

THE HEART OF GOOD HEALTH

The Center for Family Resources Choice Pantry Newsletter

THE FAMILY
CUPBOARD



EATING A RAINBOW OF FOODS

November 2024

By Sonseeharay Tunis-Roberson, MPH

A well-balanced diet is crucial for maintaining overall health and well-being. It provides the body with essential nutrients, supports immune function, boosts energy levels, and helps prevent chronic diseases.

HEALTHY HABITS CHALLENGE: DAILY HYDRATION

Join Our Healthy Habits Challenge This Month! This November, we're excited to introduce a Healthy Habits Challenge focused on Daily Hydration! Staying hydrated is essential for overall health, affecting everything from energy levels to digestion. Our challenge encourages you to drink more water each day and discover the benefits of proper hydration.

CHALLENGE GOAL: Aim to drink at least 8 cups (64 ounces) of water daily.

TIPS TO HELP YOU SUCCEED:

- 1. Start Your Day with Water** - Begin each morning with a glass of water to kickstart your hydration.
- 2. Carry a Reusable Water Bottle:** Keep a water bottle with you throughout the day to make it easier to track your intake.
- 3. Set Reminders:** Use your phone or sticky notes as reminders to drink water regularly.
- 4. Flavor It Up:** If plain water isn't your favorite, try infusing it with fruits, herbs, or cucumber for a refreshing twist.
- 5. Hydration Tracker:** Keep a journal or use a hydration app to track your daily water intake and celebrate your progress!
- 6. Share Your Journey!** We want to hear from you! Share your daily water intake, tips, and any creative ways you've found to stay hydrated. Send us your stories or pictures, and we'll feature some in our next newsletter. Let's inspire each other to make hydration a fun and healthy habit! Remember, staying hydrated not only supports your physical health but can also boost your mood and cognitive function. Are you ready to take on the challenge? **Let's do this together!**

One effective way to ensure a diverse intake of nutrients is by "eating the rainbow," which means incorporating a variety of colorful fruits and vegetables into your meals. Each color in fruits and vegetables represents different nutrients and antioxidants. For example, red foods like tomatoes and strawberries are rich in lycopene and vitamin C, promoting heart health. Orange and yellow foods, such as carrots and citrus fruits, provide beta-carotene and vitamin C, supporting vision and skin health. Green vegetables, like spinach and broccoli, are packed with vitamins K and E, which are vital for bone and immune health. Blue and purple foods, like blueberries and eggplants, contain anthocyanins, which are known for their anti-inflammatory properties.

By eating a rainbow of foods, you ensure your body receives a broad spectrum of nutrients, helping to enhance mood, improve digestion, and reduce the risk of disease. Embracing a colorful plate is not only visually appealing but also a delicious way to nourish your body and support long-term health.

MEET SONSEE HARAY TUNIS-ROBERSON

Hi, my name is Sonseeharay Tunis-Roberson, and I am The Family Cupboard Choice Pantry and Volunteer Manager here at The Center for Family Resources. I love sharing health-based education and healthy recipes!



Stay tuned for tasty [from scratch] recipes and health articles that will provide valuable insights and tips to support your wellness journey!

FOOD OF THE MONTH "SWEET POTATOES"



November is the perfect time to highlight **sweet potatoes**, a nutritious and versatile root vegetable that shines in autumn dishes.

HEALTH BENEFITS:

- **Rich in Nutrients:** Sweet potatoes are packed with vitamins A, C, and B6, as well as potassium and dietary fiber. They are particularly famous for their high beta-carotene content, which supports eye health and immune function.
- **Antioxidant Properties:** The vibrant orange color indicates a wealth of antioxidants, which help fight free radicals in the body, reducing inflammation and promoting overall health.
- **Blood Sugar Regulation:** Despite their sweetness, sweet potatoes have a low glycemic index, making them a great option for maintaining stable blood sugar levels.

STORAGE TIPS:

- **Cool, Dark Place:** Store sweet potatoes in a cool, dark, and well-ventilated area, such as a pantry. Avoid refrigeration, as cold temperatures can alter their flavor and texture.
- **Check for Spoilage:** Regularly check for any signs of spoilage, like softness or sprouting, and use them before they go bad.

FUN FACTS:

- **Versatile Culinary Uses:** Sweet potatoes can be baked, mashed, roasted, or even blended into smoothies! They pair well with both sweet and savory flavors.
- **Cultural Significance:** Cultivated for thousands of years, sweet potatoes are a staple in many cuisines worldwide, including American Thanksgiving, Caribbean & Asian meals.
- **Different Varieties:** While orange-fleshed sweet potatoes are the most common, there are also purple, yellow, and white varieties, each offering unique flavors and nutritional benefits. Incorporating sweet potatoes into your meals this November not only enhances your dishes but also boosts your health. Enjoy them roasted, in soups, or as a delicious side to your holiday feasts!

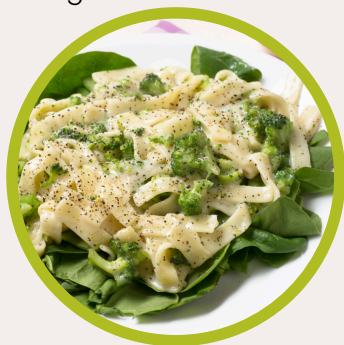
CLIENT RECIPE OF THE MONTH

Chicken Alfredo w/a Twist!

INGREDIENTS:

- 3 Chicken Breast (no skin, no bones) cut into 1/2-inch pieces
- 2 Jars of any flavor Alfredo Sauce
- 2 oz cut mushrooms in a can
- 1 thawed bag of frozen cut spinach
- 2 tablespoons of Worcestershire Sauce
- 1 tablespoon of butter, margarine, or olive oil.
- Box of Noodles/Pasta
- Spices Curry powder, Garlic powder, Italian seasoning, salt and pepper

Instructions: 1. Begin with boiling a pot of water and cook noodles as normal, then drain and put aside. 2. While noodles are cooking, in a frying pan melt or heat up butter, margarine, or olive oil. 3. Place chicken in the pan and add spices. 4. Stir, making sure the spices cover all the chicken. Add the Worcestershire sauce and stir. Cook for about 2-4 minutes, stirring 2-3 times.



5. Add spinach and mushrooms to the pan while continuing to fry the chicken. Be sure to mix well so the flavors will come together. Cook for about 5-7 mins. 6. Combine Alfredo sauce, noodles, and chicken together in pan to warm the Alfredo sauce. 7. Sit back and enjoy!!

If you have a recipe to share, contact Sonseeharaytunis-roberson@thecfr.org.

IMPORTANT REMINDERS!

The Family Cupboard Choice Pantry will be closed Nov. 19-29.

The Center for Family Resources will be closed for the Thanksgiving holiday Nov. 28-29.



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