



COLOR YOUR PALATE



CLICK ON
RESOURCES BELOW

**WEEKLY
CHECK-IN FOR
PRIZE**

**THINKER'S DIGEST
RECIPES OF THE
WEEK**

**LEAFY GREEN
RECIPES**

**GET YOUR
VEGGIES AT THE
COUNTY CAFE
WEEKLY
SPECIALS**

THINKER'S DIGEST

We often might not place priority in taking care of our mental health but it is just as important as taking care of our bodies! While we should always talk to our physician about concerns we have regarding our mental health our diet could also be a factor. We are learning that there is a close relationship between the gut and the brain and what we put into our stomach has a huge impact on our mental health. Packing in fruits and veggies, especially leafy greens, promotes good gut health that in turn helps our brain stay sharp!



FEELING DOWN IN THE DUMPS? TRY ADDING SOME DARK LEAFY GREENS, LIKE SPINACH OR **CHARD**. THEY CONTAIN **MAGNESIUM** WHICH CAN INCREASE SEROTONIN LEVELS AND BOOST YOUR MOOD.



DARK LEAFY GREENS CAN ALSO HELP IN YOUR **MEMORY RETRIEVAL** PROCESS BECAUSE THEY ARE AN EXCELLENT SOURCE OF CALCIUM. CALCIUM STRENGTHENS THE NATURAL PATHWAYS OF YOUR BRAIN.



DARK LEAFY GREEN **BENEFITS** ALSO IMPACT OUR APPETITE RESPONSE THROUGH EATING FIBER. WHEN WE EAT FIBER THE HYPOTHALAMUS OF OUR BRAIN ACTIVATES TO CONTROL APPETITE.

EMPLOYEE SPOTLIGHT

"We ate **zoodles** made from green zucchini and yellow squash topped with red tomato sauce, grilled chicken, boiled red potatoes, and a purple smoothie with strawberries, blueberries, and raspberries for desert."

- Andrea Doubek

FOOD FOR THOUGHT

FEELING ANXIOUS OR DOWN? TRY UPPING YOUR PRODUCE INTAKE. ADD ASPARAGUS OR [TOMATOES](#) TO YOUR MEAL FOR AN EXTRA BOOST.

MEAL PREP MONDAY

RE PURPOSING LEFTOVERS

- A GOOD RULE OF THUMB: **REHEAT MEALS** FROM WHERE THEY WERE ORIGINALLY PREPARED AND TRY TO USE THE MICROWAVE AS A LAST RESORT
- EVEN IF YOUR PRODUCE IS PAST IT'S PEAK, YOU CAN OPT TO MAKE A POPSICLE, SMOOTHIE, OR EVEN **PICKLE** YOUR VEGGIES!
- EXTRA VEGGIES? **ADD YOUR VEGETABLES** INTO SOUP, A ROAST, OR A STIR-FRY BEFORE THEY GO BAD!

BUDGET BITES



"The best way to look stylish on a budget is to try bargain hunting" - Orlando Bloom

DO YOU FEEL OVERWHELMED KNOWING THE BEST WAY TO FIND PRODUCE ON A BUDGET? DO YOU WORRY ABOUT BUYING TOO MUCH WHEN IT'S ON SALE AND THEN NOT USING IT BEFORE IT SPOILS? LUCKILY, WE HAVE A FEW TIPS TO HELP YOU STRETCH YOUR DOLLAR AND ADD MORE FRUITS AND VEGGIES TO YOUR SHOPPING LIST:

GO CULTURAL: VISIT YOUR NEIGHBORHOOD MARKET THAT FOCUSES ON INTERNATIONAL FLAVORS. PRICES TEND TO BE CHEAPER AT THESE CULTURALLY DIVERSE VENUES.

SHOP WEDNESDAYS: GROCERY STORES TYPICALLY GET THEIR SHIPMENTS MID-WEEK AND OTHER PRODUCE IS MARKED DOWN.

DISCOUNT BIN: LOOK FOR MARKED DOWN PRODUCE SUCH AS RIPE BANANAS THAT YOU CAN FREEZE AND USE FOR SMOOTHIES OR BAKING LATER.

GO LOCAL: TRY GOING TO FARMERS MARKETS CLOSE TO THE END OF THE DAY WHEN THEY MAY LOWER PRICES ON PRODUCE.

AVOID PRE-PREPARED: PRE-MADE SALADS OR PRE-CUT FRUIT CAN BE CONVENIENT BUT YOU END UP PAYING MORE.

HEALTH TIPS

ARE YOU A VEGGIE HATER?

Many of us like the idea of eating more fruits and veggies – but what if the thought of eating a plate of kale makes us cringe? Whether it's the taste, texture, or just the mental block, veggies consistently prove to be a challenge for children and adults alike. But good news - a few tweaks might help us to become excited to add more to our plate! So how can we overcome our fears and step up to the challenge? Here's a few tips to try out:



Pair It

Add to what you already **love to eat**. Love scrambled eggs? Try adding diced tomatoes and peppers. Tuna sandwich your go-to? Add apples or celery.



Flavor It

Spices, vinegars, citrus, and herbs can really help enhance the flavor of fruits and veggies when done right. **Experiment** with new flavors to see what works!



Try It

It might be that you haven't found a fruit or veggie that you love yet. Try something **new every week** until you find your "gateway" veggie.



FOOD FESTIVITIES