

WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

March 2018



It's National Nutrition Month!

How will you go further with food this month?

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

What Can You Do:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs

Source: <http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>

Let's Talk Trash!

Why are food loss and waste important?

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 *billion* pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access, and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food goes to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing, and disposing of discarded food uses inputs such as land, water, labor, and energy that could be available for other purposes.

What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. Visit the [Eating Healthy on a Budget](#) section of ChooseMyPlate.gov to find ways to eat healthy and manage food resources at home. Click on the links below to find ways to help you make small changes.



Source: <https://www.choosemyplate.gov/lets-talk-trash>

RECIPE OF THE MONTH

Shamrockin' Smoothie

Source: www.foodplanner.healthiergeneration.org

Let's celebrate St. Patrick's Day by starting the day with a refreshing green treat!

Prep: 5 minutes
Makes: 2 (12 oz.)
Smoothies



Ingredients:

- 1 c. spinach
- ½ c. canned pineapple, drained
- ½ c. canned mandarin oranges
- 1 c. ice
- 1 c. nonfat plain milk

Directions:

1. Combine ingredients in blender.
2. Blend on high speed until smooth.

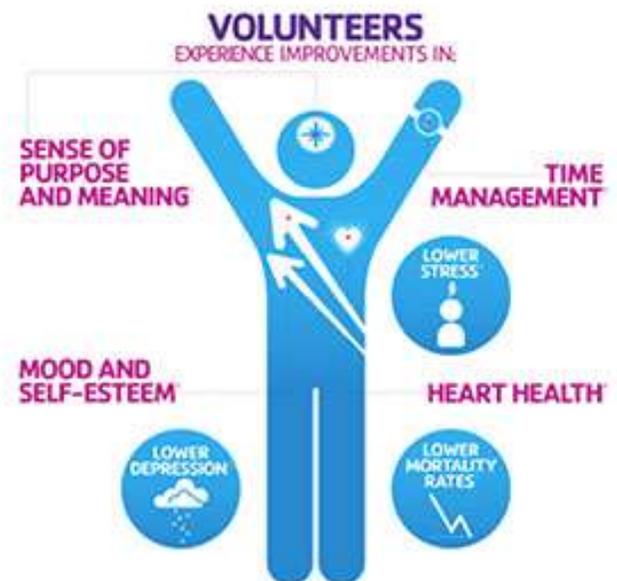


Volunteering for Your Health!

Volunteering makes an immeasurable difference in the lives of others. But did you know how much you help yourself by giving back? From lowering stress to boosting self-confidence, volunteering offers many health benefits. Start reaping [these mental and physical health benefits](#) today:

1. Decrease your risk of depression.
2. Enjoy a sense of purpose and fulfillment—and increase your self-confidence while you're at it!
3. Stay physically and mentally active. [A study released](#) by Johns Hopkins University in 2009 revealed that volunteers actually increased their brain functioning.
4. Reduce stress levels.
5. Experience "The Happiness Effect." You know that feel-good sense you get after a vigorous workout? It comes from a release of dopamine in the brain. Helping others has that exact same effect!

Source: <http://createthegood.org/articles/volunteeringhealth>





Quick Tips: PA All Day!

You may not even realize that many of the things you do during the day are ways for you to meet your [physical activity](#) needs. Many household chores, for example, will get your [heart rate](#) going faster. A faster heartbeat and increased breathing are what define moderate-level activity. Experts say to do 2½ hours of moderate activity a week. Moderate activity means things like brisk walking, brisk cycling, or shooting baskets. But any activities that raise your heart rate and make you breathe harder—including daily chores—can be included. Many of us are so busy that fitting in [physical activity](#) can seem impossible on most days.

Here's some good news: It doesn't have to be a certain amount each day. It's fine to do blocks of 10 minutes or more throughout your day and week.



Source: <https://www.webmd.com/fitness-exercise/tc/quick-tips-fitting-physical-activity-into-your-day-get-started>



At home

- Take a few 10-minute walks or bike rides.
- Use an exercise video for a little while in the morning and a little while in the evening.
- Use a free smartphone app or online video.
- Take a 10-minute dance break with kids.
- Push the lawn mower, rake leaves, or shovel snow.
- Give the kitchen floor a good scrubbing.
- Wash the car, clean the garage, or wash windows.
- Play Frisbee, hopscotch, or jump rope with children.
- Walk or bike to the store.
- Walk the dog.
- Read the newspaper on a stationary bike.

At work

- Park several blocks away, or get off the bus a few stops early when commuting.
- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with colleagues during a walk inside or outside the building.
- Go the extra distance when possible: Get your coffee on another floor (use the stairs) or use the restroom that's the farthest from your office.
- If you need to speak to a coworker, walk to that person's office or station rather than using e-mail or the phone.
- Use your morning and afternoon breaks to take quick 15-minute walks.

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