

Healthy eating in tough times

Here are 10 tried-and-true tips for recession eating



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Limes

Learn more about the benefits and uses of limes



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Gardens for the senses

Most gardens offer visual appeal, but a sensory garden is designed to stimulate all five senses



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Turn over a new leaf

Make a difference - by pledging to cut the amount of disposable bottles you use. By refilling a bottle from your BRITA jug to take out with you and you can say "no" to the eco-cost and landfill impact of bottled water. Go to www.mygreenbottle.com.au and make your pledge and BRITA will seed a tree in recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water wherever you go?




June 2009


"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !

• BRITA Competitions:

WIN

Win a BRITA gym backpack, complete with a Fill & Go Sports bottle and a microfibre towel

- see what we are doing on  [Fan us on Facebook](#) facebook and how you can win with us.

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- **Health Update: What's on in June**
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- **Recipe of the month**
Healthy home-made chicken soup
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- **Ask Catherine -**
You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!
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Healthy eating in tough times

On a tight budget? Worried about the economic downturn? Cooking at home saves you money and is much healthier than fast food. However it does take a little planning and some basic cooking skills. Here are 10 tried-and-true tips for recession eating:



1. Plan meals

Write down a dinner plan for the week ahead (or at least the next 2 or 3 days).

2. Slow cooking

Use the tricks from our grandmothers for long slow cooking using the cheaper cuts of meat - Scotch broth, minestrone, osso buco, pot roast, lamb shanks, beef and pork. Cheaper cuts of meat are generally tastier.

3. Cut your waste

Don't buy more than you think you can reasonably eat. Australians throw out up to 25 % of their food!

4. Use your freezer

Freezing is the most nutritious way to store food. Freeze bread until you need it. Freeze soup, stews and curries in single-serve plastic containers so you have quick meals ready to heat. Stock up on a couple of frozen dinners for those nights when you don't feel like cooking.

5. Make your meat go further

Meat and chicken are generally the most expensive items of your weekly food bill - but are important for iron and zinc. Extend your meat by spreading it over rice or pasta - a little Bolognese can go a long way - and mix in some legumes by adding kidney beans to Mexican mince, or a can of chick peas to casseroles or cooking up a hearty chicken and lentil soup. Dishes such as stir-fries, casseroles and lasagne use smaller quantities of meat, and can make a small quantity go a long way.

6. Buy in bulk

Or buy the biggest size - but only if it's something you like to eat AND you can use it right to the end or if it has a long shelf life. (Take care though - compare the prices of large packages with smaller ones. Sometimes, for reasons that aren't clear, the larger packets are actually dearer.)

7. Skip that aisle!

If you don't need food from a particular aisle in the supermarket, don't visit it. This especially applies to the confectionery, snacks and soft drink aisles. You don't need them!

8. Buy in season

Fruit is expensive, so only buy what's at its peak and cheapest. In autumn pears and grapes are at their cheapest while oranges, mandarins and grapefruit are best buys in winter. Team up with friends and buy in bulk at wholesale produce markets. Buy locally at farmers' markets if you can.

9. Make a list before you go

A shopping list saves time and money - and prevents those impulse purchases that are often unnecessary and not the best for your health or your wallet! Keep a pad on your fridge to jot down things when you run out.

10. Closing time bargains

Shop at your supermarket at the end of the day. You can pick up bargains just before closing time for perishable foods like BBQ chicken, fresh fish, bread or salad vegetables.

Pantry basics

Stock up on these inexpensive items to keep in the cupboard to make your meals varied and interesting.

