

shop. cook. eat.

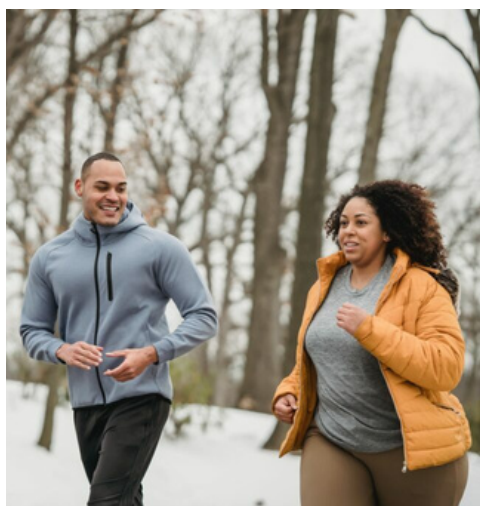
WITHIN YOUR BUDGET

January-March 2025

Issue 29

Winter Wellness

As the temperatures drop and the days get shorter, it's important to take extra care of your health and well-being. Winter can be a challenging time, but with a few simple tips and practices, you can stay feeling your best.



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Healthy Food. Healthy Moves. Healthy YOU.



Your Guide to Staying Healthy and Happy during winter!



SHOP: Buys to Boost Your Body

During the winter, when germs are more prevalent, it's important to keep your immune system strong. Consider stocking up on these food items to keep your immune system strong during the winter.



Citrus Fruits- Oranges, lemons, limes, grapefruits - Rich in Vitamin C, which supports white blood cell production.



Leafy Greens- Spinach, kale, collard greens - Packed with vitamins A, C, and E, antioxidants, and minerals.



Garlic- Contains compounds that may enhance immune system activity. Add to soups, stir-fries, or roast it.



Ginger- Has anti-inflammatory properties that can aid in reducing inflammation. Use fresh or dried in teas, stir-fries, or ginger snaps.



Turmeric- Contains curcumin, a powerful antioxidant with anti-inflammatory properties. Add to curries, soups, or smoothies.



Yogurt- Probiotic-rich foods that support gut health, a crucial part of the immune system. Choose plain, unsweetened varieties.



Nuts and Seeds- Almonds, walnuts, sunflower seeds, pumpkin seeds are good sources of vitamin E and healthy fats.



Berries- Blueberries, strawberries, raspberries are rich in antioxidants.



Sweet Potatoes- Excellent source of vitamin A, which supports immune function.



Poultry- Chicken and turkey are good sources of protein and zinc, which are essential for a healthy immune system.

Source: Adapted from <https://lenoir.ces.ncsu.edu/2020/03/foods-and-recipes-to-boost-your-immune-system/?src=rss>

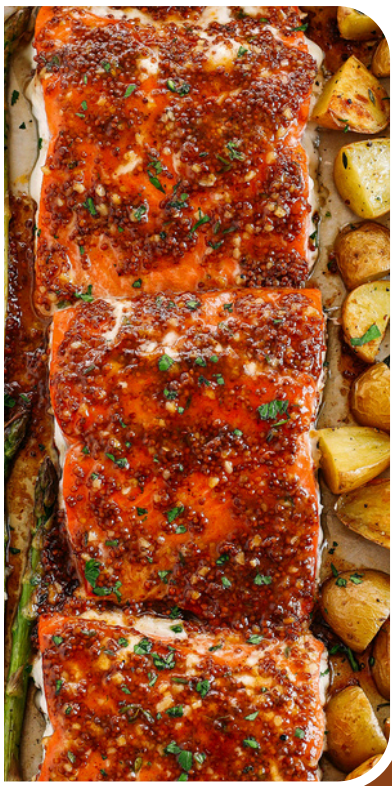


Give Your Body a Boost! *Keeping your immune system strong is one of the best ways to prevent winter colds and flu.*



COOK: Nourishing Your Body

Your body needs extra nutrients to stay healthy during the winter. Try making this powerful immune support pairing recipe this winter!



