

Thrive

WELL-BEING **TOOLKIT**

MARCH

**NATIONAL
NUTRITION
MONTH**

SAVOR THE FLAVOR
OF EATING RIGHT

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National Nutrition Month[®] is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is “Savor the Flavor of Eating Right,” which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods – that’s the best way to savor the flavor of eating right!

This month, test yourself and your agency to do a different food challenge each week. You can use the ones listed below, or come up with one or two yourself to administer. Have fun with it, and concentrate how eating well can help energize other various parts of your day.

CHALLENGES FOR NATIONAL NUTRITION MONTH:

- ❏ **MYSTERY TASTING PARTY:** This is a great activity to learn about unusual fruits and vegetables. Bring in some unfamiliar fruit (can include kiwi, jicama, pomegranate, etc.). Blindfold employees and ask them to taste the fruit. If they cannot identify it by taste, give them clues such as which vitamins it contains or where it is grown.
- ❏ **COLORFUL FOODS:** Fruits and vegetables come in various different colors, and a balanced diet should include food from each of these colors. Challenge yourself and/or the group to eat the rainbow (red, orange, yellow, green, blue, indigo, violet) throughout the week at lunch. Bragging rights to the person who has the most colorful meal!
- ❏ **MAKING HEALTHY CHOICES:** Teach the important parts of nutrition labels, such as calories, fat grams, saturated and unsaturated fat, dietary fiber and sugars (handout can be found here). Hand out copies of nutrition labels and have employees identify key points.
- ❏ **FLAVOR GEOGRAPHY:** Pin a map of the world in the break room/lunch room. Invite employees to look up their favorite herbs/flavors (i.e. curry) and then learn where in the world the food is grown or manufactured. Post herb/food picture on the map with a short informational tidbit.
- ❏ **LUNCH SWAP:** Do you always have lunch in the same location? Change it up and choose a different location to have lunch. Notice if your food tastes better or the same, if you enjoy lunch more or less, etc.
- ❏ **STICKS OVER KNIVES:** Try utilizing something other than a fork and knife to eat lunch. Some suggestions can be chopsticks like in Asia, using flat bread as a spoon like in India, drinking soup right from a bowl like in Japan, or even the newfangled fingerspoon! Does it make eating more fun or more messy?

SAVOR THE FLAVOR OF EATING RIGHT

RECIPES

SAVOR THE FLAVOR OF EATING RIGHT RECIPES

NATIONAL NUTRITION MONTH® 2016

While you're enjoying National Nutrition Month® activities, why not try a few recipes? These recipes have been specially chosen – they are high in nutrients, easy to make with many ingredients you have around the house and full of flavor with all the herbs and spices. Create one (or all) of these food dishes this month and test on your family, coworkers and friends. Share National Nutrition Month® with them through the pleasure of food.

SLOW COOKER CHICKPEA AND LENTIL STEW *(Makes 6 servings)*

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 chile pepper, such as serrano or jalapeno, stemmed, seeded and chopped, more to taste
- 4 cloves garlic, chopped
- 2 teaspoons garam masala
- 1/4 cup sesame seeds
- 2 (15-ounce) cans garbanzo beans (chickpeas), drained and rinsed
- 1/2 cup dried red lentils
- 1 (28-ounce) can tomato puree
- 2 cups vegetable broth
- 1/4 cup pitted black olives
- 1/2 cup Greek yogurt

Method:

- Heat olive oil in a pan and sauté the onions. Add peppers, garlic, garam masala and sesame seeds and cook until peppers begin to soften. Combine everything except the yogurt in the slow cooker and cook on low 8 to 10 hours. Add yogurt about 15 minutes before serving.

Nutritional Info:

- **Per Serving:** 250 calories (90 from fat), 10g total fat, 1g saturated fat, 5mg cholesterol, 680mg sodium, 33g carbohydrates, (8g dietary fiber, 9g sugar), 11g protein.

CHIPOTLE CHICKEN STUFFED SWEET POTATOES *(Makes 4 servings)*

Ingredients:

- 4 medium sweet potatoes, thoroughly washed
- 1 lb. boneless, skinless chicken breasts, all visible fat discarded
- 2 tsp. extra virgin olive oil
- 1/2 tsp. black pepper
- cooking spray
- 1/2 medium white or yellow onion, diced
- 3/4 cup frozen corn, thawed, drained
- 15 oz. canned, low-sodium black beans
- Juice of 1 lime
- 1 tsp. no-calorie sweetener, granulated, 1 packet
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. dried oregano
- 2 Tbsp. water
- 2 Tbsp. reduced-fat pepper jack cheese

Method:

- Preheat oven to 400°.
- Pierce each sweet potato all around with a fork. Place potatoes on a baking sheet and bake for 1 hour until potatoes pierce easily with a fork.
- While potatoes are baking, rub chicken breasts with olive oil and place in a baking dish, sprinkle with pepper. Bake in the same oven as the potatoes in preheated oven for 20-25 minutes until chicken is cooked through. Remove chicken from the oven and let cool. Once cooled, shred chicken gently with a fork and set aside.
- Spray a large skillet with cooking spray. Over medium heat, sauté onion 2-3 minutes until translucent. Stir in corn and beans, stirring occasionally until heated through, approximately 3-5 minutes. Gently add chicken, lime juice, no-calorie sweetener, cumin, chili powder, garlic powder, oregano and water. Stir until well blended and cook until mixture is warmed through.
- Carefully remove potatoes from oven and slice open lengthwise (be careful of steam). Add ¼ of bean and chicken mixture to each potato and top with cheese. Return to oven until cheese is melted.

