

DISCOVERING WELLNESS

Important Dates:

- March - National Kidney Month
- March 6th - Employee Appreciation Day
- March 11th - National No Smoking Day
- March 17th - St. Patrick's Day

Membership Spotlight!



Healthy Irish Soda Bread Recipe!

Directions

- Preheat the oven to 375 degrees F.
- Lightly oil a baking sheet, or line it with parchment paper.
- Whisk together the flours, baking soda, sugar and salt in a large bowl.
- Pour buttermilk and raisins in and milk until well combined and there is no more visible flour.
- Shape the dough into a ball and place on the baking sheet.
- Flatten out into a circle about 2 inches thick.
- Transfer the dough to the prepared baking sheet and using a sharp knife, cut 2-3 slashes across the top of the loaf in an 'X' shape.
- Bake for 15 minutes. Remove from the oven to turn the pan around for even baking, also give a good 2-3 second spray of cooking spray over the top of the loaf and place back into the oven for another 15 minutes or so until a toothpick tester comes out clean.
- Cool completely before slicing.



Ingredients



- 1 1/2 C. All-purpose Flour
- 1 1/2 C. Whole Wheat Flour
- 1 1/2 Tsp. Baking Soda
- 4 Tsp. Sugar
- 1 Tsp. Salt
- 1 1/4 C. Fat Free Buttermilk
- 3/4 C. Raisins
- 3-4 Seconds of Cooking Spray

5 Health Tips for the Whole Family

- **Healthy food and drink choices:** Foods with fiber are more filling. Fill half the plate with fruits and veggies, and don't forget whole grains! Regularly drinking sugary drinks cause cavities and excess weight gain, and diseases like diabetes, heart disease, and fatty liver disease. Limit added sugar to less than 25 grams per day.
- **Physical Activity:** Encourage your child to play outside and be active whenever possible. Kids need at least 1 daily hour of physical activity per day.
- **Sleep:** Sleep allows the brain to recharge and process information learned during the day. Sleep is especially important for children's memory, ability to pay attention, and learning. Having a nighttime routine can make it easier to fall asleep at night.
- **Screen time:** No more than 2 hours of screens per day and no screens while eating. This will help kids do better in school, sleep better and choose healthier food options.
- **Stress management:** Everyone gets stressed. Having strategies to cope is important! Try exercise, deep breathing or meditation techniques or using a diary or journal to express yourself.

Quick Healthy Picnic Snacks to Grab and Go

Edamame



Nuts



Boiled Eggs



Yogurt & Berries



Bell Peppers & Guacamole



Apples & Peanut Butter



Cucumber Slices & Hummus



Tomatoes & Mozzarella

