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open everyday
7am - 11pm

JWG News & Views - August 2009

August is here and we can hardly believe where the time has gone! In honor of the Dog days of summer and National Dog Day on the 26th, we're going to talk about animal nutrition and some popular pet products we carry. Also in this issue we'll be talking kids! Included are ideas for healthy snacking, Things to watch out for while reading nutrition labels and specials including supplements and fun lunchboxes from the Natural Care Department. Enjoy!



Healthy New Foods For Kids

You may have noticed that we've done a little rearranging on Aisle 4 (the freezer aisle). We have expanded our children's and baby food selections in both frozen and shelf stable foods. In our freezers we carry a wide variety of baby meals from Happy Baby, Plum Organics and Peas Of Mind. For toddlers and kids of all ages we have all natural choices like chicken nuggets from Applegate Farms, Earth's Best and Health Is Wealth, also macaroni and cheese from Earth's Best and Amy's. For allergy free choices look for Ian's brand products. Their fish sticks, chicken fingers dinner, corn dogs and Alphantots (tater-tots) are gluten free, soy free, dairy free and nut free and very delicious. Look for all these choices and more in the freezer case left of the pizzas.

In shelf stable products we carry the full line of Earth's Best baby foods as well as Happy Baby Organic Puffs and Happy Bellies organic cereals with DHA and probiotics. Another favorite among parents are the Baby Mum-Mums teething biscuits which we have in several flavors. We have a wide selection of Klean Kanteen, Siggs and Quench bottles in kid friendly designs and sizes (including some with "sippy tops"). Your little one can have safe, reusable water bottles of their own!

August Events Calendar

- Aug 7** - In store Wine Tasting from 4 to 6 pm - come sample Argentinean wines!
- Aug 10** - Food demo with Maureen Molinari, RD from 12-2pm - Come sample tasty, refreshing smoothies
- Aug 10** - Kaycee's Naturals demo in Natural Care from 11:30 to 2pm. Locally made salt scrubs & lotions.
- Aug 13** - Trace Minerals Red Pack demo with Sarah Valley in Natural Care - 11 to 1:30 pm.
- Aug 17** - Food demo with Cara Liberatore from 12 to 2 pm.
- Aug 17** - Kaycee's Naturals demo in Natural Care from 11:30 to 2pm. Locally made salt scrubs & lotions.
- Aug 19** - Natural Make Up demo with **Teresa Donnelly from Studio 2000!** 4:30 to 6 pm.
- Aug 19** - Natural Care Department demo - TBA
- Aug 24** - Food demo with Maureen Molinari, RD from 12- 2pm
- Aug 26** - Nordic Naturals demo with Kathleen in Natural Care. Nordic Naturals Nordic Berries, chewable Omega-3's & Children's DHA. Free Coloring Books, Crayons & Growth Charts. Sign up for drawing for free products.
- Aug 27** - Beecueticals demo in Natural Care with Sarah Valley 4 to 6 pm.
- Aug 31** - Food demo with Jack Goldstein from Hole Fish. 12 to 2 pm - Come sample delicious, sustainably caught fresh fish!

**Look for our food and sustainability
blogs at www.22local.com !!**



Healthy Snacks by Mary Ryan, MS, RD

Many people think of snacks as a necessity for kids and an indulgence for adults. Perhaps this is because what is often presented as “snack food” is high in fat, salt, sugar and other refined carbohydrates. The reality is that healthy snacks are a good way to get you from one meal to the next with plenty of energy and allow you to arrive at the meal hungry but not ravenous. Being overly hungry makes it more difficult to choose healthier options and you are more likely to eat too much, too fast.

Healthy snacks are also an easy way to boost your intake of vegetables, fruits, whole grains, nuts, seeds, and even beans - all plant foods that provide vitamins, minerals, beneficial plant compounds, and dietary fiber. A mix of high fiber carbohydrate foods and protein help fill you up and keep you feeling full longer than carbohydrates by themselves. This combination also helps keep blood sugar and energy levels steady. Carbohydrates give you energy and are what your brain likes best for fuel and “good fats” found in plant foods like nuts and avocado keep body cells healthy and make food taste good. Protein is important for your immune system and to build muscle, blood cells, hormones, brain chemicals, and more.

