

FOOD IN THE FIELD



EXTENSION



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“Harvest” in one picture.



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 hyper-palatable, high sugar, and high fat foods.



"The health of agricultural producers is vital to maintaining a vibrant agricultural economy."



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



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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 small shifts to meals you already enjoy.





When the crew potentially/
has heart disease you have
to bring salmon to the field.
Enough breakdowns these
past few days for elevated
blood pressure 😊

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?



HAY THERE

a monthly nutrition newsletter
for rural families





HAY, THANKS FOR BEING HERE!

Hannah & Tara

