

NUTRITION To Go

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Loaves & Fishes



FOOD PANTRY

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Winter pick-me-ups

It's that time of year when winter drags on and we are ready and waiting for spring which hasn't come fast enough! To get you through until spring, we recommend these winter pick-me-ups!

1. Practice healthy sleep habits
2. Exercise regularly
3. Eat nutritious soups and stews

Es esa época del año en la que el invierno se prolonga y estamos listos y esperando la primavera, que no ha venido suficientemente rápido! Para que pases mas sano hasta la primavera, ¡Recomendamos estas practicas!

1. Practica hábitos de sueño saludables
2. Haz ejercicio con regularidad
3. Come sopas y guisos nutritivos

Sleep your way to healthier habits

On these cold, wet and dreary winter nights, you might find it's easier to nap during the day or get cozy and fall asleep at night. That's not a bad thing! Sleep is so important for overall health and a lack of sleep can actually make it harder to eat healthy and keep a healthy weight. Not getting enough sleep often causes you to crave sweets and high carb snacks more, and makes you feel less satisfied when eating your normal amount of food. Sleep also promotes healthy gut bacteria which you need for healthy digestion.

For healthier sleep, try these tips from sleep expert Matthew Walker from his book Why We Sleep:

1. Stick to a sleep schedule. Go to bed and wake up at the same time each day.
2. Exercise daily, but not later than 2-3 hours before bed.
3. Keep a dark, cool and gadget-free bedroom to promote sleep and prevent distractions.
4. Get outside in the sun for at least 30 minutes a day, ideally in the morning, so your body clock can stay on track.

Sopa Chili Arcoiris

- 1 calabaza verde
- 1 taza batata
- 1 pimienta marron
- 1 cebolla, picada
- 4 clavos de ajo (o 1c. ajo en polvo)
- 1 lata tomate picado
- 1 lata pasta de tomate
- 2 latas frijoles
- 1 lata maíz
- 1C aceite
- 1C chile en polvo
- 1c. comin
- 1/2 c. orégano
- 1/4c. pimienta negra molida
- 1/4c. cayena molida



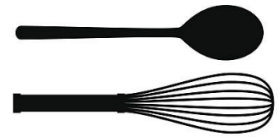
Caliente el aceite en una olla grande a fuego medio-alto. Agregue el calabacín, la alabaza amarilla, el pimienta, la cebolla y el ajo. Saltea hasta que esté tierno (unos 5 minutos). Agregue ingredientes enlatados y reduzca el fuego a fuego lento. Agregue las especias y cocine a fuego lento de 45 a 60 minutos, revolviendo ocasionalmente, hasta que el chile alcance la consistencia deseada.

Soups and stews for a healthier 2024!

On cold winter days, soups and stews might be just what you are craving, and just what the doctor ordered!

If you have a cold or allergies, the warm steam from soups can help clear your nasal passages and soothe your throat. And all the different vegetables and proteins cooked together in soups and stews give you a boost of lots of different vitamins and minerals. This will help support your immune system so you can get well and stay well!

Soups and stews are also inexpensive to make. They are easily made ahead of time and can be stored in the fridge or freezer until you are ready to serve. If you are too busy to prepare meals daily, you will have soup ready when hunger strikes!



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Rainbow Chili

1 zucchini, sliced
1 cup sweet potato
1 red bell pepper
1 onion, diced
4 garlic cloves (or 1 tsp garlic powder)
1 can tomatoes
1 can tomato paste
2 cans beans, rinsed and drained

1 can whole kernel corn
1T canola oil (or similar)
1T chili powder
1 teaspoon cumin
1/2 teaspoon dried oregano
1/4 teaspoon ground
black pepper
1/4 teaspoon cayenne

Heat oil in a large pot over medium-high heat. Stir in zucchini, yellow squash, bell pepper, onions, and garlic. Sauté until tender (about 5 minutes). Add canned ingredients and reduce heat to a simmer. Stir in spices and simmer 45-60 minutes, stirring occasionally, until chili reaches desired consistency.

Hábitos de sueño saludable

El sueño es muy importante para la salud en general y la falta de sueño puede hacer que sea más difícil comer sano y mantener un peso saludable. Para un sueño más saludable, pruebe estos consejos del experto en sueño Matthew Walker de su libro Why We Sleep:

1. Respeta un horario de sueño. Acuéstate y levántate a la misma hora todos los días.
2. Haga ejercicio todos los días, pero a más tardar 2-3 horas antes de acostarse.
3. Mantenga un dormitorio oscuro, fresco y libre de dispositivos para promover el sueño y evitar distracciones.
4. Salga al sol durante al menos 30 minutos al día, idealmente por la mañana, para que su reloj biológico pueda mantenerse en el buen camino.