



Kernels

Vol. 31

Winter 2021

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Healthier Eating
During the Pandemic**

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**New Year,
New Videos!**



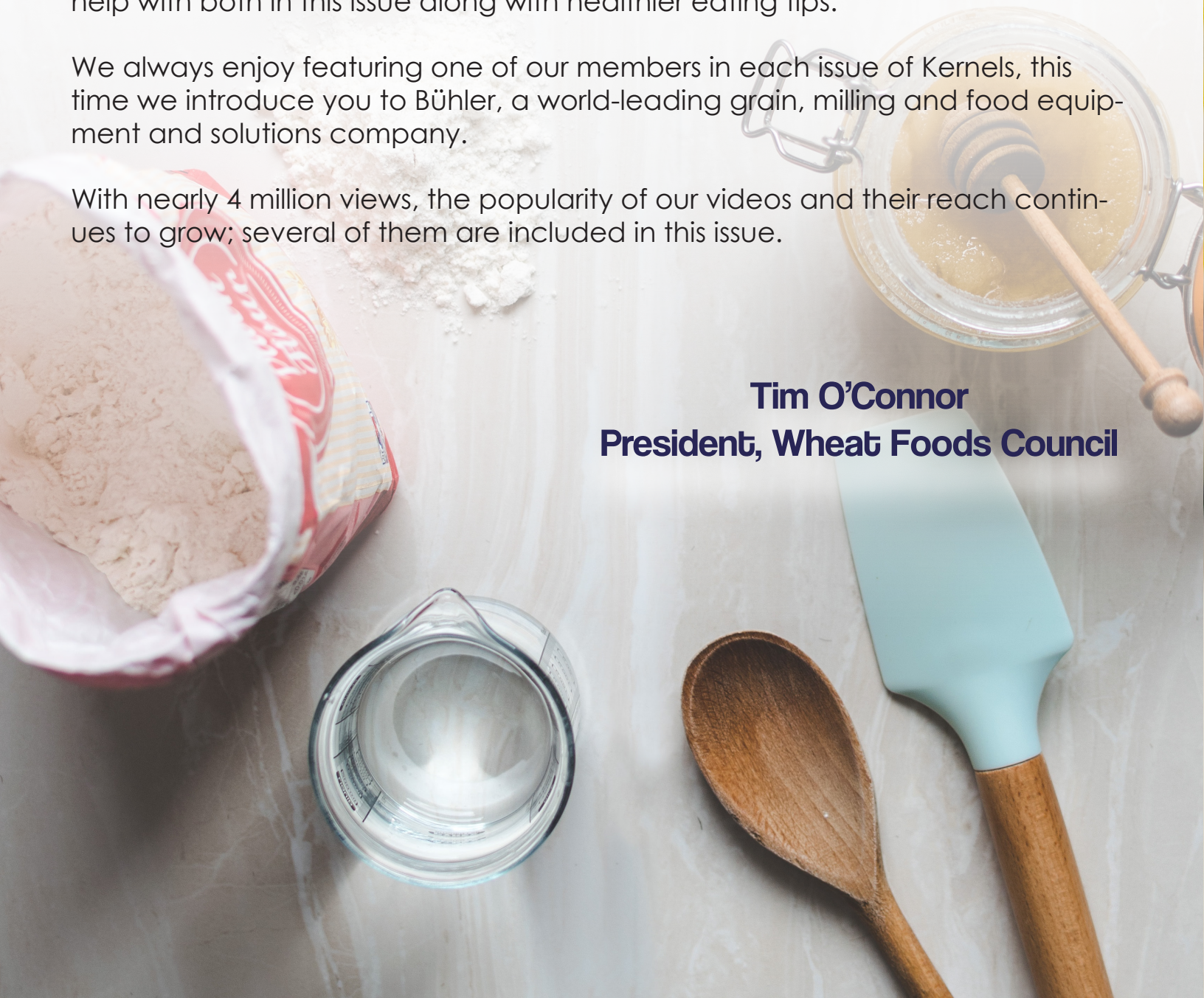
Message from the President

Finding enticing recipes and baking at home are two basic needs for many households for which importance has increased during the pandemic. We offer help with both in this issue along with healthier eating tips.

We always enjoy featuring one of our members in each issue of *Kernels*, this time we introduce you to Bühler, a world-leading grain, milling and food equipment and solutions company.

