



Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise.
The presentation will begin promptly at 12:00 PM PST.

Call-in number for audio: 1-669-444-9171

Conference Code: 959 9547 1942



The Everyday Kitchen: Cook Well, Live Well

Presented by: Lora Maloof-Miller, MPH, CHES

Las dispositivas están disponibles en español si las solicita.

Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

Overview

- Benefits of Home Cooking
- Cooking and Meal Challenges
- Our Food Fuels our Body
- What's in your Everyday Kitchen?
- Strategies for Meal Prep
- Healthy “convenience” foods



Your Kitchen and You

- Home cooking supports our well-being
- Physical Well-being
- Emotional and Mental Well-being
- Financial Well-being
- Family/Social Connection

Your kitchen doesn't have to be perfect—it just needs to work for you.



Cooking and Meal Challenges

- Time
- Meal Prep Stress
- Decision Fatigue
- Healthy Eating
- Cooking for one

Tip: Simple ingredients and familiar meals count as successful cooking.



Food as Fuel

- Nutrients impact energy, mood, immunity, and inflammation
- Gut-Brain Connection
- A balanced plate

Tip: Build your plate with color and variety to support energy, mood, and health.

The Everyday Kitchen

The Pantry

The Fridge

The Freezer

Tips:

- Batch cooking
- Sheet-pan dinners
- Passive cooking techniques
- Budget-friendly meal ideas



What's for Breakfast

Cook once, eat all week

Use what you have

Quiche vs. Frittata

Tip: Think simple and repeatable. Easy breakfasts make mornings less stressful.



Crustless Quiche

Health Net of California, Inc. (Health Net)

Crustless Quiche



This is a low-carb easy to make dish for breakfast, brunch or even a light dinner. Very versatile - use ingredients from your pantry. Enjoy!!

Prep time: 15 minutes. Cook time: 40 minutes. Total time: 55 Minutes

Note: you'll need a pie dish or quiche dish

Ingredients:

- cooking spray
- 1 and 3/4 cups of diced ham
- 1 cup chopped steamed broccoli (fresh or frozen)
- 2/3 cup 2% milk
- 1 cup fresh grated cheese (your choice: swiss, cheddar, gouda, feta, etc.)
- 1/4 cup half and half cream
- 5 large eggs
- 1/2 tsp salt
- 1/8 tsp black pepper
- pinch of nutmeg



Directions:

1. Preheat oven to 350 degrees. Spray pie dish or quiche pan with oil.
2. Evenly spread the broccoli in the dish. Top with ham. (you can use bacon, sausage or vegan sausage)
3. Make the custard mixture by whisking the milk, half and half, eggs, salt, pepper and nutmeg.
4. Pour the custard into the dish and top with cheese.
5. Bake 35-40 minutes, until the center is set.
6. Cut the quiche into 6 pieces and serve.

Variations:

Any cheese will work.

You can swap more milk in place of half and half cream, but the texture won't be as creamy.

NUTRITION PER SERVING: Serving Size 1 wedge / Calories 215kcal/ Protein 20g / Carbohydrate 5g / Dietary Fiber 1g / Sugar 2.5g/ Total Fat 12.5g / Sodium 620mg/Cholesterol 193mg. Weight Watchers Points: 5



What's for Lunch?

- Simple with minimal ingredients
- Home, work or on the go
- Take the stress out of lunch prep
- Stock up on staples
- Dinner leftovers make a great lunch
- Smart shortcuts
- Time is tight: Go-to options

Tip: Build a go-to lunch” from a protein, a fiber-rich base, and a flavor boost (like dressing, salsa, or hummus).



Smoked Salmon with Dill

Health Net of California, Inc. (Health Net)



3-ingredient Smoked Salmon Snack

This easy, no-cook snack is a healthy, flavorful alternative to chips and dip—just top whole grain crackers with fat-free cream cheese, smoked salmon, and fresh dill. Together, these ingredients provide a tasty balance of protein, healthy fats, fiber, and essential nutrients that support overall health. Enjoy it as an elegant appetizer or pair with a salad for a quick, balanced lunch.

Ingredients

One package of smoked salmon.
One small container of cream cheese (fat-free, or low-fat, any flavor)
Whole wheat crackers
Dried or fresh dill



Directions:

Open package of smoked salmon. Remove skin. Crumble into a bowl.
Top a cracker with a ½ teaspoon of cream cheese. Spread evenly.
Scoop a teaspoon of smoked salmon and place it on top of the cream cheese.
Sprinkle dill (fresh or dried) on top.

Notes:

- If you do not want to use smoked salmon, plan ahead to use baked, broiled or grilled. This recipe uses cooked salmon.
- Celery works great too, if you do not want to use a cracker.



Dinnertime!

- Forget perfection!
- Ingredients that do the work.
- One pan or one-sheet meals.
- Hearty snacks can equal dinner.
- Ordering food to go? Add veggies.

Tip: Dinner should support your life, not compete with it.



Quick and Easy Meal Ideas

- ❑ Baked Salmon with Roasted Vegetables
- ❑ Salsa Chicken Bowl
- ❑ Quick Wonton Soup
- ❑ Tortilla Soup



Busy Weeknight Meal Ideas

From my kitchen to yours....with a little effort, you can make a quick and easy dinner. Save leftovers for lunch or dinner the next day. These recipes are versatile. Use ingredients you like and have on hand in your refrigerator, freezer, or pantry. Planning meals ahead or cooking on the weekends gives you the opportunity to cook once and eat all week.

