” winter situations either by:

- Having the group pick a winter/holiday situation to discuss, or
- Using the “tennis match” elimination method described on pg. 24 to help them trim their list.

Note: You can limit the group to one situation to *mind-map*, or select 3-4 situations that smaller groups can use to create their own *mind-maps*.

- Okay, now we have a long list of winter situations that you have identified as creating stress. We are going to take 1 to 2 minutes to reduce this list to a smaller number of situations that we can discuss. To do this, we'll use a technique called "tennis match elimination".
- Let's start by looking at the first two situations on our list.



Q/A: (Ask the questions below to start trimming the list).

- Between the first two situations on the list, which one is more important or occurs more frequently for you ? (Use the group's verbal feedback to pick one)
- Okay, how about between the next two? (and so on)
- Now we have ____situations we can look at more closely. (Note: it could be just one situation).

**Large or
Small Group
Activity
(20 minutes)**

Mind-Mapping Solutions

PURPOSE: To review and share stress coping strategies in a fun and creative way.

- ◆ **Participants discuss stress coping strategies they can use to handle their winter/holiday situations.**
- **Use *mind-mapping* process to help participants creatively review and identify strategies and ideas they could use. (Overhead pg. 25).**
 - **Worksheet Winter 3-2 - list of potential strategies, if needed.**
 - **Worksheet Winter 3-3 - blank *mind-map* worksheet (optional).**
- ◆ **Introduce one-dish meals as a potential strategy for winter hassles.**
- ◆ **Key point--participants actively participate in reviewing and identifying coping strategies to handle winter/holiday situations**

- As we talked, you may have noticed that sometimes your winter situations add stress to your life, but they don't affect your food choices or WHI eating patterns. However, some of you have situations that are creating challenges and you're feeling a little overwhelmed. So let's look at a way to help you refocus your energy.
- Sometimes one of the hardest things to do is to think ahead for the unexpected. This is especially true around the holidays when you have dozens of other things on your mind. However, stress-filled situations are like unexpected winter storms. While some of us may be ready for those unexpected storms, a few of us are not.
- We may know what we're supposed to do, but we have misplaced our skills or motivation. Maybe we have forgotten where we put the candles or the flashlight and we can't see where we're going. This is what happens when we haven't been using the coping skills we've learned. They are forgotten over time. There's also the possibility that we have plenty of canned food in the house, but only an electric can opener and no power. In other words, we may know what to do, but lack the energy or motivation to take action.
- To handle stress-filled "storms", you need a quick way to identify some skills you can use and ideas for how to put them into action. *Mind-mapping* is a fun and creative way to think ahead and problem solve. It helps you prepare for the stress-filled "storms" throughout the year.



Q/A (Ask about participant's previous situations):

- Has anyone ever use a “mind-mapping” method before? (If yes, ask them to share how they used it.)
- *Mind-mapping* helps people identify ideas in a relaxed, non-judgmental way. When making a *mind-map*, there is no required structure or format and no right or wrong answers.
- The trick to mind-mapping is to let your mind wander and be creative about your solutions. Some of your ideas and strategies may come from Dietary Change group meetings. However, other ideas may come from your own experiences in dealing with stressful situations.



Group Nutritionist Note: Decide whether you are going to do the *mind-mapping* activity in a large group or several smaller groups.

Large Group Activity:

1. Use **Overhead Winter 3-1** (pg. 25) to provide an example of a *mind-map*.
2. Have a volunteer participant draw the *mind-map* on a flip chart or blackboard and fill in the groups' strategies and ideas. The Group Nutritionist should help to keep the group on track and answers questions, as needed.
3. To make the *mind-map*, write the group's winter situation in the middle of the paper (or board) and draw a circle around it.
4. Ask the group for general strategies they would use to handle the stress created by this specific winter situation (e.g., Use communication skills, etc.).
5. Then ask the group to provide ideas on how they would implement the their identified strategies (e.g., say yes only to a few high-fat foods that are important to me, etc.).
6. Refer participants to **Worksheet Winter 3-2** if they need ideas.

Optional: Interested participants can copy their favorite ideas onto **Worksheet Winter 3-3** or a blank piece of paper during the food tasting activity.



