

WELLNESS WATCH

NUTRITION EDITION

Check out these awesome websites

[MYPLATE.GOV!](https://www.myplate.gov)

Full of great informatoin on the food groups, how much to eat of each, what belongs in each group, and how to eat healthy on a budget.

[KIDSHEALTH.ORG](https://kidshealth.org)

Information about children's health, behavior, and growth.

[HEALTHYBEAT.COM](https://www.healthbeat.com)

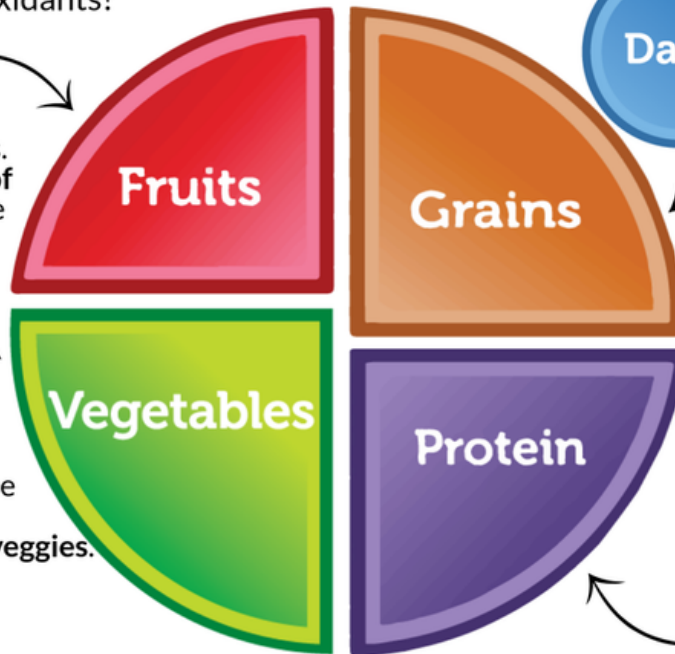
An abundant amount of information about nutrition, fitness, and sleep. Includes articles, tips, and recipes!

MyPlate: A Guide

Make half your plate fruits and veggies. They're packed with fiber & antioxidants!

Fruit:
Eat fruits of all colors. Go for fruit instead of juice, which has more fiber and fewer calories.

Vegetables:
The more colors and types that you eat, the better! Aim to get mostly non-starchy veggies.



Dairy:
3 servings per day gets you the calcium you need. Choose low-fat for fewer calories.

Grains:
Eat mostly whole grains. Refined grains, like white bread and white rice, have less nutrition. Whole grains have more fiber, iron, and B vitamins.

Protein:
A palm-sized amount at lunch and dinner is all you need. Beans, nuts, fish, and chicken are good, lean choices.



TO SEE WHAT THE PROPER SERVING/PORION SIZES ARE



[CLICK HERE](#)

NUTRITION EDITION



RECIPE FOR EASY CHICKEN AND RICE SOUP:

INGREDIENTS

- 1 TABLESPOON EXTRA-VIRGIN OLIVE OIL
- 1 MEDIUM YELLOW ONION, *CHOPPED*
- 2 GARLIC CLOVES, *MINCED*
- 2 MEDIUM CARROTS, *CHOPPED*
- 2 CELERY RIBS, *CUT INTO 1/2-INCH-THICK SLICES*
- 4 FRESH THYME SPRIGS
- 1 BAY LEAF
- 2 QUARTS CHICKEN STOCK OR BROTH
- 1 CUP OF WATER
- 1 CUP LONG GRAIN WHITE RICE, *UNCOOKED*
- 2 CUPS SHREDDED COOKED CHICKEN, *CAN USE ROTISSERIE CHICKEN*
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER, *TO TASTE*

INSTRUCTIONS

- PLACE A LARGE POT OVER MEDIUM HEAT AND ADD THE OLIVE OIL. ADD THE ONION, GARLIC, CARROTS, CELERY, THYME AND BAY LEAF. COOK AND STIR FOR ABOUT 6 MINUTES, UNTIL THE VEGETABLES ARE SOFTENED BUT NOT BROWNED.
- POUR IN THE CHICKEN BROTH AND WATER AND BRING THE LIQUID TO A BOIL. ADD IN THE RICE AND CHICKEN; SEASON WITH SALT AND PEPPER.
- COOK ON MEDIUM-LOW UNTIL THE RICE IS TENDER, ABOUT 25-30 MINUTES. SERVE WARM.

[CLICK HERE TO VIEW A DISCUSSION ON THE PROS AND CONS OF BEING A VEGETARIAN VS. A MEAT EATER](#)

QUICK TIP

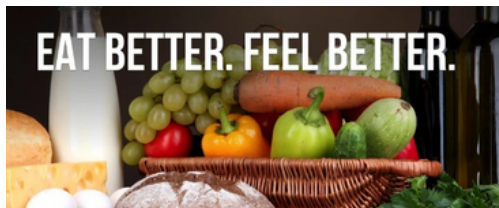
SAVING MONEY ON GROCERIES:

- MAKE A PLAN
- SHOP ALONE
- SHOP SALES
- COMPARE PRICES
- BUY GENERIC
- TRY TO DO SHOPPING LAST TWO WEEKS OF MONTH

Is it okay to eat before bed?

Research suggest we should not eat 1-3 hours before bed for the following reasons.

Help your children make healthy choices. [Click Here](#) to read more about nighttime eating



Budget-Friendly, Immunity-Boosting Foods



Onions



Spinach



Turmeric (with black pepper)



Soup



Canned Tomatoes



Blueberries



Citrus



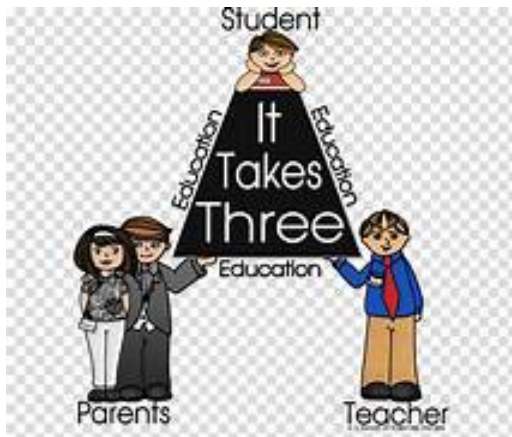
Peppers



Beans

AROUND THE SCHOOL

PARENT TEACHER CONFERENCES WILL BE HELD ON THURSDAY AND FRIDAY, 11/9 AND 11/10



Tech Tip

Managing TV shows, Videos, and Apps with Younger Kids

1. Choose real people and real objects over screens.

Children learn best by interacting with real people and things! A small amount of screen time won't hurt, but it doesn't help young children learn the best!

2. Watch and play together--and talk about it!

Ask questions about what you're seeing and watching. The most important thing is that screens don't replace time spent with family and friends.

3. Choose short and simple tv shows, videos, and apps.

Find high quality content for children to interact with and watch. Be aware of products that advertise as educational- few really are!

4. Think about your own habits!

Turn off devices to reduce distractions and find times to set as 'tech free times' to encourage more interactions with your child.



LOOKING AHEAD... WEATHER CHANGES ARE HERE! -BE PREPARED:

Please remember students participate in outdoor recess down to 32 degrees. Please make sure to send proper outer wear which includes coats, hats, and gloves.