Baked Salmon with Roasted Vegetables



Ingredients:

Baked Salmon

1. Frozen portioned Salmon (or fish of your choice).
2. Add salt and pepper to the fish.
3. Put a little oil in a baking dish so the fish doesn't stick.
4. Place in 400-degree oven. Cook until opaque.
5. Optional topping - if you like a sauce
 - a. Combine a little olive oil, herbs, fresh squeezed lemon or a few squeezes from a bottle of lemon juice and mix. Brush on top of the salmon before baking.

Roasted vegetables:

1. Dice any vegetables of your choice: sweet potato or small potatoes, mushrooms, zucchini, yellow squash, onion, carrots, cauliflower etc.
2. Place in a bowl and toss with a little olive oil and spices such as salt, pepper, salt-free seasoning, tsp of ranch dressing mix. Toss to coat.
3. Place on baking sheet and roast at 400 degrees until tender.
4. Note: you can do both the salmon and the vegetables on one sheet pan just watch the cooking time so that one doesn't cook before the other.

Variation on roasted vegetables:

- Slice vegetables in thin rounds and stack like a deck of cards or layer like lasagna.
- Add little bit of olive oil to your baking dish.
- Then add the thinly sliced vegetables. I like to use zucchini, mushrooms, tomatoes, Chinese eggplant, sweet potato, and onion. I will sometimes top it with asparagus or basil leaves. If layering the vegetables, put a little olive oil, salt and pepper about every 3 layers.
- Add your favorite seasonings (salt, pepper, dill, basil, thyme, garlic powder, etc.)
- Cover and cook in 400-degree oven until tender.
- Top with low-fat or part-skim mozzarella. (optional)



If I can do this, you can too!

Inventory your pantry.

What's for dinner this week?

Make a grocery list.

Plan weeknight meals – prep on the weekend.

Leftovers for lunch.

Make extra and freeze.



Meal Planning Resources

1. There's an app for that

- <https://www.myplate.gov>
- <https://www.budgetbytes.com>
- <https://snaped.fns.usda.gov/nutrition-education/healthy-eating-budget>
- <https://www.mealime.com>
- <https://www.paprikaapp.com>
- <https://www.yummly.com>

2. Food and Mindfulness

- <https://www.thecenterformindfuleating.org>
- <https://www.health.harvard.edu/staying-healthy/mindful-eating>

Rise to the Challenge

Set small realistic goals.

Cooking well isn't about rules—it's about routines that make you feel well.



Health & Wellness Resources

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Health Assessment – RealAge Test

The RealAge Test is certified by the National Committee for Quality Assurance (NCQA)

- Results provides a health score in key areas of wellness
- Recommends what users can do to improve their overall health and lower their health risk
- Receive personalized articles and content with each log-in to the wellness portal



Coaching

NCQA Accredited Health Coaching

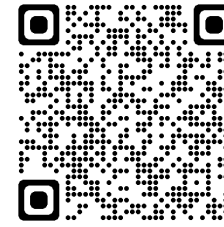
- 6-month telephonic coaching model with both inbound and outbound outreach depending on progress in changing behaviors and reducing risks
- Highly skilled, trained and empathetic coaches create personalized programs to take healthy steps towards behavior change
- English and Spanish language speaking coaches

8 Areas of Health: healthy weight, tobacco use, physical activity, healthy eating, stress, at-risk drinking, depression, and clinical preventive services



Craving to Quit® by Sharecare

Tobacco Cessation Program



[Kick It California – Home](#)

21-day support program that includes both telephonic and digital coaching to quit smoking and vaping.

- Access to online community
- Daily tracking
- Daily modules include multiple video lessons and mindful exercises. Optional modules after program completion
- Supports Nicotine Replacement Therapy (NRT)
- Expansion to support members who use forms of tobacco other than cigarettes and/or vapes (e.g., smokeless tobacco, pipe, etc.)
- Post-quit survey after 6-months although the program is ongoing after quit for post-quit support.



Eat Right Now® by Sharecare

Evidence-Based Healthy Eating Program

- Teaches how to identify eating triggers and ride out cravings
- Build positive healthier habits with food – without dieting
- Tools to overcome binge and emotional eating



Unwinding by Sharecare

Stress less and feel better

- Unwinding is an evidence-based, digital program based on mindfulness.
- Offers on-demand, in-the-moment tools to ease stress throughout the day.

Open to all employees

HN members can register or log-in at: <https://healthnet.sharecare.com>

Non-HN members can register or log-in at: <https://sharecare.com>



Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management

- Weight Watchers



Chiropractic/acupuncture services and more

- Choose Healthy
- American Specialty Health



Hearing aids and screenings

- Nations Hearing



Fitness club discounts

- Active&Fit

Online Health Challenges (presented at the Sept webinar)



Ongoing monthly challenges

Stress

Steps

Sleep

Nutrition

Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



October Health Challenge

Snooze Soundly





Upcoming Wellness Webinar

Natural Ways to Fight Cold & Flu

Oct. 21, 2026

12pm-12:45pm pacific time

THANK YOU FOR YOUR TIME TODAY!