Group Nutritionist Note: Have 2-3 small groups create *mind-maps* for different winter/holiday situations

Small Group Activity:

1. Use **Overhead Winter 3-1** (pg. 25) to provide an example of a *mind-map* to the large group.
2. Then give each group a large piece of poster paper to draw their own *mind-map* and some masking tape to post it on the wall when done.
3. Have the group select a member to record the group's ideas OR let each member of the group add their own ideas using different colored marking pens.
4. Refer participants to **Worksheet Winter 3-2** if they need ideas.
5. Allow time for the small groups to report back to the whole group about their experiences and share a few of their strategies and ideas.
6. At the start of the break for food tasting, ask the small groups to tape their *mind-maps* to the wall. Encourage everyone to take some time and look at the small group *mind-maps* to gather additional ideas.

Optional: Interested participants can copy their favorite ideas onto **Worksheet Winter 3-3** or a blank piece of paper during the food tasting activity.

- So how do you make a *mind-map*? Let's take a look at the example on the overhead. It shows you what a *mind-map* could look like. However, keep in mind that there are no right or wrong formats, so your own *mind-map* might look different.
- Start your group's *mind-map* by writing your winter situation in the middle of your poster paper. Then draw a circle around it. For example, on the Overhead, the winter situation is "Feeling Pressured".
- Then as you identify general strategies you could use to handle this situation, draw straight lines off from the circle, like rays from the sun. Write your general strategy (for example on overhead-- "Use communication skills") on these 'sun-ray' lines. Draw a new line for each new strategy.

- Your last step is to list ideas that you have for accomplishing your general strategies. List your ideas on lines drawn off of the general strategy that they apply to. For example, under the general strategy-- “Use communication skills”, you could list a number of ideas, such as: (1) ask your friends to bring a low-fat dish, (2) say ‘yes’ to only those activities that are important to you, etc.
- If you are working in small groups, involve everyone in creating your group’s *mind-map*. First write your winter situation in the middle of the paper and draw a circle around it. Then give everyone a different colored marking pen and let them add their own strategies and ideas. Another option is to have one group member complete the *mind-map* as other group members provide strategies and ideas. The choice is yours.
- Your groups will have about 10 minutes to create their *mind-maps*. Then we’ll ask each group to comment on how they liked the *mind-mapping* process and share a few of their stress-coping strategies and ideas.
- If you get stuck and need some ideas, refer to **Worksheet Winter 3-2**. See how many creative ideas you can identify that could help you handle your situation. Does anyone need more information before your get started?



Group Nutritionist Note: After 8 minutes, ask the groups to begin wrapping up. After giving the groups 2 minutes to finalize their *mind-maps*, ask the participants to comment on how they enjoyed the *Mind-Mapping* process. Ask them how they might use this process to work through other challenges. Finally, ask each group to state their winter situation and share 1 or 2 coping strategies and ideas.



Q/A: (Ask for volunteers):

- How did you like this activity?
- How could the *mind-mapping* process help you problem solve other challenges? (WHI or non-WHI)
- What were some of the creative ideas you identified to handle your winter situation?
- As you see, there are many different strategies that you can use to manage winter and holiday situations. During the rest of today’s session, we’re going to focus on one of these strategies--using quick one-dish meals.

Easing Stress with One-Dish Meals

- Quick one-dish meals include a variety of dishes. For example, there are soups, stews, casseroles, chili recipes, stir-fry dishes, and simple meals baked in foil or microwaved. One-dish meals can be a perfect solution for many stress-filled situations. After all, the goal of one-dish meals is to reduce the burden of meal preparation.



Q/A:

- In what situations do you feel that a one-dish meal could reduce stress and help you maintain low-fat eating patterns?



Group Nutritionist Note: Encourage participants to think of some of the following situations:

- Saves time and conserves energy when they're feeling pressured, tired or sick.
- Provides a way to budgeting fat grams (pre- and post-holidays).
- Provides ways to share meal preparation workloads with others who need help (friends, family or other WHI group members).
- Provides new ways to increase servings of vegetables, grains and beans.
- Provides creative ways to use meal and holiday leftovers.
- Creates fun and easy low-fat party ideas.

- As you can see one-dish meals can provide a number of solutions for winter and holiday hassles.