With nearly 4 million views, the popularity of our videos and their reach continues to grow; several of them are included in this issue.

Tim O'Connor
President, Wheat Foods Council



5 Tips for Healthier Eating During the Pandemic

Obviously, our lives have changed dramatically over the last year. And it looks like it may not be ending soon. Spending so much time at home can lead to feelings of strong emotions like anxiety, isolation, and depression. And these emotions can easily trigger poor eating habits. Following these 5 tips can help you maintain a healthy diet and avoid a lot of these issues.

(Continued on next page)



1.

Maintain a Routine

Having daily schedules and routines can ease anxieties and help you stay grounded. This applies to meals, too! Try to eat at regular meal times and avoid snacking in between.



2.

Monitor your Cravings

Strong emotions and the need for security might trigger strong cravings for foods that can sabotage our diet or perpetuate an already low mood.



3.

Be Aware of Portion Sizes

It can be difficult to get portion sizes right, especially when cooking from scratch. Being at home for extended periods, especially without company or with limited activities can also lead to overeating.



4.

Stay Hydrated

Good hydration is crucial for optimal health. Drinking water instead of sugar-sweetened beverages is a simple way to limit your intake of sugar and excess calories.



5.

Enjoy the Connections

If you're staying at home with others, try to eat at least one meal together each day. It can help lessen feelings of isolation, and help you practice mindful eating. Cooking together can also help ease the stress and strengthen your relationships.

Member Profile:

BÜHLER



Two billion people each day enjoy foods produced on Bühler equipment, such as flour, rice, and pasta. The company strives to seek grain and food solutions to ensure safe and healthy food and feed, and it works to develop consumer food solutions to enhance culinary innovation. The Wheat Foods Council invited Ruedi Weiss, Bühler's Senior Director of Sales – Milling Solutions to share insights about the company's innovative products and services that impact the wheat industry.

What are the most important ways that Bühler impacts the wheat industry overall?

We are committed to contributing our technologies and serve the industry with our expertise, which is often complimented by that of our partner organizations. Our customers and partners supply safe and healthy food every day. We are proud to be part of that team.

How does Bühler help improve the milling process? especially as it relates to ensuring grain quality and increasing supply?

Designing milling processes for a vast number of grain crop varieties allows us to further develop specific manufacturing processes. Our focus is on:

- *improved extraction*
- *top quality*
- *purity*
- *food safety*
- *sanitation of finished products*
- *improved sustainability from a very broad point of view.*

We established the innovative Food Application Center in Plymouth, MN, a unique installation and playground for the food industry. Drawing on 160 years of food processing expertise, we've created this pilot plant as a platform for developing new ways to transform wheat, beans, corn, special grains and many other crops, into flours, flakes, snacks, pasta, breakfast cereals, meat analogs, alternative ingredients, and a myriad of extruded products. The new food solutions created here will lead to more sustainable food systems and better nutrition for millions of people.

Overall, what do you see as the most important challenges and the greatest opportunities the wheat industry is facing?

New technology development gives us the answers for issues, such as crop supply variables, crop qualities, and food production consistency, in order to more efficiently and dependably supply enjoyable, safe food for the growing population.

Food safety is so important today. How does Bühler help the industry with regard wheat products, like flour and pasta?

Bühler's philosophy has always been to process grains and other food sources very early during crop cultivation. The food industry has dealt with many different challenges over the years, including weather-related, nutritional topics, and sources of contamination issues.

Working with experts has helped us to develop solutions to many of these challenges. For example, we have vastly improved process technology and equipment, monitoring technology, and production practices, often with the help of an advanced automation level. At Bühler, we try to constantly drive solutions to the next level.

How is Bühler helping wheat farmers and the industry to improve sustainability practices and become more efficient?

Overall, our innovations and services aim to deliver safer and more efficient processes, saving the resources of our customers and of our planet. For example, we sponsor milling schools, such as the one at Kansas State University (KSU), providing trainers to educate the new generations on best practices.

Bühler's Insights Platform explores potential areas for process optimization using data collection and analysis, combined with process knowledge. Our rolls and dies services guarantee our customer's installed assets are running optimally. We just launched an integrated Grinding System, Arrius, capable of reducing both investment and operational costs.

Please tell me about the Bühler pasta dryer that lends itself to this very goal.

