

MSAD 59's Wellness Corner



**February 2023
Limit Unhealthy Choices**



The policy says:

"The District encourages Nutritious foods to be served at classroom parties, celebrations and school sponsored events (including booster clubs) and unhealthy choices will be limited."



**Join Move More Kids & Skowhegan Outdoor on
Titcomb Mountain for Free ski / ski lessons**

Saturday, February 4, 2023

10:00 AM - 2:00 PM

Lift Tickets & Rentals INCLUDED.

Lunch is provided!

**Gear Needed: skis, snowboards, snowshoes,
outdoor gear, ski pants, hats, gloves, jackets, etc.**

Free Transportation at these locations:

First pick-up 8:00 AM Skowhegan

Last drop-off 5:00 PM Skowhegan

~ Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan

~ Athens Community School
8 Fox Hill Road, Athens

~ Moscow Elementary School
125 Canada Road, Moscow

~ Carrabec High School
160 N. Main Street, North Anson

~ Madison Junior High School
205 Main Street, Madison



Find us on Facebook to Register



The month of February produce is Citrus Fruit: Orange Hot Apple Orange Cider



Prep time: 30 minutes **Cook time:** 30 minutes **Makes:** 7 cups

Ingredients:

- 64 fluid ounces 100% apple juice (8 cups)
- 32 fluid ounces water (4 cups)
- 2 oranges
- 12 whole cloves
- 2 allspice peppercorns
- 6 cinnamon sticks

Directions:

- In a 4-quart stock pot, add apple juice, water, **oranges** (cut in half) and all the spices.
- Bring to a boil and simmer for 2 hours.
- Serve hot and enjoy!
- Refrigerate leftovers within 2 hours.

Nutrition Facts

Serving Size 1 Cup (254g)
Servings Per Container 12

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 18g	

Protein 0g

Vitamin A 0% • Vitamin C 80%
Calcium 2% • Iron 2%

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

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4