Tips for healthy snacking:

Plan ahead to insure healthy snacks are available. Take a small cooler or insulated bag for foods that need to be kept cool and make sure you like what you bring!

Choose whole foods often especially fruits, vegetables, whole grains, nuts, seeds, beans and legumes, low fat dairy and fish.

Be a conscious eater – this means focus on eating without distractions when you can (television, computer, work, driving, etc.)

Eat slowly and listen to your body to know when to stop eating. It takes your brain 20 minutes to get the signal that your body is satisfied.

Healthy Snack Ideas:

- ◆ Packet of Justin’s Peanut or Almond butter spread on apple or banana slices
- ◆ Low or nonfat yogurt and fresh or frozen fruit
- ◆ Whole grain crackers & sliced avocado
- ◆ String cheese, Laughing Cow cheese, (or other 1 oz. portion of cheese) & sliced pears
- ◆ Slices of fresh veggies (red bell pepper, jicama, snap peas) dipped in hummus
- ◆ Trail mix made with nuts, seeds, and dried fruit
- ◆ Black Bean Dip & baked tortilla chips or toasted corn tortilla
- ◆ Popcorn sprinkled with Cajun spice or nutritional yeast flakes
- ◆ Tuna or salmon (small can or packet) & whole grain crackers, tortilla or pita pocket
- ◆ Lean, “natural” Buffalo or turkey jerky (no nitrites and minimal processing) & grapes
- ◆ Unsweetened apple sauce & small handful of almonds or walnuts
- ◆ Smoothie made with fruit, yogurt, and either lowfat milk or 100% juice



August Specials in The Natural Care Department

The dog days of summer means back to school time is right around the corner. This month we'll feature lunchboxes from Bazura Bags and Vy & Elle. The Bazura bags are made from recycled juice boxes and the Vy & Elle boxes are made from recycled billboards. Both brands are soft sided lunchboxes, are completely lead free, come in a variety of colors and each bag is unique! Also, assorted Animal Parade vitamins and select brands of hand sanitizer are 10% off. These will help to keep your back-to-schooler healthy and happy.



Speaking of dogs days, Renew Life makes 6 different supplement formulas for your pooch.



These formulas are Healthy Calm, Healthy Digestion, Healthy Skin & Coat, Healthy Detox & Liver, Healthy Joints and Veterinary Strength Omega-3. The Bach Rescue Remedy and the FES Five Flower Rescue Remedy are both 10% off. These are excellent formulas for any animal and help with calming nervous or anxious behavior due to any circumstances including trips to the vet, car travel, thunder storms and visitors to the home.

Food For Thought About Pet Foods

It is estimated that 63% of American households own pets. We love our pets immensely, find them great companions, and some go so far as treat their pets like children. One thing that doesn't occur to all pets owners is the quality of the foods they feed their pets. Nutritionists and doctors alike encourage us to eat more fruits and vegetables and less processed or "junk" foods, and the newest research encourages pet owners to do the same for the animals in their care. Many people don't read the nutrition labels on dog or cat foods even though they read labels on the foods they buy for themselves. This is a good practice to get into as not all foods are created equally.

The first thing to look for on a label is a good source of meat protein. Dogs and cats are primarily carnivores with dogs being the more omnivorous than cats. Meat should be the first ingredient on a dog or cat food label. Foods that use grains as a first ingredient are less desirable. Carbohydrates are an important energy source but carbs such as corn, wheat, wheat gluten and soy should be avoided as they are fillers and common allergens. As in human food, look for foods that don't contain artificial coloring, flavoring or artificial preservatives.

The great news is that we carry a wide array of excellent choices that fit all budgets in both dog and cat food. We carry Evo, Nature's Logic, Innova, Natural Life, Pet Promise, Healthwise, Mulligan's Stew, Iams and a variety of Purina foods. We have dog biscuits, treats and rawhides from Cloud Star, Zukes, Karma and Castor & Pollox. The Cloud Start Buddy Biscuits are a favorite and are even available in our bulk section. Nature's Logic, whose chicken formula is our best selling dog food, also makes a sprinkle on food based multivitamin supplement and North Atlantic sardine oil. With all of these products to choose from it's easy to have a happy, healthy pet.