Q/A:

- What are some examples of easy one-dish meals you currently use?
- Let's take a closer look at soups and stews. They provide quick meals that help you meet your WHI nutrition goals and reduce the burden of preparing several dishes.

**Group
Discussion/
Food Tasting
Activity
(20 minutes)**

A Souper Solution

PURPOSE: Introduce a variety of ways to make quick soups and stew meals.

- ◆ **Discuss how soup and stew meals can provide easy one-dish meal solutions. Refer participants to available resources**
 - **Resource Winter 3-1-*Low-Fat and Fat-free Commercial Soups.***
 - **Resource Winter 3-2-*Lower-Fat Crackers and Breads.***
 - **Resource Winter 3-3-*One-Dish Meal Cookbooks.***
 - **Resource Winter 3-4-*Soup and Stew Ingredient Checklist.***
- ◆ **Select a food-tasting/recipe activity to focus on each group's specific one-dish interests (see pgs. 3-4 for ideas)**
- ◆ **Key point--participants identify easy one-dish ideas that they can use to help reduce stress and meet WHI nutrition goals.**

- There is nothing more appealing and comforting than the smell of a wonderful soup or stew gently simmering on the kitchen stove. Contrary to popular beliefs, one-dish meals, such as soups and stews don't need to simmer for hours.
- When you're short on time and energy, soups and stews provide a number of great solutions:
 - Quick, easy, and flexible meals.
 - Ways to save money by stretching ingredients.
 - Ways to use up leftovers.
 - Ways to increase servings of vegetables, beans, and grains.
 - A way to budget and save fat grams.
- The word "soup" comes from the Germanic *sop* that means "bread over which a broth is poured." To "sup" came to mean to eat the evening meal at which this mixture was frequently served.
- The origins of soup, according to historians, have been dated from as early as 8000 B.C. in Asia, where cultivated grains were boiled in pottery containers. Later references to soup show up all over the world. In 600 B.C., for example, the Greeks were known to prepare soups from beans, peas and lentils. Several centuries later, Indian literature mentions a dish of ground barley mixed with juices. And, the Mayans are said to have drunk a liquid food made from maize.

Time-Saving Short-Cuts

- There are a number of different ways to shorten the process of preparing soups or stews. You can use time-saving equipment, such as a crockpot, food processor, or microwave oven. You could also start with cooked leftovers, or use convenience foods from the grocery store.



Group Nutritionist Note: Ask participants to share ideas they have used, or are currently using to save time in preparing soups or stews. Remind participants that many time-saving food preparation ideas have been presented in earlier sessions (Sessions 13, 15 and the Summer, Year 2- Easy Cooking for One or Two).



Q/A: (Ask for volunteers to share ideas)

- What short-cuts do you like to use when you prepare a soup, stew or casserole meal?
- What ingredients do you like keep on hand to make a quick soup or stew?



Group Nutritionist Note: Potential suggestions for ingredients to make a quick meal:

- Frozen foods: mixed vegetable combinations, pasta/vegetable combinations, bean/vegetable combinations
- Quick Cooking Grains: smaller pasta and fast-cooking grains (e.g., quick-cooking rice, couscous, etc.)
- Dried foods: dried soups, packaged gravy mixes and sauces
- Canned foods: canned soups, evaporated skim milk, canned beans, vegetables and tomato products, canned low-fat gravies or sauces

Commercial Soups

- The new fat-free and low-fat canned soups found in grocery stores offer convenient ingredients for quick and easy one-dish meals. These reduced-fat soups are available in both broth and cream-based forms. You can easily substitute the reduced-fat cream soups in recipes that call for a cream soup. In addition, many of the new soups provide quick, low-fat recipe ideas on their labels.



Q/A:

- How many of you have used reduced-fat or fat-free commercial soups? (Show of hands)
 - What recipes or dishes do you like to make that contain cream soup as an ingredient?
 - Can anyone share their experiences in using a reduced-fat cream soup, or a fat-free cream soup mix in a recipe or casserole dish?
-
- When using commercial foods, such as canned soups, be sure to use your label reading skills. Look at the serving size listed on the *Nutrition Facts* panel. Remember, the serving size listed may be very different from the amounts you usually eat. For example, most soups have a standard serving size of 1 cup (8 fluid ounces) of cooked soup, or 1/2 cup of condensed soup. So, if you use the whole can in a recipe, you need to do some math.



