

WELLNESS

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How To Keep Your Immune System Strong

- Nutrient Rich Foods
- Healthy Behaviors

The power of Antioxidants

Holiday Recipes

Exercise your Green Thumb this Holiday Season

Upcoming Events/Holiday Special Meals

"We Want Meatless Mondays!"

Students speak to Shoreline School District Food Director, Jessica Finger, RD

Students at Lake Forest Park Elementary School are petitioning for Meatless Mondays to combat climate change. This proposal would impact 10 elementary schools and 5k students in the Shoreline School District if implemented.

What does the District already do?

-Vegetarian entrée option available daily

VEGAN OPTIONS ARE AVAILABLE!

- Dr. Praeger's Vegan Patty
- Vegan Protein Pack: Homemade hummus, carrots, pretzels & sunflower seeds
- Sesame Tofu and Edamame Noodle Bowl
- Pho (available Tuesday's at both HS's)

All LUNCH CARDS WORK AT ALL LUNCH WINDOWS!

NEWS

Stay Healthy this Holiday Season

Keep your immune system strong this Fall and Winter by consuming nutrient-rich foods and engaging in healthy lifestyle behaviors!

Immune-Boosting Nutrients as identified by the Academy of Nutrition and Dietetics:

Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

Vitamin C- rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.

Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

Probiotics are "good" bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.

Protein comes from both animal and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

Healthy Behaviors

Physical Activity: 60 minutes/day (children/adolescents)

Eat a well-balanced diet and be consistent with your eating schedule: - 5-7 servings of fruit and veggies/day

Sleep: Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age

Combat Stress: Practices such as, meditation, journaling, listening to music, exercise, getting organized and prioritizing your schedule

Healthful Hygiene: Wash your hands before and after meals

THE POWER OF ANTIOXIDANTS

Our bodies are built to thrive! They produce their own antioxidants (to which I have aptly named 'Superheroes' these are known as endogenous (made inside our bodies) antioxidants, to combat the impact of free radicals. Free radicals (I call 'Villains') or ROS (Reactive Oxygen Species), are unstable molecules, because they have an unpaired electron. These 'villains' are produced by our bodies daily i.e. breathing, metabolism. Free radicals are also acquired through our environments.

Prolonged exposure to environmental toxins, ultraviolet rays and stress can increase levels of free radicals in our bodies, superseding our bodies production of antioxidants which can lead to oxidative stress. Over time oxidative stress can contribute to severe health repercussions such as: cardiovascular disease, cancer, diabetes, and neurodegenerative diseases (dementia, Alzheimer's). Luckily, our bodies are built to thrive! By consuming a well-balanced daily diet of fruits, vegetables, legumes/nuts/seeds and whole grains, we can increase our arsenal of 'superheroes' and fight off those pesky 'villains'.

-By Erika Stowe-Madison

CAROTENOIDS

Most common types:

Beta-carotene

Lycopene

Lutein



Types of foods that contain carotenoids (most commonly whole foods that are orange, yellow and red in color) and some dark leafy veggies.

- Tomatoes
- Carrots
- Spinach
- Brussels sprouts
- Sweet potatoes/Yams
- Winter squash
- Broccoli

VITAMIN E

Helps protect body from cell damage that can lead to cancer, heart disease and cataracts.

Works best with Vitamin C to offer protection from chronic diseases.

Vitamin E is typically found in vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts and peanut butter.

- Pumpkin seeds oil
- Sunflower seeds
- Almonds
- Avocado
- Spinach

VITAMIN C

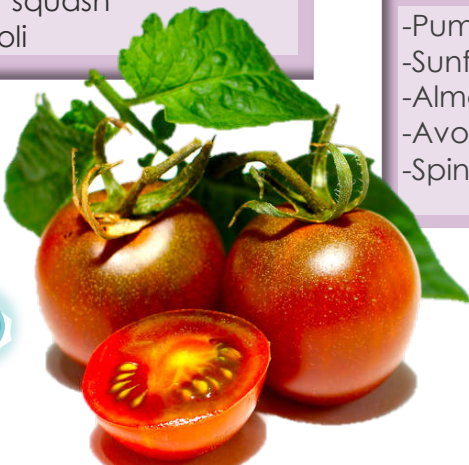
Vitamin C is most prolific Antioxidant, protecting your body from infection and damage to body cells.

helps produce collagen (the connective tissue that holds bones and muscles together)

Promotes the absorption of iron and folate.

Vitamin C is typically found in citrus fruit, along with other fruits and leafy greens

- Kale
- Kiwi
- Orange, lemon, lime, grapefruit
- Tomatoes
- Broccoli



HOLIDAY RECIPES

Butternut Squash Soup with Pomegranate (Top)

Antioxidant Rich:

- ◆ Squash contain carotenoids, Pomegranates contain Vitamin C as do onions and garlic

Healthy Fat:

- ◆ Coconut milk/cream contain MCT's which are medium chain triglycerides and are easily digested and absorbed without the use/need of the pancreas.

