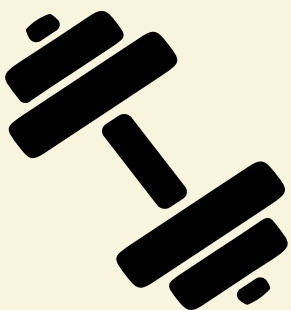
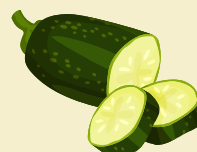


# NUTRITION & WELLNESS NEWSLETTER

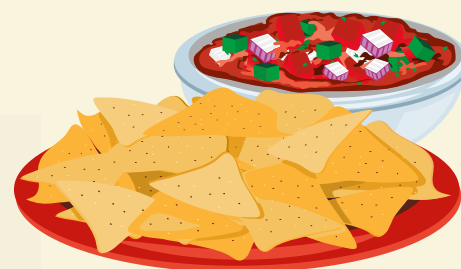
## GARDEN SALSA AND HEALTHY LIVING TIPS



### **\*\*FITNESS FOCUS: INCORPORATING PHYSICAL ACTIVITY\*\***

**IN ADDITION TO EATING WELL, IT'S IMPORTANT TO STAY ACTIVE. SIMPLE ACTIVITIES LIKE TAKING SHORT WALKS, DOING QUICK BODYWEIGHT EXERCISES, OR FINDING FUN OUTDOOR ACTIVITIES CAN ALL CONTRIBUTE TO YOUR OVERALL WELL-BEING. REMEMBER, SMALL BURSTS OF ACTIVITY ADD UP AND CAN MAKE A BIG DIFFERENCE IN YOUR HEALTH.**

**THIS MONTH, STUDENTS MADE A GARDEN SALSA IN CLASS!  
TAKE A LOOK AT THE RECIPE BELOW AND MAKE IT AT HOME!**



### **\*\*Garden Salsa\*\***

#### **\*\*Ingredients:\*\***

- 4 tomatoes
- 1 zucchini
- 1 lime
- 1/2 white onion
- Cilantro
- Salt and pepper
- Spice World Minced Garlic

#### **\*\*Materials:\*\***

- Large bowl
- Knife
- Cutting board
- Spoon

#### **\*\*Instructions:\*\***

1. Start by dicing the tomatoes, zucchini, onion, and cilantro into small bite-sized pieces.
2. Add the diced ingredients into a large bowl.
3. Stir in a spoonful of Spice World Minced Garlic.
4. Squeeze and pour the juice of the lime on top.
5. Season with salt and pepper to taste.
6. Mix everything together well using a spoon.

#### **\*\*Serving Suggestion:\*\***

Serve with chips and enjoy!

**HEALTH TIP:  
MAKE SNACKING  
HEALTHIER**

**PAIR YOUR GARDEN  
SALSA WITH WHOLE-  
GRAIN CRACKERS  
OR FRESH  
VEGETABLE STICKS  
FOR A HEALTHIER  
SNACKING OPTION.  
THIS COMBINATION  
PROVIDES A  
SATISFYING CRUNCH  
WHILE KEEPING  
YOUR SNACKING  
CHOICES  
WHOLESAME AND  
NUTRITIOUS.**