- Spaghetti, macaroni and noodles - different shapes
- Rice - different types (basmati, Arborio, brown etc)
- Potatoes - unwashed ones are the cheapest
- Canned sardines and tuna
- Breakfast cereals - plain breakfast cereals (Weet-Bix, Vita-Brits, Weeties) are good buys and make a healthy breakfast and an easy snack with milk
- Rolled Oats
- Dried lentils/split peas - great for soups and casseroles
- Canned beans/lentils/chick peas (same as above)
- Canned soups
- Canned vegetables - tomatoes, corn, beetroot - reduced salt is best
- Canned fruit - in juice, not syrup
- Stock - cubes are cheaper than liquid but have more salt
- Dried herbs/spices
- Oil

Reference: Catherine Saxelby <http://www.foodwatch.com.au/hot-issues/healthy-eating-in-tough-times.html>

Limes

Limes are consumed throughout the world in sorbets, beverages, pickles, jams, jellies, snacks and confectionaries.

The oil extracted from its skin is extensively used in soft drink concentrates, body oils, cosmetics, hair oils, tooth pastes, soaps, disinfectants, mouth washes, deodorants and innumerable other products.



Here are some benefits and medicinal uses of limes:

- Peptic Ulcer: Contains special compounds called Flavonoids (Limonoids such as Limonin Glucoside) which have anti oxidant, anti carcinogenic, anti biotic and detoxifying properties.
- Digestion: The scent produces digestive saliva and the acid breaks down of the macro molecules of the food. Flavonoids stimulate the digestive system and increase secretion of digestive juices, bile and acids and also stimulate the peristaltic motion.
- Constipation: Helps clear the excretory system.

- Respiratory Disorders: The oils are used in anti-congestive medicines such as balms and vaporizers, due to presence of Kaempferol.
- Gout: Reduces the accumulation of free radicals and toxins, primarily uric acid.
- Gums: Inhibits microbial growth.
- Eye Care: Protects eyes from aging, macular degeneration and infections.
- Piles: Helps heal wounds in the excretory system and gives relief from constipation which eradicates the root cause of piles.
- Weight Loss: A glass of warm filtered water with a full-lime juice in it, helps reduce weight.
- Skin Care: Lime juice and its oil are very beneficial for skin when consumed orally or applied externally. It rejuvenates the skin, keeps it shining and protects it from infections.
- Urinary Disorders: The high potassium content of limes is very effective in removal of the toxic substances and the precipitates deposited in kidneys, urinary bladder and its disinfectant properties help cure infections in the urinary system and prostrate problems.

Few Words of Caution: The seeds of all citrus fruits are poisonous if ingested in large quantities, so, avoid chewing or swallowing the seeds.

Ref: <http://www.organicfacts.net/health-benefits/fruit/health-benefits-of-lime.html>

Gardens for the senses

Sensory gardens are beautiful places to relax, reflect, meditate, contemplate and talk. You benefit more from having all your senses activated.



Interactivity

- Think about the people who will use the garden and take their ages and abilities into account when drawing up your design e.g. raised garden beds and hanging baskets are easier for the elderly.
- Seating arm rests.
- Create walkways that meander through the garden as it invites the visitor to slow down and look around.
- Appeal to young children by including a sandpit (in a shaded area). Swings and a slide also encourage children to play in the backyard.
- Use the produce from your garden e.g. flowers in vases, pot pourri, herbs and vegetables.
- Involve children in making a scarecrow for the vegetable plot.

Sight

- Plants with various coloured flowers and leaves and in different sizes.
- Clip or prune certain plants (such as conifers) into interesting shapes.
- Install a water feature.
- Include plants that appeal to butterflies e.g. English lavender.
- Use trees and plants to screen visually unappealing areas.

Hearing

Birds, wind chimes, crunching gravel, moving water and wind whistling through leaves bring a variety of sounds to the garden. These sounds can disguise background noises such as traffic.

Touch

- Incorporate plants with different textures such as large fleshy leaves, velvety or

furry leaves as well as feathery ferns.

- Vary the textures in your garden e.g. smooth pebbles and covered rocks.

Smell

- Space scented flowers at intervals around your garden so that the different scents will not be confusing or overwhelming.
- Plant herbs near to pathways or seats. Many herbs are very aromatic but only release their scent when the leaves are rubbed or crushed.

Taste

Try tasting a home-grown tomato or discover the delights of having fresh herbs outside your backdoor.