Group Nutritionist Note: If you decide to focus your group's food tasting around the use of commercial soup products in making one-dish meals, see page 4 for some suggestions.

- For a list of low-fat and fat-free soups, look at **Resource Winter 3-1**. Keep in mind that even though this handout contains fat grams, the food product label is the most current source of information. Commercial food products, such as soups can change over time. New low-fat soups will appear and disappear at the grocery store and fat grams may vary. So, always be sure to check the label to determine the amount of fat in a commercial soup.

Homemade Mixes and Stocks

- You can also make your own dry soup mixes and homemade soup stocks. They provide a key ingredient for a variety of quick meals. To get you started, there are some recipes included in your Participant Winter materials. There are two soup mix recipes: *Turkey Noodle Soup Mix* and *Cream Soup Mix* AND two basic soup stock recipes: *Vegetable* and *Simple Chicken Stock*.

- Homemade soup stock is a basic ingredient for stews, sauces, stir-fries and sautés, as well as soups. However, you need to plan ahead and have a little time in order to make your own soup stock. Save all the juices from cooked or canned vegetables and mushrooms, as well as leftover poultry and meat bones. These soup stock ingredients can be kept frozen until you're ready to make your stock.
- For flexibility of use, freeze your homemade stock in several different sizes of containers. Always leave a little room at the top of the containers to allow for expansion. Consider using some of the following sizes:
 - Ice cube trays (1-2 Tbs. per section) for use in stir-fry recipes or when sautéing vegetables;
 - One to two-cup plastic tubs for single servings, smaller recipes or steaming rice; and
 - One-quart containers for soups and stews.
- Also plan to freeze your leftover soup or stew in individual portions. This will let you reheat them in minutes in a microwave oven. To freeze soup, place it in a freezer-weight plastic bag inside a bowl, pour in the soup and then freeze. When the soup is solid, lift the plastic bag out of the bowl, seal it and return it to the freezer. You can freeze your soups and stews for up to 3 months.



Group Nutritionist Note: If you decide to focus your group's food tasting around soup mixes or homemade broths, see page 4 for some suggestions.

Vegetables: Fresh, Frozen, or Canned?

- There are a number of fresh vegetables available during the winter months. Resource Winter 3-4 provides a list of these vegetables. Some are very popular and used by many people, such as carrots, celery, potatoes, and peas. Other vegetables may be used less frequently, such as broccoli, Brussels sprouts, spinach, and winter squash. However, there are a few in season during the winter months that may be unfamiliar to you. These vegetables include: bok choy, leeks, parsnips, rutabagas, tomatillos, turnips, turnip greens and chayote (a Latin American summer squash).



Group Nutritionist Note: If you decide to focus your group's food tasting around using winter vegetables, see page 4 for suggestions and the Group Nutritionist Additional Participant Resources for potential handout on "Unusual Winter Vegetables".



Q/A:

- Which of these winter vegetables have you tried?
 - What is the most unusual vegetable you have eaten?
- You have a variety of vegetables choices when making soups or stews. If you cannot find fresh vegetables at a reasonable price, use frozen or canned. Many consumers are hesitant about using canned vegetables in soups or stews because they feel that they contain fewer vitamins than their fresh or frozen counterparts. However, this is not true. Studies have shown that many canned vegetables contain as much or more of certain vitamins, such as A and C.
 - One of the reasons that canned vegetables rank high in some vitamins is that they are usually processed immediately after they are harvested. Unfortunately, fresh vegetables tend to lose vitamins as they travel from the farm to the supermarket. So, if you cannot find fresh or frozen vegetables for your soup and stew recipes, use the canned varieties.

One-Dish Party Ideas

- You can make parties easier by sharing meal preparation with friends or family. If you are planning a holiday or pot-luck party, consider focusing the party around a one-dish meal.



Group Nutritionist Note: If you decide to focus your group's food tasting around one-dish party ideas, see page 4 for some suggestions. In addition, see Group Nutritionist: Additional Participant Party/Holiday Recipes for potential recipes.

Food Tasting

- Now, let's sample some of the one-dish recipe ideas we have been talking about.



