



F E B R U A R Y

## 2017 WELLNESS NEWSLETTER

2/14

Valentine's Day

2/16

Early Dismissal/PT  
conference  
4-8 PM

2/17

No School  
Staff Development  
9am-12pm

2/20

No School  
Presidents day

What It  
Means To  
Wear Red  
(Click here to watch)

February 3  
National Wear  
Red Day!  
Please Wear red to  
show our  
support

# 10 SUPERFOODS TO EAT IN 2027

## BEE POLLEN

Bee pollen is 40% protein! It improves endurance and vitality, supports a strengthened immune system, and makes one more resistant to allergens.

## BRAZIL NUTS

Healthy fats, provide over 750% of your daily required selenium intake, and are a great source of magnesium

## SARDINES

High in healthy omega-3 fatty acids and so satisfying! Perfect for getting seafood protein in your diet and amazingly high in iron and calcium!

## HEIRLOOM

### FORBIDDEN BLACK RICE

A great source of complex carbohydrates and fiber, vitamin E, and antioxidants like anthocyanins which give it its rich color!

## BONE BROTH

Cooking bones pulls out a wide range of minerals, amino acids, gelatin, collagen, chondroitin, and hyaluronic acid that can then be absorbed by the body. Great for joint health, reducing intestinal inflammation, and boosting immunity!

## LENTIL PASTA

Delicious, unique, and full of plant-based protein and fiber! A little chewier than regular pasta but just as yummy and satisfying.

## MACA POWDER

Great for mixing into oatmeal and smoothies. Is super high in fiber! Balances hormones, increases energy, and lowers blood pressure.

## COLLAGEN

Easily absorbed amino acids, joint support, and healthy skin! Easily mixes into liquids and is virtually flavorless!

## APPLE CIDER VINEGAR

Many health benefits due to high concentrations of phytochemicals! Aids digestion, reduces risk for chronic disease, controls blood sugar, and speeds metabolism!

## DRIED BLUEBERRIES

Perfect for topping your smoothie bowls or yogurt parfaits. High in antioxidants, rich in vitamin K, and full of vitamin C!

# Healthy 3 Ingredient Dinners For Busy Week Nights

Cheesy Garlic & Herb Brussel sprouts With sausage



sweet potato Hash



Hummus Chicken salad



Taco salad



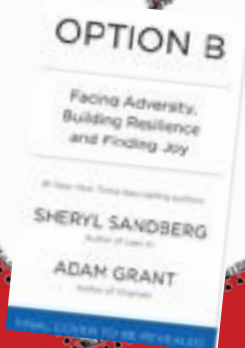
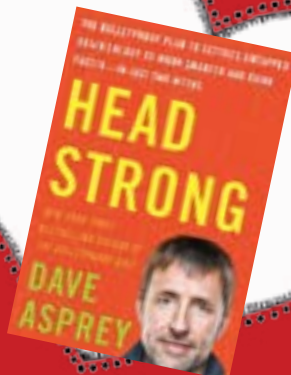
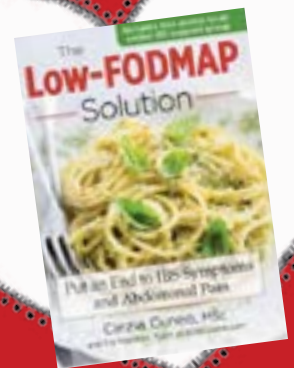
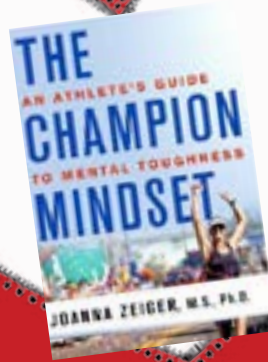
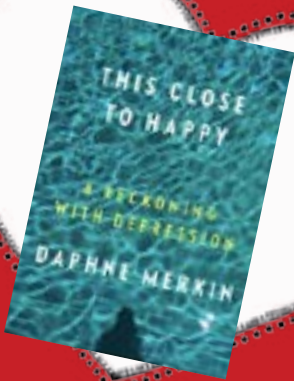
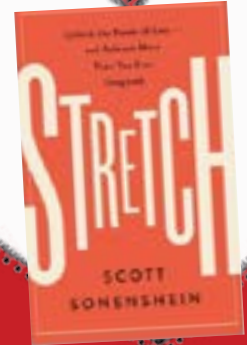
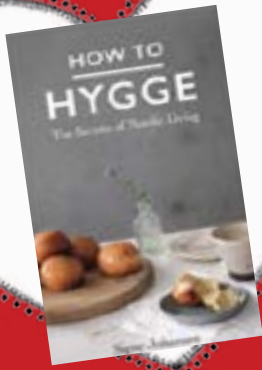
Cowboy caviar  
Cauliflower Rice Bowl



Crock Pot  
Chicken Cacciatore



# 10 Most Exciting Books To Read In 2017



# Nutrition Nuggets™

Food and Fitness for a Healthy Child

February 2017

Coal City Community Unit School District  
Food Service Department



## BEST BITES

### Easy access

Make healthy snacks the first thing your child sees when she's hungry. Pick a cabinet or pantry shelf that is at her eye level, and stock it with raisins, baked crackers, and whole-wheat pretzels. The same for the fridge: Put string cheese, broccoli pieces, and fruit within easy reach.