Check out our new website! Go to www.jacksonwholegrocer.com

Packed Lunch Choices by Cara Liberatore



Nowadays, just about every lunch and snack item desired can be found as a conveniently packaged food. Often rushing down the grocery aisles, we tend to fall into habits of choosing familiar brand names and items – especially if they are on sale! We may think that we are choosing the healthiest picks out there based on packaging bold type that highlights catch phrases such as “25% less sugar” or “no trans fats”. However, how many of us have the time to read the

fine print ingredients and nutrition panels on a couple of comparable items that can reveal other layers of truth to such phrases? Furthermore, how many of us are familiar with the nutritional, environmental and sustainable concerns attached to “should be avoided” ingredients such as corn syrup and hydrogenated oils? During your next grocery shop, I encourage you to take a tour of the grocery store at a leisurely pace, read labels, and ask knowledgeable in-store staff about products. There is a WEALTH of knowledge available at your finger tips that ultimately may unearth some healthful, scrumptious, and cost effective foods!

Some food for thought to get you started:

Be Aware of Partially & Fully Hydrogenated Oils & Trans Fats

- ⇒ In the 1930s, oils began to be manipulated through the process of “hydrogenation”. This chemical process
- ⇒ converts essential fatty acids found in oils into a more chemically “stable” molecule in order to increase both shelf lives and melting points. **Hydrogenated oils** are common in baked goods and pastries.
- ⇒ The unstable fatty acids in oils happen to be **unsaturated fats** (found naturally in nuts and nut products,
- ⇒ avocado, and olives and olive products). Unsaturated fats have been determined to be healthier for consumers, acting to reduce cholesterol in some cases. When hydrogenated oil is made, these healthy fats are converted into a new type of fatty acid, known as a **trans fat**.
- ⇒ Trans fatty acids work to increase LDL, or "bad" cholesterol, and they also decrease HDL cholesterol, which is "good" cholesterol. This means that the fats in hydrogenated oil are far more damaging than even saturated fats, which medical professionals have already determined to be harmful.

All Sugars are Sweet

- ⇒ Few people would argue that refined sugars are best limited or avoided. Many people have sought out sugar alternatives that are all-natural, and have taken to replacing refined sugars with products such as cane juice, agave syrup, sucanat (dehydrated cane juice), fruit juice concentrates, barley malt syrup, brown rice syrup, brown sugar, raw sugar, honey, molasses, or maple syrup. Some people even choose organic varieties of these natural sweeteners, which they hope will help them avoid potentially harmful substances such as chemicals and pesticides.
- ⇒ Refined sugars should be kept to a minimum in order to allow room for the healthier, more nutrient rich foods - especially in a calorie-restricted diet. So while "natural" sugars might be a better choice than white sugar from a health and nutrient standpoint, the caloric load is still the same: 4 calories per gram.
- ⇒ Raw unrefined sugar is not the same as the brown sugar that you see in the store, even though they are both brown. Unrefined raw sugar is made from the juice from the sugar cane plant and has trace minerals and nutrients present. Refined sugar is devoid of all nutrients. Minerals include Phosphorus, Calcium, Iron, Magnesium, and Potassium.

Corn Syrup

- ⇒ The process for making the sweetener high fructose corn syrup (HFCS) out of corn was developed in the 1970s. HFCS is produced by processing corn starch to yield glucose, and then processing the glucose to produce a high percentage of fructose.
- ⇒ Consumers trying to avoid genetically modified foods should avoid HFCS. It is almost certainly made from genetically modified corn and then it is processed with genetically modified enzymes.
- ⇒ Sucrose is composed of glucose and fructose. Every cell in the body can metabolize glucose. However, all fructose must be metabolized in the liver; therefore, research suggests that high levels of fructose found in HFCS can stress the liver.