Group Nutritionist Note: **Cookbook Display (optional):** Display cookbooks that feature low-fat one-dish meal ideas. Select low-fat recipes from some of the cookbooks you plan to display. Allow time for participants to browse through the displayed cookbooks for additional recipe ideas. Optional: Provide recipe sheets or cards that participants can use to write down recipes that they would like to try at home.

Let participants know that **Resource Winter 3-3** in their session materials provides a list of some One-Dish Meal Cookbooks.

Large Group
Discussion
(15 minutes)

SUMMARY

Discuss issues and identify participants who need more help. The *mind-map* activity and strategy sharing will serve to help summarize participants' stress coping strategies.

- ♦ **Have participants focus on the steps they need to take to implement one-dish meal ideas that will help them reduce winter/holiday stress.**

Q/A:

- **Which of the one-dish meal ideas or recipes appeal to you the most?**
- **In what situations do you think that one-dish meals will be most helpful for you?**
- **What other stress coping strategies do you think will help you maintain your WHI eating patterns this winter?**

- As you see, one-dish meals, such as soups, stews and casseroles can provide a great way to cope with winter stress and New Year's resolutions to get-back-on-track. Soups and stews also provide a way to share cooking responsibilities and help other people who may not feel capable or interested in preparing meals.



Optional: *Group Nutritionist Note:* Consider reading *The Stone Soup* story aloud, or ask a participant's to read it aloud. (Story is on pg. 26).

Note: Participant's have a copy of this story in their materials.

- There is a wonderful story called "The Stone Soup". It emphasizes how all of us can all gain by sharing with each other. This benefit of sharing is why many of you joined WHI in the first place--to contribute to the knowledge of women's health in the hope that it will benefit future generations. We commend your continued participation and applaud the important contribution you are providing to science and women's health. This story is for you. You are the "magic stones"!

Lecture
(5 minutes)

HOME ACTIVITY

- ◆ **Assign 3 Fat Scans (or other self-monitoring method).**
- ◆ **Suggest activities to work on during the next 3 months. Answer questions.**

- During the next three months, use your Fat Scan (or other self-monitoring method) to keep track of your grams of fat and servings of fruits/vegetables and grains. Please keep at least one Fat Scan (or other tool) each month.
- Identify at least two recipes for quick and easy one-dish meals that you would be willing to use during the next 3 months. If you have a party planned, consider focusing the party around a quick, low-fat soup, stew, or casserole dish.