Nutritional Info:

- **Per Serving:** 494 calories (59 from fat), 6.5g total fat, 1g saturated fat, 75mg cholesterol, 293mg sodium, 72g carbohydrates, (12g dietary fiber, 12g sugar), 36g protein.

STRAWBERRY AND JICAMA CUCUMBER SALAD (Makes 4 servings)

Ingredients:

- 2 cups strawberries, washed, hulled, chopped
- 1 jicama, peeled, chopped
- 1 medium cucumber, peeled, chopped
- 1 small jalapeño, seeded, finely chopped (note: for more spice, leave the seeds and white membrane intact. For less spice, omit.)
- 1 Tbsp. cilantro, finely chopped

Dressing:

- 2 Tbsp. lime juice, fresh OR from jar
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. no-calorie sweetener (granulated, 1 1/2 packets)
- 1 tsp. poppy seeds

Method:

1. In a medium bowl, combine strawberries, jicama, cucumber, jalapeno and cilantro. Toss lightly.
2. In a small bowl, whisk together lime juice, olive oil and no-calorie sweetener.
3. Add lime juice mixture to strawberry mixture and toss lightly.
4. Sprinkle with poppy seeds.

Nutritional Info:

- **Per Serving:** 130 calories (36 from fat), 4g total fat, 0g saturated fat, 0mg cholesterol, 10mg sodium, 24g carbohydrates, (11g dietary fiber, 8g sugar), 3g protein.

Curry Stuffed Bell Peppers (Makes 4 servings)

Ingredients:

- 4 medium bell peppers (any color), tops cut away, seeds and white membrane removed
- 1 Tbsp. extra virgin olive oil
- 1 small onion, diced
- 1 lb. extra-lean ground turkey or chicken
- 1 medium zucchini, diced
- 1 tsp. curry powder
- 1 tsp. no-calorie sweetener, granulated, 1/2 packet
- 1/2 tsp. cloves
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 cup low-sodium chicken broth
- 1 1/2 cups quinoa, cooked to package instructions
- 1/4 cup chopped, fresh cilantro

Method:

- Preheat oven to 375°.
- In a large skillet, heat oil over medium heat. Add onions and cook 2-3 minutes until translucent.
- Add turkey and brown, breaking up clumps and stirring until cooked through (it will turn greyish white).
- Add zucchini, curry powder, no-calorie sweetener, cloves, garlic powder and pepper. Stir and cook 2-3 minutes more. Remove from heat.
- Stir in chicken broth, quinoa and cilantro until well mixed. Spoon ¼ of mixture in to each bell pepper. Place peppers in an 8x8 baking dish, standing up. Add enough water to cover the bottom of the baking dish about 1/8" deep.
- Bake 25-30 minutes in preheated oven until peppers are tender and mixture is heated through.

Nutritional Info:

Per Serving: 436 calories (81 from fat), 9g total fat, 1g saturated fat, 45mg cholesterol, 93mg sodium, 51g carbohydrates, (8g dietary fiber, 8g sugar), 40g protein.



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WELL-BEING TOOLKIT

MARCH EMAIL TEMPLATE

(Copy and paste to send out to participants)

Have you ever wondered how you can make nutritious, flavorful foods that you and your family will enjoy? This month is National Nutrition Month®, encouraging you to expand your palate and enjoy foods more than you ever dreamed of before. There are several activities to choose from – starting with planning a mystery tasting party to learning about the geography of flavor. So come tantalize your taste buds and “savor the flavor of eating right!”

FAQ's

HOW DO I UTILIZE THE WELL-BEING INSIGHT TOOLKITS?

The Well-being Insight Toolkits were created and formatted to assist you, as a wellness coordinator, to promote employee well-being in your state agency. We do this effectively through quarterly activities and tools.

HOW CAN I ENGAGE MY CO-WORKERS TO PARTICIPATE IN THE MONTHLY ACTIVITIES?

We provide a brief synopsis for each month's theme and activity in the editor's note that you can utilize to advertise to employees at your state agency. Also, we provide you with all the materials needed to advertise and promote the month's well-being activity, including email content you can send to employees.

PLEASE NOTE: The intent of the activities in the Toolkit is to give opportunities and empower employees to thrive in their own lives. It is in no way to pressure employees to participate in well-being activities.

WHEN SHOULD I EMAIL THE ACTIVITIES OUT TO EMPLOYEES AT MY AGENCY?

We recommend emailing the brief overview two weeks before the month begins to advertise the theme for the month and promote the activities. Also, we include in the toolkit an email you can send to employees who have signed up for the program, highlighting the month's theme and activities.

These are recommendations, but you are the expert of your state agency so you know what will best work for your site and location. This toolkit is for you to promote monthly well-being initiatives while making it simple and easy for you.