

The TOPS Reminder

A newsletter for Western Massachusetts Counties

By Terri Lavigne (413) 532-7664 losingweight@tlavigne.us June 2015

KOPS Honor Society

Our Four Kounty KOPS Honor Society keeps on growing. We are now up to 11 members and our next meeting is August 29th at Stanley Park. We are having a picnic, why not join us and see what we are all about. More info to come.

CORRESPONDENCE FROM COORDINATOR AND AREA CAPTAIN

It has come to my attention from a few chapters that members are not being told about news from Rosie Smith or me. Please read information in a timely manner to your chapter.

FALL RALLY PACKETS

Everyone should have received a copy of the Fall Rally information. I sent it out thru email and the committee sent it out snail mail. If you would like to see what is going on you can

read it on your own at www.matops.com. If you are the only one in your chapter that wants to go let me know I might find room in a car for you. REMEMBER the summer contest have started try you best you can do it.

Inspiration Workshops

I held an Inspirational Workshop and I have to say It was a very good one. Ruth Greene from 0412 Westfield spoke on having bypass surgery, the pros and the cons. Ruth was Division 9 winner at SRD for 2014. I thank everyone that took time from their Saturday to support Ruth and myself. I made the receptionist day by having her pick the 3 best lunches.

Get Well Wishes

I want to wish Donald Gosselin A speedy recovery from his back problems. We missed you at the workshop.

FUNDRAISER FOR WORKSHOPS

I have another workshop planned for either last week of September or first week of October with MA Queen Jan. The workshops cost money to put on at Shriner's Hospital we give a donation to the room, we had a dietician that was \$50 but change to \$75 (the chapter paid the extra \$25). I give charms to the weight loss winners and I give mileage to the speakers. What I'm doing is selling tickets at the chapters 6 for \$5. we have Vera Bradly Lunch bag, candle basket, certificates, large Tote, Mary Kay and much more. This money will be used to get myself out of the red and pay for Queen Jan to visit. I hope you can support us and you might like the prize you could win. I want to keep doing workshops because if they help just 1 person they are worth it.

Fruit Kabob



Prep time: 15 minutes

Makes: 8 Servings

Try this creative and easy way to enjoy your favorite fruit. Make and serve these fun fruit skewers as a dessert or snack.

Ingredients

1 1/2 cups ripe banana slices (about 16 slices)

1 1/2 cups watermelon cubes (about 16 cubes)

1 cup clementine sections (about 16 sections)

Directions

1. Thread the fruit onto the skewers, alternating and arranging it however you like.

2. Serve right away

Nutrition Information for 2 kabobs

Total Calories 84

Total Fat 0 g

Protein 0 g

Carbohydrates 22 g

Dietary Fiber 2 g

Saturated Fat 0

Sodium 3 mg

10 tips to a great plate

1. balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to

www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2. enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.

3. avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4. foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.

5. make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6. switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.

7. make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8. foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9. compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled

“low sodium,” “reduced sodium,” or “no salt added.”
10. drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Chapter Visits

June 29th 0187 North Adams

June 30th 0179 Shelburne Falls

July 8th 0344 Southwick

July 8th 0423 South Hadley

July 15th 0229 North Adams

July 21st. 0411 Westfield

July 21st 0415 Chicopee

July 23rd 0451Pittsfield

New Kops

0395 GreenField

Carolyn Bellany

Karlena Henry



HAPPY 60TH ANNIVERSARY SPRINGFIELD 0001



Reinstated Kops

Debbie Pelletier

0411Westfield

New Kops

0412 Westfield

Joan Boulrice

10 Foods You Should Never Refrigerate



The moisture of the refrigerator will eventually turn onions soft and moldy. Keep them in a cool, dry place instead. But don't put them near your potatoes. When stored together, both deteriorate faster.

Leaving coffee beans or grounds in the fridge will make them lose their flavor and even take on the flavor of foods around them. Store large quantities in the freezer, and smaller amounts in a cool, dark place.

Storing olive oil in the fridge will make it condense and turn into a harder, butter-like consistency.

It's better to keep basil sitting out in a fresh cup of water, like [cut flowers](#). It wilts faster in the refrigerator and absorbs the smells of all the food around it.

Honey will stay good practically forever if you keep it tightly sealed at room temperature.

Garlic will start to sprout in the fridge eventually. It may also get rubbery and moldy, so it's best to keep in a cool, dry place.

The refrigerator will dry out your bread quickly. Unless it's sliced sandwich bread that you plan on using in the next few days, keep it in the freezer or [on the counter](#) instead.

Trying to ripen your avocados? Definitely don't put them in the fridge.

However, already-ripe ones that you aren't going to use right away can go in there.

Keeping potatoes in the fridge will make them sweet and gritty, since the cold environment turns their starch into sugar more quickly. Instead, store them in a paper bag in a cool — but not cold — place.

Tomatoes lose all their flavor in the fridge because the cold air stops the ripening process. Refrigeration also changes their texture.



With baby steps you can climb any mountain to your goal!



Terri