



Wellness Newsletter

— from the school nurse

September is National Fruits & Veggies Month

The U.S. Department of Agriculture (USDA) suggests that you should fill half of your plate with fruits and vegetables at all meals. Wow...that's a lot!

Try and create new fruit and vegetable habits! Think of your eating habits now and how you can add in some additional fruit and veggies every day.

Here's a few tips to get you going.

- Cut up and store veggies at eye level in the fridge rather than store them in the crisper.
- Spread toast or sandwiches with avocado, instead of butter or margarine.
- Swap spaghetti noodles for 'zoodles' (zucchini noodles).
- Snack on frozen seedless grapes.
- Snack on apple slices spread with peanut butter.
- Roll a banana in coconut and chop into slices.
- Blend fruit and/or spinach into smoothies.

Health is not just
about what you're eating.

It's also about what you're thinking,
feeling, and saying.

As the new school year begins, it is important to prioritize taking care of your mental health and well-being.

Relax and unwind. Think about what helps lift your mood and gets you through stress. It may be going for a walk, talking to your friends, reading a book, or cooking a new recipe. Don't forget to take time for these activities.

Physical activity is proven to help combat stress and anxiety. Exercising regularly can help you feel more energetic throughout the day, sleep better at night, and feel more relaxed and positive about yourself. Even a short 10 minute walk can boost your mood and can give sense of well-being.

Be kind to yourself. Some days are hard. When these days happen reach out and talk with a friend, family member, or coworker. Avoid negative self talk and speak kindly to yourself.

Monthly Tip

— hydrate —

Drink more water.

It is important to stay hydrated for our body and our mind.

Aim for a minimum of 64 oz a day.

monthly Recipe



FOIL PACKET FISH WITH VEGGIES

Serves 4

- 4 (6 oz) fish fillets (your choice)
- 1 lb fresh green beans, ends trimmed
- 1 zucchini, sliced
- 2.5 tbsp olive oil, divided
- Salt and freshly ground black pepper
- 4 Tbsp pesto
- 1 lemon
- 16 oz potatoes, diced small

Preheat oven to 400 degrees. Bring a pot of water to a boil. Cut four pieces of aluminum foil into 14-inch lengths. Boil green beans 3 minutes, then carefully drain.

Toss green beans and sliced zucchini with olive oil and season with salt and pepper to taste, divide into 4 servings and layer in center of each piece of foil.

Season both sides of fish with salt and pepper. Layer over green beans and then spread 1 Tbsp pesto over top of each fish fillet. Squeeze lemon over fish.

Wrap sides of foil in and roll and crimp edge to seal, then wrap ends upward to seal (don't wrap too tightly; you want the heat to be able to circulate well). Place side by side on a baking sheet.

On another baking sheet, add potatoes in a single layer. Drizzle with remaining olive oil and season with salt and pepper. Bake fish packets and potatoes in a preheated oven until fish has cooked through, about 20 minutes (cook time will vary depending on thickness of fish and desired degree of doneness) and potatoes are tender.