



The Healthy Family



A Newsletter from the Food and Nutrition Services Department

Willmar Public and Community Christian Schools

VOLUME 20, ISSUE 4

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*Para traducción,
llame
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December Highlights:

National Eat A Red Apple
December 1st

National Handwash
Awareness Week
December 1st-7th

National Cocoa Day
December 13th

Ugly Sweater Day
December 16th

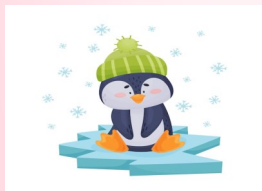
National Maple Syrup Day
December 17th


First Day of Winter Solstice
December 21st

No School Dates:

Willmar:
December 23-31, 2024

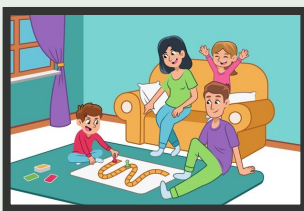
CCS:
December 23-31, 2024



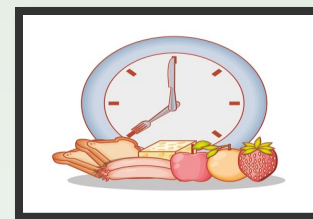
 Check out the *Breakfast and Lunch Menus complete with Nutrient Analysis on your District's Website.*

Family Tips for Boosting Moods and Immunity

As we enter into our long winter season, our families could all use a little mood and immunity boost! While boosting Vitamin C intake is common advice, there are several other effective ways to support your family mood and immunity during this season. Here are five other valuable tips to keep everyone feeling their best.



1. Make time for family bonding, whether it's planning a game night, going for walks together or simply engaging in regular conversations with your children and truly listening to them.



2. Establish a regular schedule for meals and snacks, emphasizing nutrient-rich foods like proteins, fruits, vegetables to support your family's immunity.



3. Adequate sleep is vital for a strong immune system. Research consistently shows that insufficient sleep increases susceptibility to illness, making it essential to prioritize restful, regular sleep for every family member.



4. Encourage single tasks to reduce stress and boost focus.



5. Model self-care by incorporating regular exercise, managing stress, and setting limits on screen time for both TV and internet.

Prioritizing family health and well-being during the winter months is essential to minimize illness risks, boost immunity, and uplift moods. By focusing on balanced nutrition, regular activity, restful sleep, and quality family time, we can foster resilience and joy even during the colder, darker days. With these simple tips, we can face winter's challenges with a positive outlook and strengthen our family's wellness.

Meal Prices

Willmar

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.40	\$5.00
Milk	\$0.65	\$0.65

Community Christian

	Breakfast	Lunch
K-5	Free	Free
6-8	Free	Free
9-12	Free	Free
Adult	\$2.50	\$5.10
Milk	\$0.65	\$0.65



Help Wanted!

Part Time & Substitute employment opportunities are available through the Food and Nutrition Services Department. Apply at your school district or online on your district's website. Scan the QR code or give us a call at 320-231-8560.

This Institution is an Equal Opportunity Provider.



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This Month's Recipe: Edamame Salad with Lime Dressing

Portion Size: 1/2 Cup	Portions: 10
Shelled Edamame (Frozen)	2 Cups
Whole Kernel Corn (Frozen)	1/2 Cup
Fresh Red Pepper, Diced	1 Each
Fresh Yellow Pepper, Diced	1 Each
Fresh Orange Pepper, Diced	1 Each
Fresh Red Onion, Diced	1/2 Cup
Green Table Onions, Diced	1/2 Cup
Dressing:	
Lime Juice (2 Fresh Limes)	3 TBSP
Olive Oil	1/4 Cup
Red Wine Vinegar	1 TBSP
Honey	2 Tsp
Fresh Cilantro	1/4 Cup
Ground Cumin	1/8 Tsp
Ground Pepper	1/8 Tsp



1. Cook edamame according to package instructions, then drain, rinse, and cool.
2. Dice the bell peppers, red onion, and table onion and combine into a medium size bowl. Add the chilled edamame and frozen corn. Set aside.
3. In a small bowl with lid combine dressing ingredients. Shake well. Pour over vegetables and mix together. Chill
4. Serve the salad on its own or pair with Tortilla chips. Enjoy!

Nutrients Per 1/2 Cup Serving:

165 Calories
4.3g Protein
32.6g Carbohydrates
4.7g Fiber
15mg Sodium
18.7gm Total Sugar

Why Edamame? Edamame is rich in vitamins and minerals, as well as, fiber. Health benefits include maintaining a healthy blood sugar level, may lower cholesterol and rich in fiber to help with digestion and keep one feeling fuller longer.

December is Handwashing Awareness Month!

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. When your family is healthy, you don't have to worry about missing school, work, or other activities.

Help your children make handwashing a healthy habit at home, school, and play.

- * Teach kids the five easy steps for handwashing—wet, lather, scrub (for 20 sec.), rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating.
- * If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- * **Caution!** Supervise young children under the age of six when they use hand sanitizer to prevent swallowing alcohol or contact with eyes.
- * Give frequent reminders so that handwashing becomes a habit and a regular part of your child's day.



Source: CDC.gov