Healthy Holiday Bark (Bottom)

Antioxidant Rich:

- ◆ Pumpkin Seeds contain Vitamin E, Matcha contains catechins (antioxidants) and Cocoa contains flavonoids (antioxidants).

INGREDIENTS

- 2 Tbs. butter
- 1 Large sweet onion diced
- 3 Cloves garlic smashed
- 1 Tsp. dried sage
- 1/2 C. white wine
- 2 lb each, peeled, seeded, and diced squash
- 4 C. chicken broth/veggie broth
- 1 Tsp. sea salt
- 1/2 Tsp cracked black pepper
- 1 bay leaf
- 1 Tbs. fresh sage
- Pomegranate seeds for garnish
- Coconut milk/cream for garnish

DIRECTIONS

1. In 6 qt. Dutch oven, heat butter over medium heat until it foams. Add onion and cook, stirring occasionally until soft, 7-8 min.
2. Push onions into the center, add garlic, stir continuously until fragrant, 1-2 minutes. Sprinkle sage over the onions and garlic, cook for 1 more minute.
3. Add white wine and deglaze the pot, stirring until the alcohol cooks off and the wine stops bubbling (2-3 min.)
4. Add squash, broth, salt and pepper to taste and stir. Add thyme and bay leaf, increase heat to medium-high and bring liquid to boil. Then lower heat to simmer, 20 minutes or until squash is soft.
5. For a creamy soup, place in blender.

<https://oursaltykitchen.com/butternut-squash-soup-pomegranate/>



INGREDIENTS

Chocolate Base:

- 1 Cup Dark Choco Chips
- 2 ½ Tbs Coconut Oil
- 1/4 Cup Canned Coconut Milk

Matcha Drizzle:

- 1/2 Cup Canned Coconut Milk
- 2 Tsp. Matcha Powder
- 2 Tsp. Coconut Oil

Pumpkin Seeds:

- 1 Tsp Coconut Oil
- 1 Cup Pumpkin Seeds

Toppings:

- 1/4 Cup Unsweetened Coconut Flakes

DIRECTIONS

1. Line large baking sheet with parchment paper/silicone baking mat.
2. Using a double boiler, melt choco chips and coconut oil, stir in coconut milk.
3. In a separate small bowl, whisk matcha drizzle ingredients
4. In a medium frying pan, add coconut oil and coat bottom. Add pumpkin seeds. Toast on stove for 10-15 minutes until they begin to turn golden brown and make a popping noise. Add the pumpkin seeds to choco mixture.
5. Pour choco and pumpkin seed mixture onto prepared baking dish, spreading with a rubber spatula into a smooth layer.
6. Drizzle matcha mixture over the base. Sprinkle coconut flakes over the top. Transfer into freezer to set for 30-45 minutes.
7. Cut into triangles and serve directly! <https://thefirstmovementmenu.com/recipes/healthy-holiday-bark/>

GO GREEN THIS HOLIDAY SEASON

THE FACTS ABOUT THE HEALTH OF THE ENVIRONMENT:

- 8,000 tons of wrapping paper are used during the holidays each year, equating to roughly 50,000 trees.
- The 2.65 billion holiday cards sold each year in the U.S. could fill a football field 10 stories high.
- Household waste increases by more than 25% from Thanksgiving to New Year's.
- Added food waste, shopping bags, packaging, wrapping paper, bows and ribbons add up to an additional 1 million tons of trash going into landfills each week.
- On average, food travels 1,500 miles from farm to plate.

SOLUTIONS:

- Drive less. If each family reduced holiday gasoline consumption by one gallon, or opted to drive 20 miles less, greenhouse gas emissions could be reduced by one million tons.
- Reduce energy use by purchasing LED holiday lights. LED bulbs use up to 95% less energy than traditional holiday lighting.
- Opt for ground shipping for online purchases. Ground shipping uses less fuel than air transport.
- Recycle wrapping paper. Each ton of mixed paper that is recycled can save the energy equivalent of 185 gallons of gasoline.
- Avoid accumulating plastic shopping bags by leaving canvas or paper bags in your car to use on shopping trips.
- Send e-cards or recycled cards.
- Decorate with natural, biodegradable items like cranberries, popcorn and live flowers and greenery.
- Look for holiday tree composting drop-off locations in your neighborhood.
- Cut back on waste by utilizing reusable glassware, flatware, dishware table coverings and napkins.
- Provide containers for recycling aluminum and glass beverage bottles and cans.
- Serve organic or locally grown foods and prepare only as much food as needed.

LET'S HAVE SOME FUN!

DIY CRAFT IDEA:

Make your own wrapping paper!



Mind Game

Find the value of ?

$2*2 = 6$

$3*3 = 12$

$4*4 = 20$

$5*5 = ?$

Think about it!