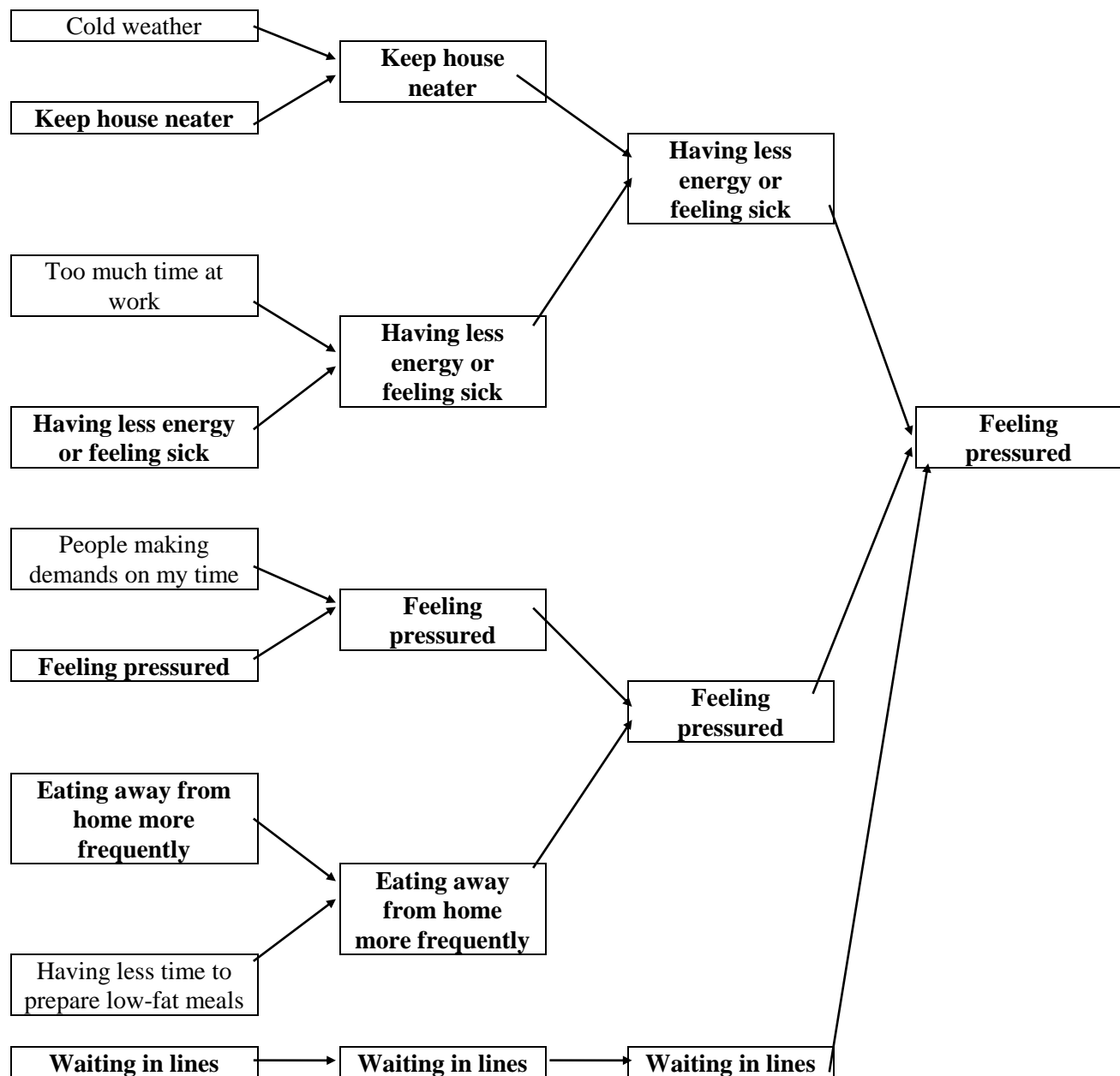
Group Nutritionist Note: Here are some possible suggestions for peer groups who are meeting between DM Maintenance sessions.

Ideas for Peer Group Activities:

