



*Fields to Families is committed to providing nutritious food to those in need in our community. As an integral part of this effort, our health & nutrition newsletter is intended to help everyone involved in Fields to Families — volunteers, donors, and recipients — become informed about how to live a healthy lifestyle.*

## 12 Days of Healthy & Happy Living

**1.** Spend ONE day a week doing something special for your body! Take a long walk on the beach or head to a different neighborhood for a change of scenery. Change your daily routine to feel more refreshed and ready for the busy challenges of everyday life.

**2.** Eat TWO servings of fruit and/or vegetables at every meal. This is an easy way to meet & exceed your body's daily requirements. For breakfast, have a piece of fresh fruit and a small glass of juice (use the smallest glass you have to help with portion control). At lunch, have a container of carrot, celery, cucumber, or bell pepper slices as an alternative to chips. Bring a small container of dressing or low-fat dip to make the veggies more exciting. When planning your dinner meals, start with a salad and end with fruit slices or dried fruit & chocolate chips for a sweet treat. Remember that yogurt, dried fruit, and frozen fruit turned into a smoothie are all options to get your daily nutrients. Mix it up so you and your belly don't get bored!

**3.** Make a meatless dish THREE times per week. Trying new meals that don't include meat are both budget- and figure-friendly. Meat can be expensive, and trying to utilize beans, different vegetables, and whole grains can result in satisfying meals that are healthy and cost effective.

**4.** Exercise FOUR days a week. This can include a 30-minute walk or a trip to the gym. In order to be effective, the exercise needs to get your heart pumping. The important thing is to get your body moving!

**5.** Surf the Internet for FIVE minutes each day. You can search for a new recipe using what you have already at home. There are free exercise tips available for the gym or home. Or, just catch up on the news and gossip of the day. You deserve a mini break so take it!

**6.** Drink SIX glasses of water a day using a reusable container. Keep a pitcher or bottle in the fridge at all times and continue to refill it for convenience. Dehydration can make you sleepy, cranky, and puts a strain on all of the work your body is busy doing.



**7.** Be grateful SEVEN days per week. It is easy to beat yourself up and feel that you are never able to do enough for yourself, your family, your workplace and community. However, you need to pat yourself on the back for any efforts you make each day. Each morning we are lucky enough to have a new day!

**8.** Try to get EIGHT hours of sleep per night. If you are unable to achieve this every night, attempt to most nights. Getting a good night sleep is just as important as eating well and exercising.

It recharges us and gives our bodies time to work without interruption. If you have difficulty falling asleep or staying asleep, you may need to watch what you are eating before bed or try and increase your exercise.

**9.** Spend NINE minutes each day stretching. We put our bodies through a lot of stress day after day. Take some time to try and touch your toes and reach to the sky. Do what feels good; your body thanks you.

**10.** Do five sets of TEN jumping jacks every day. If this puts a strain on your body, walk up and down the stairs in your house TEN times per day. This can be divided throughout the day or during commercials while you are watching television. It is good for your heart, and its fun!

**11.** Spend at least ELEVEN minutes at the end of your day to reconnect with a loved one. Talk with your kids or your companion, or call a friend or parent just to say hello. Try to do it from the comfort of your own home and not while driving on the road, we will all appreciate it!

**12.** Make a list of TWELVE budget-friendly activities that you and your family can do together. Keep your list where you can see it and add to it as more ideas are thought of. It can be as simple as playing catch or planning a picnic. Setting aside time for family and friends is a great way to stay happy and healthy.

*Happy Holidays!*



# Tips for Eating Well During the Holidays

This recipe encourages you as the home cook to trust your instincts and not measure all the ingredients. Try it out; you will be surprised that you know what you like and can cook much better than you may think!

## Healthful Recipes ~ just what you need ~

### Roasted Brussels Sprouts with Pecans (adapted from [www.realsimple.com](http://www.realsimple.com))

1 container of Brussels sprouts trimmed and halved (simply cut off the rough bottom), ½ cup chopped pecans, 1 tbsp olive oil, 1 clove finely chopped garlic, Kosher salt and pepper

1. Heat oven to 400 degrees. Toss the Brussels sprouts in a bowl with all ingredients and two pinches of salt and pepper. Put Brussels sprouts onto a baking sheet with cut side down and place into preheated oven. 2. Roast until tender & golden brown, 20-25 minutes.

Tip: This can also be done with cauliflower, just omit the pecans & garlic and add 5-10 minutes to baking time.

### Budget-Friendly Black Bean Soup (adapted from [www.realsimple.com](http://www.realsimple.com))

1 teaspoon olive oil, 2 cups fresh salsa, 2 15-ounce cans black beans – drained and rinsed, 2 cups chicken or vegetable broth, 1 16-ounce can refried black beans, ½ cup sour cream (optional), ¼ cup roughly chopped fresh cilantro (optional)

Heat the oil in a saucepan or large pot over medium heat. Add the salsa and cook, stirring occasionally, for 4 minutes. Add the refried and black beans and broth and bring to a simmer. Cook until warmed through, about 5 minutes. Ladle into bowls. Top with remaining salsa, sour cream and cilantro (if using).

Healthy Options: Add frozen corn to soup once it is simmering for an added twist! Use small tortillas and cheese to make a homemade quesadilla for dipping. Top the soup with avocado for added flavor & heartiness.

### Butternut Squash Soup

Ingredients:  
1 butternut squash  
Salt & Pepper  
Nutmeg  
Cinnamon  
Curry Powder (if you desire)  
Olive oil  
Milk (you can choose what percent you like)  
Crusty bread (preferably whole grain, but you pick)  
Salad of choice (try sliced apples, blue cheese crumbles, and walnuts for a fall salad)

1. Preheat oven to 400 degrees. Peel and dice butternut squash into medium sized cubes. Drizzle oil over squash until evenly coated (1-2 tbsp.). Toss in bowl with two pinches of salt and pepper. Sprinkle nutmeg, cinnamon, and curry powder (if

using) over squash until lightly coated (a little goes a long way). Spread evenly onto sheet tray. Place into preheated oven. Cook for 20 minutes or until able to pierce with a fork easily.

2. Place all squash into blender or food processor and puree until smooth. Pour into a pot over low heat. Add milk slowly until you reach desired consistency. Use more milk if you want it thinner. Remember: take your time when adding liquids to soup because you can't take it out once it has been poured; use a little at a time!

3. Add more salt & pepper to taste if desired and then serve once warm. Serve a salad alongside and a piece of bread for cleaning the bowl. Enjoy!

This holiday season remember to increase activity level to accommodate with a change in eating habits. If you want that extra piece of pie, you should probably take an extra 30-minute walk too! Just think — while you're walking, that piece of pie will serve as great incentive!

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*This nutrition newsletter is brought to you by Fields to Families, a nonprofit organization with a mission of increasing nutrition to the area hungry by coordinating distribution of fresh produce obtained by local gardens and farms. For more information, visit [www.fieldstofamilies.org](http://www.fieldstofamilies.org). Writing and editing for Health Matters generously donated by Alice Robinson, unless otherwise noted. Graphic design and layout by Lindsey Salmony.*