Drying is a critical process to assure pasta quality. Also, it's an energy intense operation. With these challenges in mind, Bühler developed the Ecothermatik, a patented concept that dries pasta in its rubbery state.

High humidity in the drying air prevents the surface of the pasta from becoming glassy, so the pasta remains elastic throughout the whole drying cycle. The physical state of the pasta reduces stresses caused by shrinkage to a minimum. The proteins are well integrated into the gluten network, resulting in a firm texture.

We not only guarantee pasta quality, but also have reduced electricity consumption using a more aerodynamic design and energy-efficient fans. The thermal system saves cooling energy throughout the whole line. This improves the sustainability of pasta production and has a direct impact on production costs.

Take a virtual tour of the Bühler Food Application Center in Minneapolis, MN!



<https://www.youtube.com/watch?v=ZHld1e1yQcU>



<https://www.youtube.com/watch?v=PINBMkXxpWA>

How does Bühler work internationally with grain producers?

Over the years, it helped Bühler tremendously to join growers' associations and communicate with farmers and breeders globally. We were able to gain first-hand insights into the entire value chain, before and after the milling process, which has been our expertise from the early beginning of the company's existence.

We want to be part of the team that delivers the "stuff of life" and like to believe that we do this quite well. We are proud of it and love to work with grain producers. We feel it is part of our success to work together in this manner.

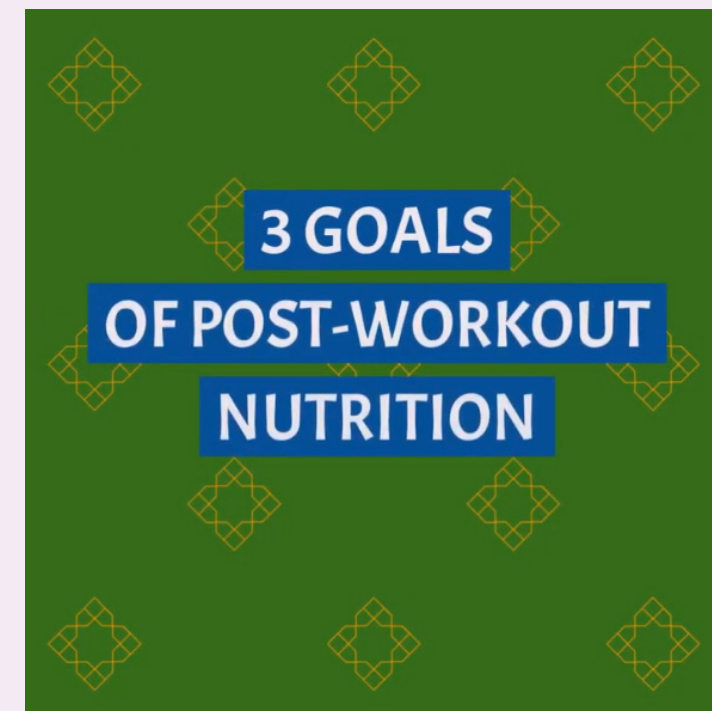
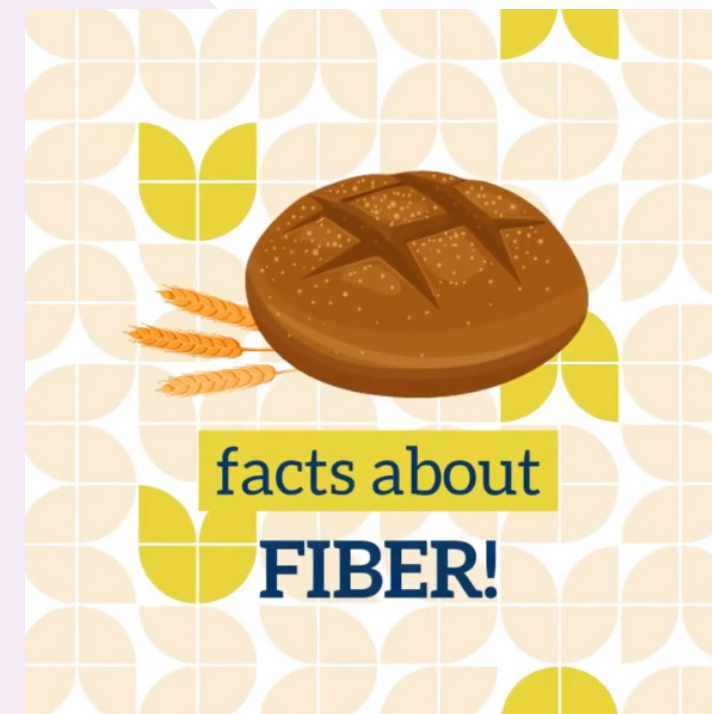
Finally, what does Bühler like most about its new association with the WFC?

