

# WELLNESS NEWSLETTER

SPRING 2018



**SAN LUIS COASTAL**  
UNIFIED SCHOOL DISTRICT

## New Items

### Key Areas of our Wellness Policy:

**Nutrition Education**

**Health Education**

**Physical Education**

**Fundraising**

**Celebrations & Rewards**

**Staff Wellness**

You can find our **current wellness policy** online at [www.slcsud.org](http://www.slcsud.org) **under Food Services then District Wellness!** Information on Smart Snacks, Nutrition Standards, Non-Food Rewards and more!



## School Gardens

Interested in starting a school garden or refreshing an existing one? We can certify your garden as a community food source with Public Health and serve what you grow on the garden bar!

Contact Erin Primer

[epriemer@slcsud.org](mailto:epriemer@slcsud.org) for more details!



## Celebrations & Rewards

**Looking for healthy non-food rewards? Here are some ideas:**

Pencils, Stickers, Books

Lead a physical activity break.

Turn on the music and let students dance for a few minutes!

Let student go first for an activity.

Give a "no homework" pass.

Give a shout out in morning announcements.

Allow student to choose class recess activity on their birthday.

Arrange for book donation to classroom in child's name.

What are your students' favorite non-food rewards?

## Next Meeting

**Monday May 21**

**3:30-5:00pm**

**District Office, F3**

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## WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

March 2018



### It's National Nutrition Month!

How will you go further with food this month?

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.

#### What Can You Do:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs

Source: <http://www.eatright.org/resource/food/resources/national-nutrition-month/toolkit>

### Let's Talk Trash!

#### Why are food loss and waste important?

There is a growing concern about food loss and waste throughout the United States. Consider that about 90 *billion* pounds of edible food goes uneaten each year. This costs most people about \$370 each year.

As the world population continues to grow, there is a greater need to set goals and develop initiatives to reduce the amount of food wasted. Less food loss and waste can help save money, improve food access, and protect natural resources. The impacts of food loss and waste include:

- Food waste is the single largest component going into municipal landfills.
- Wholesome food goes to landfills instead of feeding people in need.
- Producing, processing, transporting, preparing, storing, and disposing of discarded food uses inputs such as land, water, labor, and energy that could be available for other purposes.

#### What can you do?

Being mindful about planning, purchasing, protecting, preserving, storing, re-purposing, donating and recycling food can help you save money and reduce the amount of food thrown away. Visit the [Eating Healthy on a Budget](#) section of [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find ways to eat healthy and manage food resources at home. Click on the links below to find ways to help you make small changes.



Source: <https://www.choosemyplate.gov/lets-talk-trash>



## RECIPE OF THE MONTH

### Shamrockin' Smoothie

Source: [www.foodplanner.healthiergeneration.org](http://www.foodplanner.healthiergeneration.org)

Let's celebrate St. Patrick's Day by starting the day with a refreshing green treat!



**Prep: 5 minutes**  
**Makes: 2 (12 oz.)**  
**Smoothies**

#### Ingredients:

- 1 c. spinach
- ½ c. canned pineapple, drained
- ½ c. canned mandarin oranges
- 1 c. ice
- 1 c. nonfat plain milk

#### Directions:

1. Combine ingredients in blender.
2. Blend on high speed until smooth.



## Volunteering for Your Health!

Volunteering makes an immeasurable difference in the lives of others. But did you know how much you help yourself by giving back? From lowering stress to boosting self-confidence, volunteering offers many health benefits. Start reaping [these mental and physical health benefits](#) today:

1. Decrease your risk of depression.
2. Enjoy a sense of purpose and fulfillment—and increase your self-confidence while you're at it!
3. Stay physically and mentally active. [A study released](#) by Johns Hopkins University in 2009 revealed that volunteers actually increased their brain functioning.
4. Reduce stress levels.
5. Experience "The Happiness Effect." You know that feel-good sense you get after a vigorous workout? It comes from a release of dopamine in the brain. Helping others has that exact same effect!

Source: <http://createthegood.org/articles/volunteeringhealth>