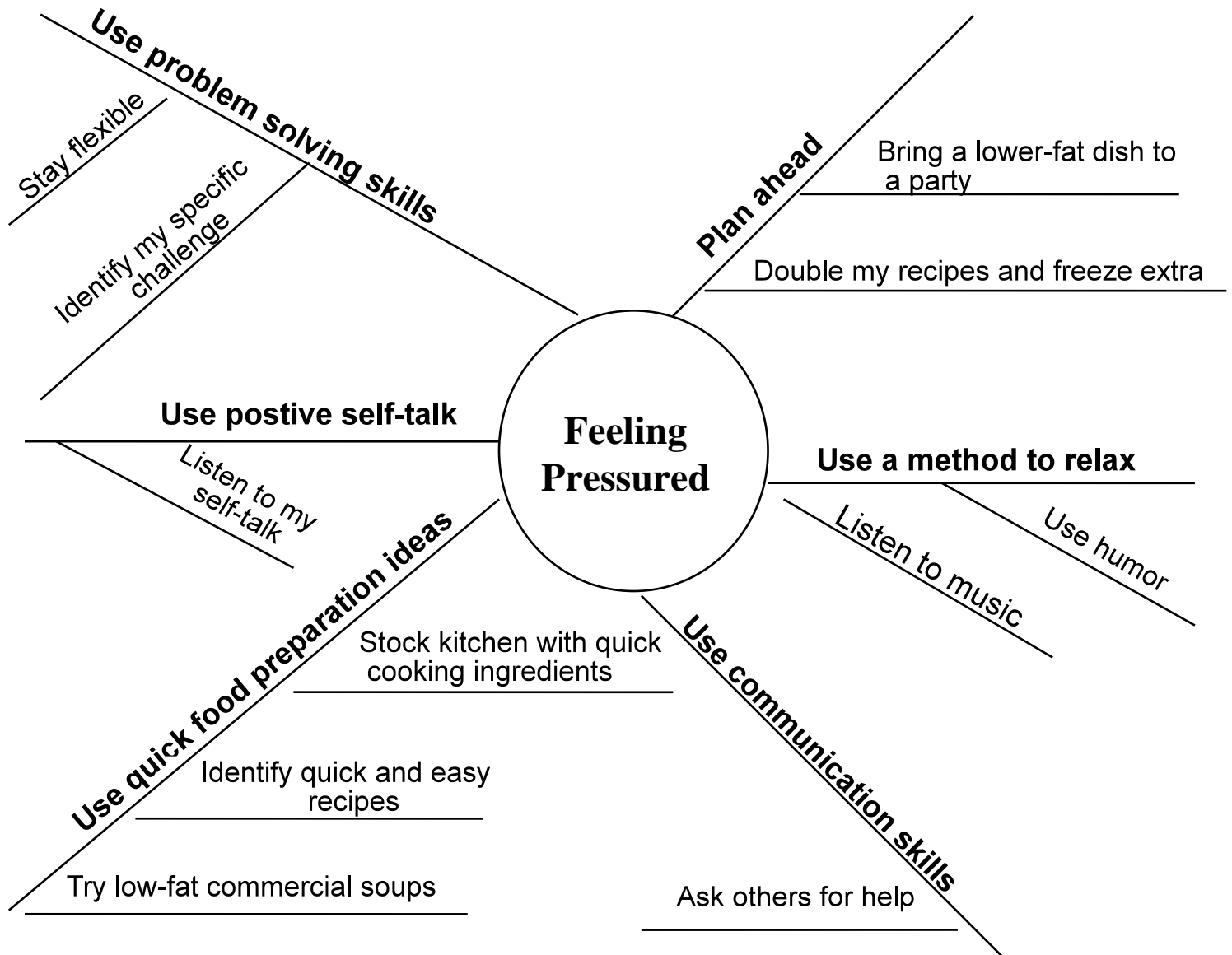
- **One-Dish Recipe Exchange:** Participants get together and exchange recipes for great tasting, low-fat, one-dish meals.
- **Potluck Party:** Participants plan and carry out a low-fat potluck party featuring one dish recipes (soups, stews or casseroles).
- **Cook-In Activity:** Interested peer group members get together to make a large batch of a soup mix or casserole dishes that can be divided and taken home to use for future meals.

Example: Using “Tennis Match” Elimination Method to Focus Group Discussion

Start with a list of situations from group participants (one situation per participant). Then take 2 winter situations at a time and ask the group to select one from each pair until you trim the list down to the number you want to discuss. If you have an odd number, just carry it through until the end. The **Bold** selections indicate the “situations” the group orally identifies as the most important one in each pair.



Mind Mapping (example)



The Stone Soup Story

Once upon a time, somewhere in Eastern Europe, there was a great famine. People jealously hoarded whatever food they could find, hiding it even from their friends and neighbors. One day a peddler drove his wagon into a village, sold a few of his wares, and began asking questions as if he planned to stay overnight.

“There’s not a bite to eat in the whole province,” he was told. “Better keep moving on.”

“Oh, I have everything I need,” he said. “In fact, I was thinking of making some stone soup to share with all of you.” He pulled an iron cauldron from his wagon, filled it with water, and built a fire under it. Then with great ceremony, he drew an ordinary-looking stone from a velvet bag and dropped it into the water.

By now, hearing the rumor of food, most of the villagers had come to the square or watched from their windows. As the peddler sniffed the “broth” and licked his lips in anticipation, hunger began to overcome their skepticism. “Ahh,” the peddler said to himself rather loudly, “I do like a tasty stone soup. Of course, stone soup with CABBAGE--that’s hard to beat.”

Soon a villager approached hesitantly, holding a cabbage he’d retrieved from its hiding place, and added it to the pot. “Capital!” cried the peddler. “You know, I once had stone soup with cabbage and a bit of salt beef as well, and it was fit for a king.”

The village butcher managed to find some salt beef...and so it went, through potatoes, onions, carrots, mushrooms, and so on, until there was indeed a delicious meal for all. The villagers offered the peddler a great deal of money for the magic stone, but he refused to sell and traveled on the next day. And from that time on, long after the famine had ended, the villagers reminisced about the finest soup they’d ever had.

Possible point of story:

Sharing with others provides benefits for all. This is one of the key reasons why your participation in WHI and in your Dietary Change group is so important.