We appreciate the tremendous work that is done by the WFC to support the wheat production and processing community. We found a respected partner to promote what we feel is an important pillar in our daily diet and ultimately contributes to feeding people in a safe and sustainable way now and in the future.

To learn more about Bühler, visit:
<https://www.buhlergroup.com/>

New Year, New Videos!

Check out the latest videos created by the Wheat Foods Council!



For more Wheat Foods Council videos, visit:
<https://www.youtube.com/wheatfoodscouncil>

Try These Hot Breakfast Favorites This Spring!

These tasty recipes are sure to get your day started off right!

Open-Faced Poached Eggs & Prosciutto Breakfast Sandwiches

Ingredients

- 1 dozen large eggs
- Kosher salt
- Pepper
- 6 slices of Prosciutto di Parma (or substitute thin-sliced Deli Ham)
- 1 cup mixed chopped herbs, such as parsley, tarragon and chives
- 1 tablespoon fresh lemon juice
- 6 slider buns, split and lightly toasted

Directions

Preheat the oven to 350°. Pour 1 scant tablespoon of water into each cup of a 12-cup muffin tin. Crack an egg into each cup and season with salt and pepper. Bake the eggs for 13 to 15 minutes, until the whites are just firm, and the yolks are still runny. Using a slotted spoon, immediately transfer the eggs to a plate.

Meanwhile, in a medium skillet, cook the ham over moderate heat, turning, until hot, about 2 minutes. In a small bowl, toss the herbs with the lemon

Arrange the split buns cut side up on a platter. Top with the ham, eggs and herbs. Serve open-faced.

Nutrition

Servings: 6

Amount per serving

Calories 371, Total Fat 16.4g, Saturated Fat 6.9g, Cholesterol 468mg, Sodium 442mg, Total Carbohydrate 38.1g, Dietary Fiber 2g, Total Sugars 14.1g, Protein 21g, Calcium 60mg, Iron 3mg, Potassium 3mg

Ingredients

- 6 4-inch round frozen waffles, wholegrain, thawed
- 1 15-ounce can sliced pears in 100% pear juice, well-drained, diced
- 12 slices precooked, thin sliced, maple bacon, diced
- 8 large eggs
- 1 1/2 cups 1% milk
- 2 tablespoons maple syrup
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 2 tablespoons sugar
- 1/2 teaspoon ground cinnamon

Directions

Cut the waffles in half crosswise. Lay 6 halves in the bottom of an 8×8-inch baking dish, arranging them so they lay flat. Sprinkle with half the pears and half the bacon. Cover with the remaining 6 waffle halves and sprinkle with the remaining pears and bacon.

In a medium mixing bowl, whisk together the eggs, milk, maple syrup, vanilla, salt and nutmeg. Pour over the waffles.

Cover the dish with plastic wrap and press all over the surface with your fingers to submerge the waffles in the liquid. Cover and refrigerate for at least 30 minutes and as long as overnight.

Preheat oven to 350 degrees F. Mix together the sugar and cinnamon, and sprinkle it over the waffles. Bake in the middle of the oven, 50-55 minutes, until lightly puffed and firm. Let sit 5 minutes before cutting into squares.

Serve warm, with maple syrup if desired.

Nutrition

Per serving: 320 calories; 12 total fat; 4 g saturated fat; 305 mg cholesterol; 700 mg sodium; 37 g carbohydrates; 3 g dietary fiber; 17 g protein; 1 mcg DFE (folate).