Ref:

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Gardens_for_the_senses?OpenDocument

Win Win Win

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 BRITA gym backpacks, complete with a Fill & Go Sports bottle and a microfibre towel. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your favourite winter activity."



Here are the winners of last months contest "your favourite healthy winter meal."

"A My favourite winter healthy meal is pumpkin soup. It doesn't sound like a meal, but I add herbs fresh from my garden, plus one of my chillies for a bit of a kick and my big vegies like carrot and brocolli for a different texture to smooth pumpkin soup and to add colour. Fresh tasty, healthy plus almost no dishes to wash! "

CG, WA

"Japanese style cook on the table steam boat is my favourite winter meal. Cook your favourite ingredients such as chopped chicken, fish fillets, tofu, Chinese cabbage, shallots and mushrooms in chicken broth and eat them when they are cooked through with dipping sauce made with lemon, soy sauce (and a bit of chili if you like). It is healthy as well as fun, entertaining meal to share with your family and friends."

TT, NSW

"My favourite winter breakfast healthy meal is 3/4 cup of rolled oats cooked in half a cup of soya and half a cup of BRITA filtered water and then sweetened with one-two teaspoons of sustagen followed by avocado spread on toast with one poached egg on top. I then have a cup of pawpaw and green tead made with BRITA filtered water."

ST, Qld

"Homemade pea & ham soup - with 10 different vegetables . It's wonderful for warming everyone up on a cold day - and even better for sending the kids off

to bed with a happily full belly! The kids smell it when they get off the bus and after school and can barely hold on till tea. I always make an extra batch to freeze for everyone to eat when they have a snack attack!"

BF, Vic

"Lasagne. It is warm and tasty. Everying is healthy if you have a small amount and lots of salad or veggies!"

AG, NSW

Win Win Win

You can win great prizes by becoming a BRITA Fan on Facebook.

Click icon to join us



Win Win Win

Help us in our market research and you could be the winner of 1 years supply of filters (6 filters). There are just a few easy questions to answer. Click icon to enter



Health Update: What's on in June

MS Walk & Fun Run

Sunday 14th June 2009

Hyde Park & North Sydney.



BRITA will have a stand at Hyde Park and will be serving free filtered water. Come along and have a great day out and help support MS Australia.

www.mswalk.org.au/nsw/index.asp?qclid=CMiioImz_pkCFRUUpAod5BrHF

Red Nose Day

Friday 26th June 2009



Funds raised through Red Nose Day activities assist in providing vital services and programs for SIDS and Kids.

www.rednoseday.com.au

Events coming up to put in your diary:

City of Sydney Spring Cycle

Sunday 27th September 2009

North Sydney, Blacktown, Liverpool, Olympic Park



Join us for for a fun family day out on the bicycle and help support MS Australia. BRITA will have a stand at Hyde Park and

will be serving free filtered water.

www.springcycle.com.au

Earth Ride

Wednesday 30th September 2009



The countdown has begun! Earth Ride Day aims to have millions of people right around the globe on their bikes! Earth Ride is about encouraging everyone to engage in a solution now that we already know offers significant benefits towards the goal of a low carbon future. Riding a bike for transport will significantly reduce your carbon footprint in comparison to taking the car and is even better than riding on public transport. The savings are as endless as the journeys we all undertake - riding to school, the shops, to visit friends and family - wherever you need to go! In addition to helping create the future environment you want, riding a bike is a convenient, healthy and fun way to get about!

Register now at www.earthride.com.au

Recipe of the month

Healthy home-made chicken stock

Try this fairly standard stock recipe and you'll never go back to commercial stock cubes or powder. It has loads of gutsy flavour but no added salt so can be used by anyone on a salt-free diet. If you must add some, just use half a teaspoon and taste as you go.

Preparation time 15 minutes

Cooking time 2 hours

Makes 2 litres

Ingredients

2 kg chicken carcass or wings
 2 carrots, chopped
 4 stalks celery
 1 large onion, chopped
 4-6 garlic cloves
 1 tablespoon whole black peppercorns
 few sprigs of parsley
 2 bay leaves
 about 2 litres water



Methods/steps

Place the chicken in a large stock pot with the carrots, celery, onion, garlic, peppercorns and parsley. Cover with water and bring to the boil.

