

Words on Wellness

Beating the Afternoon Slump Without Caffeine



Feeling sluggish after lunch? That mid-afternoon slump can make it hard to focus and get things done. Instead of reaching for more caffeine, try these simple ways to recharge your energy.

- Take a short walk. Just a few minutes of movement can increase blood flow and help you feel more alert.
- Get some sun. Spending time outside in natural light helps your body produce vitamin D, which plays a role in mood and energy levels.
- Eat a balanced lunch. Meals high in sugar and white bread or pasta can lead to an energy crash. Choose foods with fiber, healthy fats, protein, and whole grains to stay energized longer.
- Get enough sleep. Poor sleep can leave you feeling drained the next day. Aim for 7-9 hours of quality sleep each night.

Even doing just one of these tips can help you feel more awake, focused, and ready to finish your day strong!

Source: [Sleep Centers](https://go.iastate.edu/O10YI5), go.iastate.edu/O10YI5

Hummus

Serving Size: 2 tablespoons | Serves: 8

Ingredients:

- 1 can (15-16 ounces) garbanzo beans or chickpeas, drained and rinsed
- 2 medium garlic cloves, minced, or ¼ teaspoon garlic powder
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (canola, olive, vegetable)
- 1/8 teaspoon ground black pepper
- 2/3 cup plain yogurt or sour cream

Directions:

1. Place all ingredients in a blender or food processor. Blend until smooth.
2. Serve with raw vegetables, crackers, tortilla chips, or pita chips.
3. Store in the refrigerator in a covered container.

Nutrition information per serving:

100 calories, 3.5g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 140mg sodium, 13g total carbohydrate, 4g fiber, 3g sugar, 6g protein
This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu) spendsmart.extension.iastate.edu.



Cleaning vs. Sanitizing: What's the Difference?

Keeping your kitchen clean helps stop germs and keeps your food safe. But cleaning and sanitizing are not the same thing.

Cleaning removes dirt, food particles, and grease from surfaces. It's the first step and involves using soap or detergent with water. While cleaning makes things look tidy, it doesn't necessarily kill germs.

Sanitizing, on the other hand, reduces the number of bacteria to safe levels. After cleaning, you sanitize using a solution like diluted bleach or a commercial kitchen sanitizer. This step is especially important for surfaces and equipment that have direct contact with food.

Always clean first, then sanitize. If you skip cleaning, germs can hide under the dirt. Let surfaces air dry after sanitizing. Doing **both** steps helps keep your kitchen safe and your family healthy.

Source: [US Centers for Disease Control and Prevention](https://www.cdc.gov), go.iastate.edu/3KXUUD

Staying Active During the Day

Many people spend a large part of their day sitting for long periods. Staying active during the day is important for your health and well-being.

Why Physical Activity Matters:

- **Better health:** Moving more can lower the risk of chronic diseases, improve your mood, and help you feel stronger.
- **Improved focus:** Staying active can help you feel more alert, get more done, and get sick less often.
- **Healthy habits:** Encouraging movement during the day can lead to other healthier choices.

Simple Ways to Be Active:

- **Take movement breaks:** Stretch, walk, or do light exercises during short breaks.
- **Try walking calls or meetings:** Instead of sitting, walk and talk when taking a phone call or meeting with friends or coworkers.
- **Add more standing into your day:** Whether you're at a desk, kitchen counter, or crafting table, finding ways to stand more often can help reduce sedentary time and support better posture. Consider using a standing desk or creating a makeshift standing workspace for part of your day. Even short standing breaks while reading, stretching, or taking calls can make a difference!
- **Join fitness challenges:** Friendly competitions or team-based fitness goals can make staying active more fun and motivating.

Making small changes at work can lead to a healthier, happier, and more productive workplace. Check out the [chair workout and other videos from Spend Smart. Eat Smart.®](#), spendsmart.extension.iastate.edu, for easy ways to add movement into your day.

Sources: [LEAP](#), go.iastate.edu/ZZRJKO

[US Centers for Disease Control and Prevention](#), go.iastate.edu/J1T3S0

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If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1-855-944-3663 to apply for assistance today.

Call Iowa 2-1-1 or Iowa Lifelong Links, 1-866-468-7887, for additional resources.



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