Pear & Bacon Waffle Bake





The Bountiful Benefits of Baking with Kids

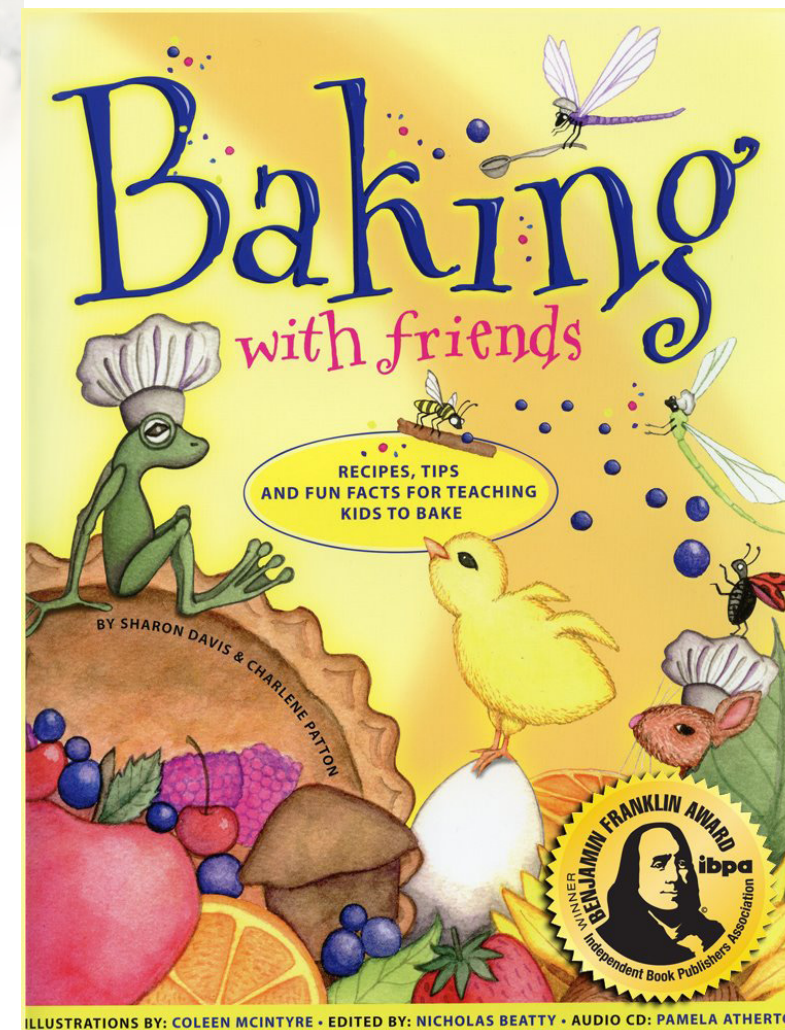
Want to know one positive effect of everyone staying home so much over the last year? Families are now baking together much more. Home baking is a great way to involve the entire family in a fun, familiar activity. It provides a creative outlet that builds self-esteem in children and adults alike, fostering a sense of accomplishment when a piping hot treat is pulled from the oven.

Through the baking process, young children can build math and literacy skills by reading recipes, master cooking terms and techniques, learn to measure ingredients and follow directions. Kids as young as 2 or 3 years old can add ingredients to the mixing bowl or knead dough, while 9 to 12 year-olds can learn safe knife skills, handle electric food equipment safely, and prepare a recipe with accuracy.

Baking also requires some concentration and organization which can provide a necessary break from life's worries. The process brings adults and kids together around the cooking task. It also gives parents a great opportunity to listen and talk with young children and teens about other issues on their minds.

The *Home Baking Association* website features tools and tips to help teach children self-sufficiency in the kitchen while fostering a love of baking.

The HBA's **Book and Bake** resource list offers several inclusive baking lessons supported by topical children's books. For example, the **"Chocolate Waffles"** recipe and lesson plan suggests titles, such as *Charlie and the Chocolate Factory* by Roald Dahl or *Everything on a Waffle* by Polly Horvath, appropriate for many ages.



FEBRUARY IS...

BAKE for FAMILY FUN MONTH

The Home Baking Association (HBA) has designated February as "Bake for Family Fun Month" and has resources, recipes and activities to help families get started!

HOME BAKING ASSOCIATION
HomeBaking.org

Baking with Friends, written by HBA's own Charlene Patton & Sharon Davis, combines 31 recipes with family baking activities, fun facts, vocabulary words, a guide for age appropriate baking skills, suggested children's baking literature, and ten **"Tips for Baking Success"** featured here.

Check out HBA's Bake for Family Fun Month created to encourage families to explore the world of baking together! Click the yellow button below to join the fun and celebrate with a different baking theme each week!

