



## SOUTHWESTERN REGION

Spring 2024 Newsletter

### Exercise Equipment Swaps

You don't need a gym membership to get great workout!

- Weights/kettlebells: Create your own weights using water bottles, canned goods, milk jugs, laundry detergent jugs, or fill a reusable grocery bag with anything heavy!
- Weight bench: Use a chair, firm couch, low sturdy tables, ottoman, or stairs to use in place of a weight bench.
- Sliders: Use anything soft or without too much grip, such as towels, fuzzy socks, paper plates, or pillows.
- Yoga mat: Create your own soft surface using a bath towel or blankets.
- Balance disk: You can do a balance disk exercise routine using a couch, bed, or firm pillow.
- Resistance bands: Try using a robe tie, old t-shirt, or bungee cord.



### Self-Care Tips to Try This Spring



#### Get Better Sleep

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep. Here are some habits that can improve your sleep health.

1. **Be consistent**: Go to bed at the same time each night and get up at the same time each morning, including on the weekend.
2. **Get comfortable**: Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
3. **Remove distractions**: Remove electronic devices, such as TVs, computers, and smart phones, from the room.
4. **Avoid Possible Disruptors**: Try not to have large meals, caffeine, and alcohol before bedtime.
5. **Get some exercise**: Being physically active during the day can help you fall asleep more easily at night.

#### Relax with Mindful Breathing

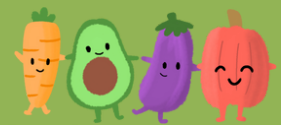
Use this exercise to clear your mind and center your breathing:

1. Breathe in slow and deep. Let your stomach fill with air.
  2. Hold your breath for a few seconds.
  3. Exhale slowly and think relaxing thoughts.
  4. Repeat 5-10 times. Concentrate on slow, deep breaths.
- This will help reduce stress levels by controlling breathing.





# Spring Vegetable Soup



Enjoy this tasty soup with your favorite whole grain bread sandwich. The recipe doubles easily if you need to accommodate a large family or group.



## Ingredients

- 1 tablespoon extra virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low-sodium)
- 1 cup water
- 2 teaspoons dried basil
- salt and pepper (to taste, optional)

## Directions

1. In a large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add vegetable juice and water. Bring to a boil.
3. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot. Add salt and pepper to taste.
4. Serve in individual serving bowls.
5. Refrigerate leftovers within 2 hours.

## March is National Nutrition Month!

### About National Nutrition Month

National Nutrition Month® is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Beyond the Table," which addresses the farm-to-fork aspect of nutrition, from food production and distribution to navigating grocery stores and farmers markets — and even home food safety and storage practices. It also describes the various ways we eat — not only around a dinner table, but also on the go, in schools and restaurants, at games and events. This theme also includes sustainability. For instance, decreasing food waste from school and work to home and beyond.



### Celebrate With Us!

Join the Southwestern SNAP-Ed team for a grocery store tour in Jamestown. Learn how to optimize your grocery shopping to improve your health and save time and money.

March 4th  
between 11 a.m. and 1 p.m.

Tops Market  
2000 Washington St. Jamestown, NY, 14701

To learn more and access resources, visit: <https://www.eatright.org/national-nutrition-month>



For more information:  
Patty Amidon, SNAP-Ed NY Project Manager  
✉ [paa79@cornell.edu](mailto:paa79@cornell.edu)  
(585)268-7644 ext. 12

