

December 7, 2022

**Greetings from NDS! This week's Wellness Wednesday topic is:  
National Handwashing Week**

The first week of December is National Handwashing Awareness Week! According to the Centers for Disease Control and Prevention (CDC) keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Handwashing is one the best ways to prevent the spread of germs as well as stop respiratory and digestive infections.

The CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a numerous studies.

When you wash your hands, use soap and clean running water for at least 20 seconds. Work up a good lather and clean the back of the hands, between the fingers and under the nails. Dry your hands using a clean towel. When soap and running water are not available, a hand sanitizer with at least 60 percent alcohol can also help in reducing illness and spread of germs. (Hand sanitizer should not be used in kitchen/cafeteria environments instead of proper handwashing.)

It is easy to become lax about washing your hands, but taking the time to stop and wash your hands frequently throughout the day can help protect yourself and others!

To watch the video below from the CDC for proper handwashing technique click on the picture below. Share it with your coworkers and students at your school!



December 14, 2022

Greetings from NDS! Today's Wellness Wednesday topic is:

### PA Harvest of the Month December - **Cabbage**



PA Harvest of the Month highlights **cabbage** during the month of December!

Cabbage is a hardy vegetable that grows in various shades of green, as well as red/purple. Cabbage is composed of 90% water. You eat the inner leaves of a cabbage head, rather than the outer leaves. When purchased in the store, the outer leaves are often removed. Cabbage eaten raw has a naturally peppery flavor. Vegetables such as broccoli, Brussel sprouts, cauliflower, collard greens, kale and kohlrabi all evolved from the original wild cabbage. There are at least 100 types of cabbage grown throughout the world, with the most common types in the U.S. being green, red, and savory.

Cabbage is an excellent source of vitamin C, vitamin K, and phytochemicals. Vitamin C is important in the body's healing process and may play a role in guarding against heart disease and cancer. Vitamin C also helps the body absorb iron. Vitamin K plays a role in the blood clotting process, therefore it helps protect us from bleeding too much from cuts and scrapes. Phytochemicals are believed to guard against certain diseases such as cancer.



Braised red cabbage is a popular Central Europe side dish. Click [here](#) for a braised red cabbage with sweet apples and onion recipe.

December 21, 2022

Greetings and Happy New Year from NDS! Today's Wellness Wednesday topic is about Holiday Celebrations. **See you in 2023!**

### Healthier Holiday Celebrations

#### Tips for making your holiday celebration healthier:

1. **Stay Active**- Even a few minutes of moderate-intensity physical activity can deliver some health benefits and count towards reaching your daily recommended minutes [per age group](#).
  - When shopping, walk a few quick laps around the shopping center before going into any stores.
  - Take the stairs at every opportunity. Look for stairs in parking garages, offices, and shopping centers. If you cannot climb the stairs all the way, to where you are going, take the elevator part of the way then take the stairs the rest of the way.
  - Try parking further away and walk briskly to your destination.
  - When gathering with friends and family, go for a group walk or plan an active group game in your yard or local park.
  - Bundle up the family and take a walk to see holiday lights instead of a drive.
2. **Eat Healthy**- Eating well has several health benefits including supporting muscles and bones, boosting immunity, helping the digestive system function, and helping with weight management.
  - Limit and opt for smaller portions of foods high in calories, saturated fat or added sugars.
  - Fill your plate with fruits and vegetables first then add small portions of less healthy items.
  - Bring a healthy dish with you to parties.
  - Make [healthier versions](#) of your traditional recipes using ingredients with less fat and salt.

3. **Plan activities that do not involve eating**- Try shifting the focus away from food.

- Volunteer in your community.
- Try a seasonal activity such as ice skating or winter hiking.
- Visit a museum or exhibit you've been wanting to see.
- Plan walks with friends and family.

**[MyPlate Holiday 10 Tips](#)**- Check out this link for tips from the USDA for making healthier holiday choices!

December 28, 2022

Holiday Greetings from NDS!

This week, when we are surrounded by friends and family, is a great time to discuss this week's Wellness topic:

## Making the Most of Mealtimes

Mealtime is an important part of the day for everyone! It is a time to nourish our bodies and focus on building an emotional connection with the people we share our meals with. We are all busy, but mealtime memories can be made any time - breakfast, lunch, and/or dinner. These times provide an opportunity for you to be a positive role model by eating healthy. Children are more likely to eat a variety of healthy foods when they see people they care about eating nutritious foods first. Mealtime also provides an opportunity to share and strengthen traditions.



*Sharing regular meals with loved ones has the following benefits on children and teenagers:*

- Increase intake of healthy foods
- Exposure to healthy role models
- Promote positive weight status
- Strengthen emotional bonds
- Improved communication skills

## How can you make meals enjoyable for everyone?



- Plan meals in advances to avoid last-minute stress.
- Schedule specific times and days, so everyone can be there.
- Turn off electronics during mealtimes.
- Create routines around mealtimes.
- Get everyone involved in planning and preparing the meal and table.
- Try being creative and having fun to give everyone something to look forward to.

## Need conversation starters?

- Click here for [silly](#) and speedy conversation starters



## Looking for a new recipe?

- Try this [Spinach & Artichoke Lasagna](#) recipe!