### Paper plate Ping-Pong

Here's a fun idea for indoor physical activity. Let your youngster make



paddles by gluing jumbo craft sticks to the backs of two sturdy

paper plates. Use the paddles to lob a Ping-Pong ball back and forth in the air. Or he could just hit a ball against a garage or basement wall for solo practice.

### DID YOU KNOW?

More restaurants are adding calorie counts to their menus. The numbers can help you make smart choices for your family when you go out. You may opt to skip extras when you see how many more calories they have. And remember that calories are hard to burn off—a 65-pound child has to ride a bike for about 30 minutes to burn 90 calories.

### Just for fun

**Q:** Why did the giant eat a volcano?

**A:** He wanted a hot lunch!



## On tonight's menu...

Streamline weeknight dinner planning, and give your family interesting meals to look forward to, by coming up with daily themes. Let your child help you brainstorm ideas and menus. These thoughts will get you started.

### Meatless Monday

**What:** Go vegetarian once a week.

**How:** Make whole-grain bowls. Top cooked brown rice, farro, or quinoa with vegetables and a protein like beans, a fried egg, or grilled tofu.

### Tortilla Tuesday

**What:** Tortillas are a versatile base for a healthy meal.

**How:** Use any combination of meat, cheese, and veggies, and roll up into a burrito. *Example:* Grilled chicken, arugula, feta cheese. Or layer the ingredients instead to make tostadas.

### Waffle Wednesday

**What:** Don't limit your waffle maker to breakfast!

**How:** Get your youngster grilling panini-like sandwiches using soft whole-grain bread, roasted vegetables, and provolone



cheese. **Tip:** Brush a little olive oil on the outside of each slice so it browns.

### Throwback Thursday

**What:** Spotlight oldies but goodies.

**How:** Let your child list old family favorites, perhaps meatloaf or baked ziti. Then, look for ways to make them healthier (use lean ground beef or whole-wheat pasta, for example).

### Stir-fry Friday

**What:** This is the night for anything stir-fried.

**How:** Get out the wok or a deep skillet, and stir-fry vegetables with shrimp, chicken, or pork. To create a noodle dish, add rice noodles to the mixture. ●

## Chores reinvented

Chores are an easy way to add physical activity—and responsibility—into your youngster's routine. Try these twists.

**Sock dusting.** Have your child wear a pair of old white socks on her hands. Then, she can clean surfaces all over the house with her "sock hands."

**Undercover chores.** Refer to chores using code names. Picking up a messy room could be "Mission Impossible." Signal it's time to change the bed with "Inside Out." And "Dust Bunny Detail" might be code for sweeping the floor or vacuuming.

**Dance party.** Turn chore time into party time by putting on some tunes. Dance and sing your way to a clean house together. ●



# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

February 2017

Coal City Community Unit School District  
Food Service Department



## FAST TAKES

### What is quark?

If your child likes Greek yogurt, he may also enjoy quark. This creamy cheese is packaged and eaten like yogurt, and it's similar in taste and texture — just slightly less tangy. To avoid added sugar, buy plain quark, and have your tween stir in berries or cut-up fruit.

### Stay fit, raise money

Active fund-raisers can be fun for your teen and her classmates. Together,



brainstorm ideas she could bring to her team or school club. For example, stu-

dents might take pledges to participate in a dance-a-thon or hula-hoop-a-thon. Or they can get a workout by holding a car wash.

### Did You Know?

Many teenagers do not get enough fiber in their diets. Since most of the fiber in fruit is in the skin, encourage your child to eat whole apples, pears, and peaches rather than peeling them. Suggest whole fruits over applesauce or diced-fruit cups, too.

### Just for fun

**Q:** What's the hardest thing about being an octopus?

**A:** Washing your hands before meals!



## Habits that boost energy

Twens and teens need plenty of energy to power through their busy days. Encourage your child to develop habits like these that will give him energy to learn and stay active.

### Plan regular meals

Skipping meals could leave your teenager feeling tired and unfocused. Have him eat breakfast — at home or at school — so he's alert for morning classes. Then, eating a nutritious lunch will help him avoid a mid-afternoon slump. Also, help him come up with healthy after-school snacks that will keep him going for homework and activities.

### Choose foods wisely

Foods that take longer to digest provide lasting energy. These include whole grains, green vegetables, and legumes (beans, peas). For an energy-rich breakfast, your child might eat whole-wheat toast and a black bean and cheese omelet topped with mango salsa. A power snack could be snap peas dipped



in hummus. On the other hand, cookies, candy, and chips provide only a temporary boost of energy — and also give a hefty dose of sugar or fat with little in the way of vitamins, minerals, or fiber.

### Get enough sleep

Teenagers need 8–10 hours of sleep a night, but most do not get that much. Electronics are a big culprit — have your child silence his phone or tablet and place it in another room before he goes to bed. Help him set a regular bedtime, and suggest that he turn in 30 minutes early to wind down with a book or music. ●

## Ready to work out

Whether your child is meeting a friend for a morning run or heading to an early sports practice, she can prepare the night before with these ideas.

● **Pack a gym bag.** She could include a headband or ponytail holder, a towel, a water bottle, and a clean outfit. Suggest that she place the bag by her bedroom door along with her socks and shoes so she's all ready to go.

● **Sleep in workout clothes.** Wearing a T-shirt and sweatpants to bed saves your teen a step in the morning. Plus, they're comfortable! ●