MUSTARD-MAPLE SALMON

WHAT YOU NEED:

- 1 lb carrots, peeled
- 2 tbsp olive oil
- 4 (6 oz) salmon fillets
- 2 tbsp grainy Dijon mustard
- 2 tbsp maple syrup
- 3 tbsp chopped dill, divide

WHAT TO DO:

1. Clean kitchen surfaces before, during, and immediately after use when preparing food. Wash hands with soap and water for at least 20 seconds.
2. Rinse and dry all produce before use.
3. Preheat oven to 400 degrees.
4. On a large sheet pan, add cut carrots and salmon.
5. Brush on the Dijon mustard, maple syrup and dill mixture on top of the salmon.
6. Bake for 20 minutes.
7. Serve and enjoy!

WINTER RECIPES

SOURCE: <https://fruitsandveggies.org/recipes/sheet-pan-mustard-maple-salmon/>



EAT: Focus on Balance

Focusing on immune-boosting foods during colder months, can provide our bodies with the essential nutrients they need to fight off infections and stay healthy. Consider these tips for keeping your immune system strong this winter.



Embrace Seasonal Produce: Opt for in-season fruits and vegetables like root vegetables (carrots, sweet potatoes, beets), citrus fruits, and leafy greens. They're often more flavorful and packed with nutrients.



Warm Soups and Stews: These are comforting and easy to make in bulk. Load them with vegetables, lean protein (chicken, beans, lentils), and whole grains for a complete meal.



Healthy Comfort Foods: Don't completely deprive yourself of comfort foods! Make healthier versions of your favorites. Try baked sweet potato fries instead of fried, or a lentil soup instead of a heavy cream-based one.



Hydration is Key: It's easy to forget to drink enough water in the winter. Carry a water bottle throughout the day and sip on warm herbal teas.



Mindful Eating: Pay attention to your hunger and fullness cues. Avoid distractions while eating and savor each bite.



Don't Fear the Fat: Include healthy fats in your diet, such as those found in nuts, seeds, avocados, and olive oil. They help you feel full and can support overall health.

Source: Adapted from <https://hgic.clemson.edu/winter-wellness/>



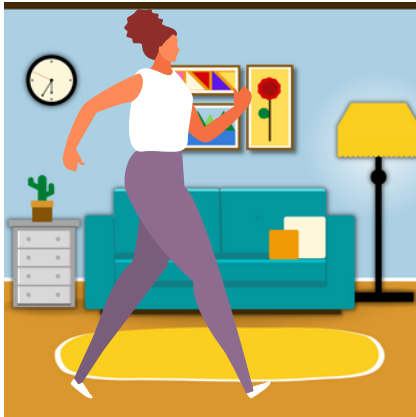
Calculate Your Plate: The MyPlate Plan shows you what and how much to eat from the food groups over the course of a day. Scan the QR Code to calculate your plate.





MOVE: Winter Workout

When the weather is cold and damp, it becomes hard to get motivated to get up and go outside. Good news is, there are several ways to exercise indoors without spending a lot of money and still gets your heart rate up!



Walk around your home or walk around an indoor public space. To pass the time, listen to music or audiobooks.



Do active household chores. Walk around while you put things away, vacuum, stand while folding laundry, dust on high and low shelves, etc.



Stretch. Stretching is good for your muscles! Try touching your toes or doing hamstring stretches.

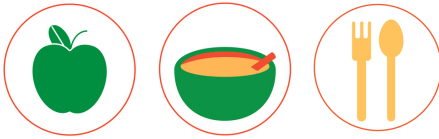


Put on music and have a dance party. This can be a fun activity for the whole family! Make sure you have enough space to move around freely.

Source: Adapted from <https://eat-move-save.extension.illinois.edu/blog/10-ideas-be-active-indoors>



Remember, it's important to be patient with yourself and find what works best for you. By incorporating these tips into your daily routine, you can improve your energy levels and enjoy the winter season more fully.



ACTIVATE: Keep Moving

Staying physically active can be hard during colder months. Checkout these helpful resources to help you stay energized and active not only during winter, but all year long.



Get Moving with Walk With Ease! Walk With Ease is an exercise program that can reduce pain and improve overall health. If you are hoping to become more active, regardless of your current fitness level and mobility, Walk With Ease is for you!



LET'S GET MOVING! Move along with the TSU Davidson County Community Nutrition Education Agent, Angela Settles, as she shows you different ways to move more while at home.



Walk Across the 1890s: Join us as we Walk Across the 1890s! This walking initiative encourages you to make an individual or group goal to move more throughout the course of 10 weeks. Registration begins February 10th! [Join the Facebook Group](#) to get the latest updates!

Contact your local TSU County Educator for Nutrition Education classes near you!

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