Reduce the heat and simmer, covered, for about 2 hours. Periodically skim off the foam as it rises to the surface.

Strain the stock through a sieve and chill for a few hours. Any fat will rise to the surface and solidify after which it can be easily skimmed off. Your stock is now ready for use or for the freezer. Freeze in one or two-cup portions ready to add to a recipes.

Reference: <http://www.foodwatch.com.au/recipes/healthy-homemade-chicken-stock.html.html>

Ask Catherine

Do you have a question for Catherine? Simply [click here to email Catherine](#).



Tea with tisane?

Q: What is chromium and why do we need it?

A: An essential mineral, chromium is often promoted as a supplement for people with diabetes and as a muscle-enhancer for body builders. Chromium is part of the Glucose Tolerance Factor or GTF, needed for the burning of carbohydrates and fats in the body. It enhances the action of the hormone insulin, which makes blood glucose available to cells. But do we need to supplement? For most of us, getting enough chromium is simply a matter of good nutrition. It is found in drinking water and many foods including grains, meat, (especially liver and kidney), nuts, seafood, brewers, yeast, egg yolk, cheese. Older people have been identified as one group that could be deficient in chromium. For them, a supplement may be useful. But unfortunately, the chromium from pills is not as well absorbed as from food. And the extra chromium only helps if you're deficient; for the rest of us, they are of little benefit.

Nuts

Q. I keep hearing that nuts are good for the heart. I always thought they were high in fat and to be avoided - what's right?

A. Nuts are no longer considered just a salty party nibble like potato crisps and corn chips. They are important, nutrient-dense, foods. A whole wave of studies over the past 10 years has changed our thinking on nuts. So now a handful of nuts (30 to 50 grams) a day is one of the strategies nutritionists recommend to keep your heart healthy. Yes they're high in fat - being over 50 per cent fat, but the fat in nuts is heart-friendly. It's either predominantly mono-unsaturated or polyunsaturated, both of which keep your cholesterol in check. Nuts also boast a good dose of vitamin E (a well-established antioxidant), lots of fibre and arginine (an amino acid) - all food factors that either lower the 'harmful' LDL-cholesterol or prevent oxygen damaging your arteries. The best way to consume nuts is lightly roasted but not salted. Toss them through salads and stir-fries or take them to work as an office snack.

Caffeine

Q. How much caffeine is too much?

A. If you're having trouble sleeping or experiencing an upset stomach (acidity, indigestion), headaches, shakiness or palpitations (coffee 'jitters'), then excess caffeine could well be the reason. Most of us can handle around 300mg of caffeine a day without problems. This translates to:

* 4 or 5 cups of instant coffee OR

* 3 shots of espresso (one latte, one short black or one cappuccino all start with a shot) OR

* 3 or 4 energy drinks (eg Red Bull, V).

Consume more than this and you're heading for 'hyper' territory.

* Visit Catherine's website at <http://www.foodwatch.com.au/>

Your say

Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.

"I now know how great your products are. Excellent work BRITA !!! It does get that horrible taste out of the water."

RT, NSW

"We have 3 BRITA jugs - I love the red one. We also have an electric cooler on the bench that uses BRITA filters, so filters are always on our shopping list. We love the taste of filtered water and never drink tap water. Thanks BRITA you've won us over."

CLG, NSW

"I always have clean filtered water in my fridge for everyday use, great with a scotch after a hard days work - I love the taste - cheers. PS I purchased two today for future use."

JCD, WA

"BRITA Fill & Go water bottle has become a great family favourite. As a family we use it in sport, school and even simple things like shopping. The great taste makes it so likeable."

DF, NSW

"My husband used his Fill & Go bottle so much, we had to buy another one. It's the only water he'll drink."

RK, NSW



Questions, comments, feedback and ideas?

E-mail us at solutions@brita.com.au

Phone: 1300 557 762

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