



The Healthy Family

A Newsletter from the Food and Nutrition Services Department

Willmar Public and Community Christian Schools

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Editor

**Para traducción,
llame
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January Highlights:

- * New Year's Day (January 1)
- * National Pizza Week (January 14-20)
- * Martin Luther King Jr. Day (January 20)
- * Chinese New Year (January 29)
- * National Oatmeal Month
- * National Wheat Bread Month
- * National Soup Month

No School Dates:

Willmar:

January 1-3, and 20, 2025

CCS:

January 1-3, and 20, 2025



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



Foods That Support Your Mood

Whether you're a family of two or a multigenerational household, proper nutrition and physical activity are essential for maintaining health at every stage of life. A balanced diet can not only fuel your body but also positively impact your mood and emotional well-being. Foods rich in key nutrients, like folate, omega-3 fatty acids, and vitamins, can support your mental health, helping to reduce stress, anxiety, and improve overall mood.

Children, adults, and seniors require essential nutrients, and these needs evolve throughout life. Remember to fill half your plate with fruits and vegetables. No matter the season, you have a variety of options to choose from, including fresh, frozen, and canned. We eat with our eyes, so make your plate colorful and appealing. Be adventurous and try a new fruit or vegetable—it's a fun way to add variety to your meals!

With age, our nutritional requirements shift. Along with nourishing your body, specific foods can also enhance emotional well-being and mood. A healthy diet can positively influence your brain chemistry, helping to manage stress, anxiety, and even depression.

Dark Green Vegetables

Rich in folate, a vitamin that supports serotonin production. Serotonin is essential for regulating mood and promoting happiness.

Berries

Blueberries, strawberries, and raspberries are packed with antioxidants, helping to combat oxidative stress linked to depression and anxiety. Their high Vitamin C content also reduces the physical effects of stress.



Whole Grains

Oatmeal, brown rice, and whole wheat bread stabilize blood sugar levels, preventing mood swings and providing sustained energy throughout the day.

Nuts and Seeds

Walnuts, cashews, flaxseeds, and pumpkin seeds support brain health by reducing inflammation and promoting healthy brain function, which can improve mood.

By focusing on balanced nutrition and incorporating mood-boosting foods into your meals, you can not only improve physical health but also foster emotional well-being. Each stage of life comes with unique nutritional needs, and adapting your diet accordingly can make a significant difference in both your body and mind. Sharing meals as a family creates meaningful connections, encourages healthy eating habits, and supports everyone's emotional health. With the right fuel, you and your loved ones can feel your best and enjoy each day with more energy and positivity.

Source: USDA

Part Time and Substitute Help Wanted!

Food and Nutrition is hiring! The open positions are typically 3-4 hour shifts and work days are when students are in school. No holidays and no weekends! We offer competitive salary wages. Scan the QR code or give us a call at 320-231-8560.

Apply at your school district or online on your district's website.



Broccoli Salad with Creamy Yogurt Dressing



Serves: 6 people

Ingredients:

- ◆ 1 1/2 Pound of Broccoli Crowns, Trimmed and Cut
- ◆ 1 Cup Fresh Blueberries
- ◆ 1 Large Apple, Diced
- ◆ 1/4 Cup Red Onion, Diced
- ◆ 1/3 Cup Sunflower Seeds
- ◆ 1/3 Cup Slivered Almonds
- ◆ 1/2 Cup Dried Cranberries

Salad Dressing:

- ◆ 1 Cup Greek Yogurt, Plain
- ◆ 1/4 Cup Honey
- ◆ 1 Tablespoon Lemon Juice
- ◆ 2 teaspoons Apple Cider Vinegar
- ◆ 1/2 Tablespoon Poppy Seeds

Instructions:

1. Wash the Broccoli, Blueberries, and Apple. Dry produce. Remove the stalks off the broccoli and cut the florets into small bite sized pieces. Add the broccoli to a large bowl.
2. Dice the Red Onion into small pieces and add to the bowl along with the Almonds, Sunflower Seeds, Blueberries and Dried Cranberries.
3. Dice the Large Apple into small pieces and add to the bowl.
4. In a small bowl, combine all of the Salad Dressing ingredients together. Whisk well, toss to combine and refrigerate for a couple hours so the everything can absorb the dressing and the flavors can blend.

This is a delicious side that would be great for the entire family!

Nutritional Facts: 143 calories, Total fat 1 g., Saturated fat 0 g., Trans fat 0 g., Unsaturated fat 1 g., Cholesterol 2 g., Total Carb. 30 g., Fiber 5 g.,

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

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Have Fun With Fruits and Vegetables



Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

- Apple
- Banana
- Broccoli
- Carrots
- Celery
- Eggplant
- Grapes
- Kiwi
- Orange
- Papaya
- Pear
- Peas
- Squash
- Yams

B	F	S	E	A	Y	A	P	A	P
R	C	Q	L	S	R	P	E	A	R
O	H	U	P	B	A	N	A	N	A
C	P	A	P	Y	R	E	L	E	C
C	S	S	A	Y	A	M	S	T	B
O	A	H	E	G	N	A	R	O	K
L	E	C	A	R	R	O	T	S	I
I	P	G	R	A	P	E	S	K	W
B	E	G	G	P	L	A	N	T	I

Fruit and Vegetable Goals

Name a fruit you would like to try:

How will you eat this fruit? (On cereal, as a snack, for dessert, with dinner or on pancakes.)

Name a vegetable you would like to try:

How will you eat this vegetable? (As a snack, with dip, or for lunch.)



Adapted from
Team Up At Home Team Nutrition Activity Book