ANSWER: $5*5 = 30$

UPCOMING EVENTS

October 2019:

National Hispanic Heritage Month (September 15-October 15)

10/5 Saturday	10/12 Saturday
-Monster Mash Dash 5k (8am) -Shoreline Farmers Market (Last Day!) -Museum of Un-Natural History Art Opening (5-9pm) Shoreline City Hall	-Homecoming Dance (8-11pm) Shorecrest HS
10/18 Friday	10/19 Saturday
-Hamlin Halloween Haunt (6-8:30 pm) Free event Spooky songs and stories, hay wagon, games and face painting. Dress warm and bring a flashlight-Hamlin Park	-Homecoming Dance (8-11pm) Shorewood HS

November 2019:

11/5 Thursday	11/11 Monday
-Election Day (Go Vote!)	-Veteran's Day (No School)
11/23 Saturday	11/28 Thursday
-Holiday Crafts Market (9:00am-4:00pm) Spartan Recreation Center (206) 801-2600	-Turkey Trot -Thanksgiving Day (No School)
11/29 Friday	Native American Heritage Day (No School)

December 2019:

12/1-12/5; 12/9-12/14	12/7 Saturday
-Holiday Basket Drive Shorecrest High School	-Breakfast with Santa (9am and 10:45) Shoreline Senior Center (206) 801-2600
12/11 Wednesday	12/23-1/3/2020
-Agrosy X-Mas Ship Visit (7:30am-9pm) Richmond Beach Saltwater Park	-Winter Holiday (No School)

UPCOMING EVENTS

January 2020:

1/6 Monday	1/20 Monday
-School back in Session	-MLK Jr. Day (No School)
1/25 Saturday	-Hoopapalooza (Shorewood HS) -Kinderfest (10am-12pm) Shoreline Center

February 2020:

2/18-2/21	Mid-Winter Break (No School)
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March 2020:

3/19 Thursday	3/27-3/29
-LGBTQ & Allies Potluck Dinner (5:30-7:30pm) Shoreline Center	-Kellogg Musical (7-9pm) Shorecrest Theater



Get outside and play this
Winter!





HOLIDAY SPECIAL MEALS

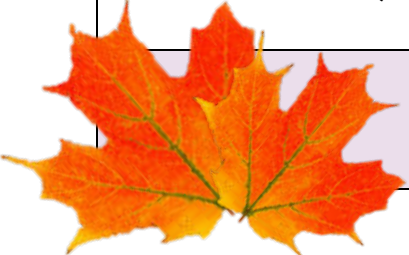

FALL FEST SPOOKY MEAL → October 31st

Aldercrest Menu, North City Menu & Elementary Menu

- Crispy Bat Wings (Crunchy Chicken Drumsticks)
 - Spider-Web Waffles (Dutch Waffle w/ Drizzle of Chocolate Syrup)
 - Eeek! (Orange Creamsicle Frozen Fruit Sorbet Cup)
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THANKSGIVING CELEBRATION LUNCH → Nov. 26th

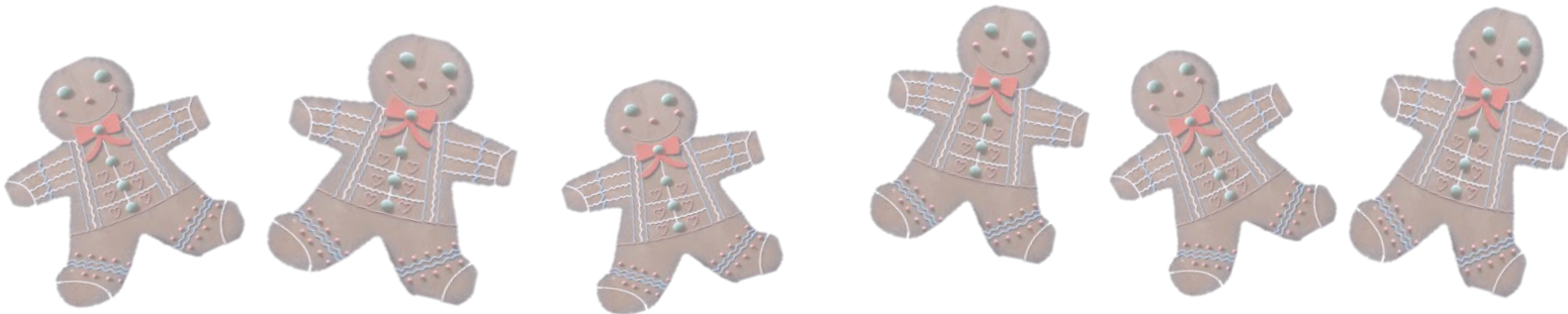
Aldercrest Menu, North City Menu, Elementary Menu, Middle School Menu & High School Menu

- Turkey Mac N' Cheese
 - Garlic Toast
 - Pumpkin Bread
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DECEMBER HOLIDAY SPECIAL → Dec. 17th

All Schools

- Whole Grain Gingerbread Cookie w/Each Meal



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