



MSAD 59's Wellness Corner

March 2022
Nutrition



The policy says:

"MSAD 59 promotes fruits, vegetables, whole grain products, low-fat and fat-free dairy products and staff will be encouraged to model nutritious food choices and eating habits."

Did you know:

Free/reduced lunch forms can be filled out any time there is an income change. Not just at the beginning of the school year. Having these forms filled out accurately from all parents (regardless of need) helps school nutrition program feed more kids and receive more funding.

Move More Kids Program Physical Activity Opportunities For MSAD 59

Tuesday, March 8, 2022

5:00 PM - 6:00 PM

Evening Snowshoe Stroll

Robbins Hill Scenic Overlook
975 S Main Street, Solon



Sunday, March 13, 2022

11:00 AM - 1:00 PM

Cross-Country Ski Meetup

Weston Woods and Waters Trailhead
382-380 Weston Avenue, Madison



Wednesday, March 23, 2022

7:00 PM - 9:00 PM

Moonlight Stroll

Lake George Regional Park
10 Main Street, Canaan



The month of March produce is Beans: Garbanzo Beans Hummus

Ingredients:

- 1 clove garlic
- 1 large lemon
- **1 (15½-ounce) can garbanzo beans**
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper



Optional Ingredients:

- 1 fresh red pepper, or 3 roasted red peppers from a jar
- Pinch ground cumin, ground cayenne pepper, or red pepper flakes

Instructions:

- Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted peppers.
- Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
- In a colander, drain and rinse **garbanzo beans**.
- Add garlic, lemon juice, beans, and remaining ingredients to the blender. If using optional spices, add now. Blend until creamy and well mixed.
- If using, top hummus with minced red pepper.

Nutrition Facts

Serving Size 1/4 cup

Servings Per Recipe 10

Amount Per Serving

Calories 60 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **13%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



SUBSTANCE USE PREVENTION

MARCH 2022

ANSWERING QUESTIONS ABOUT ALCOHOL

As your child becomes curious about alcohol and other drugs, he or she may turn to you for answers and advice. Because some questions can be difficult to answer, it is important to be prepared.

"You drink alcohol, so why can't I?"

Hannaford 2022.jpg

Remind your child that underage drinking is against the law and for good reason. Point out that adults are fully developed mentally and physically, so they can handle drinking. Children's minds and bodies, however, are still growing, so alcohol can have a greater effect on their judgment and health.



For more information: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/answering-your-childs-tough-questions>

TOBACCO-FREE BASEBALL

It's March, and baseball is in the air. The Red Sox started their Spring Training in late February and will open their season at home in historic Fenway Park for the third straight year.

Did you know that Fenway Park is one of 16 tobacco-free Major League Baseball (MLB) stadiums? Most MLB stadiums are entirely tobacco-free, and, as of 2016, the League prohibits all new MLB players from using smokeless tobacco. That's an important step toward protecting youth who idolize professional baseball players and the athletes themselves. Studies show that smokeless tobacco contains at least 28 cancer-causing chemicals. Smokeless tobacco can cause oral, pancreatic, and esophageal cancer and can lead to nicotine addiction.

Show your support for tobacco-free baseball and a tobacco-free Somerset County by making your own Tobacco-Free Baseball Team card!

Join our Tobacco-Free Baseball Team! <https://tobaccofreebaseball.org/cards/>



Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention Services,
Pathways to Recovery, and Patient Navigator