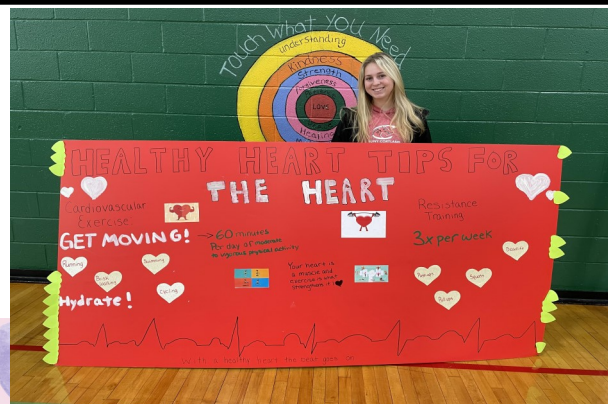


BUFSD Health and Wellness club students created this poster with the quote, "start each day with a grateful heart" for Heart Healthy Month!

Join us in welcoming Gabrianna Loreface, BUFSD'S newest student observer from SUNY Cortland. Gabrianna is a physical and health education major & created this poster on Healthy Heart Tips!



## Taco Rice Salad

### Ingredients

- 1 pound lean ground Turkey or beef
- 1 ½ cups instant brown rice
- 2 cups water
- 1 cup onion, chopped
- 1 tablespoon chili powder
- 3 cups tomatoes, chopped
- 1 seeded jalapeño, finely chopped
- 2 cups spinach or romaine lettuce
- 1 ½ cups low-fat cheese, shredded



Makes: 8 servings  
Prep Time: 15 minutes  
Cook Time: approx. 35 minutes

### Directions

1. Wash onion, tomatoes, jalapeño, and spinach or romaine lettuce before preparing.
2. Cook ground meat in a large skillet until brown (160° F). Drain off fat (Do not pour grease down the drain. Let grease harden, then put it in the trash). Rinse meat with warm water to remove remaining grease.
3. Add rice, water, onion, and chili powder to meat in skillet. Cover. Simmer over low heat about 15 minutes to cook rice.
4. Add tomatoes and jalapeño. Heat for 2-3 minutes.
5. Place layers of spinach or romaine lettuce, rice mixture, and cheese on plate. Serve immediately. Refrigerate any leftovers within 2 hours.

Do you have a healthy recipe you'd like to share for the next newsletter? Let us know!

Facebook: <https://www.facebook.com/HSNYWSBOCES/>

Instagram: @chsc\_longisland

Reduce stress with some deep breaths.



#HealthyMonday

HEALTHY MONDAY

### Upcoming Events:

#### New Learn to Swim Program!

**Elementary:** grades K-5 every Saturday starting 2/5/22.

**Middle:** grades 6-8 every Monday starting 2/7/22.

**Adult:** parents/guardians of students grades 9-12 every Monday starting 2/7/22.

**Family Swim Night:** Brentwood Ross High-School every Thursday  
Session 1: 6-7pm  
Session 2: 7:15-8:15pm

**Wear Red for Women Day—2/4/2022**

**Spinathon Event— 2/14/2022**

**Gary Mintz Pancake Run— 3/27/2022**



BUFSD's school counselors during the 2020 Spinathon event!

Click on the heart in the picture above to practice deep breathing to reduce stress! Come back to this picture throughout the month when you are feeling stressed or overwhelmed.

### CONTACT:

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