

Mental Well-Being

Take care of your body and your mind. We know that the food we eat affects our body but it may have even more of an influence on how the brain works, more specifically; it's general tone, level of energy and how it handles its tasks. Mood, motivation and mental performance are powerfully influenced by diet. The brain is an extremely metabolically active organ, making it a very hungry one, and a picky eater at that. It's becoming pretty clear in research labs around the country that the right food, or the natural neurochemicals that they contain, can enhance mental capabilities. For example, certain foods may help you to concentrate, tune sensorimotor skills, keep you motivated, magnify memory, speed reaction times, defuse stress and perhaps even prevent brain aging. Keep your body fit with exercise and feed it with healthy fuel, such as lean proteins, plenty of fresh vegetables and fruits and whole grains.

Cooking Lesson... BLUEBERRY BARS

Ingredients:

3/4 cup blueberry jam
1 cup flour
1 cup rolled oats
1/2 cup butter
1/3 cup light brown sugar, softened
1/4 tsp. baking powder
1/8 tsp salt

Directions:

Preheat the oven to 375°. Mix all ingredients, except the blueberry jam, in a large bowl. Once the mixture is blended well, place half of it into an 8x8 pan. Press the mixture down into the pan and even out. Now add the blueberry Jam to the other half of the mixture in the bowl and mix thoroughly. Once the remaining mixture is blended, pour it over the top of the mixture in the pan. Bake for 25 minutes then, let cool for 15 minutes. Cut into squares and enjoy!



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Produce of the Month

Oranges are known for being very high in vitamin C and keeping your immune system strong. One orange has all the vitamin C you need in one day! Eating a whole orange is smarter than just having the juice. Make sure to eat the pulp; it is where you'll find fiber and the most nutrients.



Activity of the Month

Sledding is a fun activity that allows you to get exercise while having fun. There is nothing more exciting in the winter than flying down a hill at top speed. It's even more fun if you go with your friends and family! Just remember to watch out for other sledgers on their way down! Enjoy.