MSAD 59's Wellness Corner

March 2023 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."

Join Skowhegan Outdoor & Move More Kids
for Open Ski Day at Titcomb Mountain.
Saturday, March 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 Municipal Parking Lot
189 Main Street, Madison

Find us on Facebook to Register

The month of March produce is a bean:
Garbanzo Beans / Chickpeas

Dry Roasted Garbanzo Beans

Prep time: 15 minutes
Cook time: 10 minutes
Makes: 4 cups

Ingredients:

- 2 cans (15 ounce) garbanzo beans
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 teaspoon onion powder
- 1 teaspoon dried parsley flakes
- 2 teaspoons dried dill weed
- Cooking spray

Directions:

- Preheat the oven to 400 degrees.
- Drain garbanzo **beans** in a strainer and rinse with cool water. Shake strainer to help remove water. Dry **beans** with paper towels to prevent "popping" in the oven.
- Mix together salt, pepper, garlic powder, onion powder, parsley and dill weed in a small bowl.
- Lightly spray a rimmed baking sheet with cooking spray. Pour garbanzo **beans** onto a baking sheet and spread in a single layer.
- Lightly spray the tops of beans with cooking spray.
- Sprinkle seasoning mix over the **beans**. Shake pan to help distribute the seasoning and make sure **beans** are in a single layer.
- Place the pan on the lowest rack in the oven. Cook for 30-40 minutes.
- Gently shake and rotate the pan every 10-15 minutes to make sure nothing burns. **Beans** are done when crispy and brown.
- Let cool before serving.

Notes:

- Roasted chickpeas make a great snack and can be added to a salad for extra crunch.
- You can store roasted chickpeas in an
- airtight container for up to two weeks on
- a countertop.

Nutrition Facts
Serving Size 1/2 cup (108g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%
Calcium 4% • Iron 6%

*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

move more kids new balance FOUNDATION
MAINE SNAP-Ed Healthy Eating on a Budget
Somerset Public Health
MAINE PREVENTION SERVICES
Maine Center for Disease Control & Prevention
Department of Health and Human Services

FLIP ME

SUBSTANCE USE PREVENTION

MARCH 2023

NATIONAL DRUG AND ALCOHOL FACTS WEEK®

March 20-26 is National Drug and Alcohol Facts Week (NDAFW).

Here's a fact! Most youth don't use substances. **78% of 8th graders in the US have never consumed alcohol.**

As a parent, you have a strong influence on your child's decision to experiment with alcohol and other drugs.

Use These Five Goals When Talking to Kids about Alcohol and Other Drugs:

- Show you disapprove of underage drinking and other drug misuse
- Show you care about your child's health, wellness, and success
- Show you're a good source of information about alcohol and other drugs
- Show you're paying attention and you'll discourage risky behaviors
- Build your child's skills and strategies for avoiding underage drinking and drug use

TAKE DOWN TOBACCO DAY

Take Down Tobacco Day is March 31, a day when advocates across the country rally together to stand up and speak out against the tobacco industry.

You can get involved by creating your own Take Down Tobacco Power Wall. Be creative and share your personal reasons to #TakeDownTobacco.

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

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