

Nutrition

NIBBLES



Eat Nutritiously to Help Combat the Flu Season!

As winter begins, remember to eat healthy to avoid getting sick! Having healthy dietary patterns can help our immune system to combat these prevalent diseases such as the flu and cold.

Tips for staying healthy during winter:

- **Consume Key Nutrients for Immune Support:** Vitamins C and E are antioxidants that support immune cells. Vitamin C reduces the duration of colds, and Vitamin E protects cells from damage. Vitamin A is known for its role in maintaining mucosal surfaces intact, keeping the body's first line of defense strong. Protein helps build antibodies to fight infections.
- **Avoid Ultra-Processed Foods:** Primarily ultra-processed foods lack many nutrients and can negatively affect a healthy immune system. This is why it is important to consume an appropriate number of nutritious foods daily to prepare us for combat!
- **Stay hydrated:** Drinking plenty of water throughout the day helps keep immune cells functioning at their highest potential and supports detoxification processes in the body.
- **Manage-stress:** High stress levels can weaken the immune system. Find ways to relax and de-stress such as through meditation, exercise, or spending time with loved ones.
- **Prioritize sleep:** Quality sleep helps the body recover and repair, keeping high immunity. Aim for seven to eight hours of sleep.
- **Be active:** Don't let the cold slow you down—staying active boosts your circulation, strengthens your immune system, and maintains your energy levels! You can do at-home exercises, such as using YouTube exercise videos, dancing, yoga, Pilates etc.!
- **Enjoy:** Food should be enjoyable and more so when it is shared with those we love! So, do your best to incorporate healthy fruits and vegetables and enjoy everything in moderation!

LET'S GET MOVIN'

Jumpstart January!

Start the new year by incorporating movement minutes! Commit to 10 minutes of intentional movement daily; this can be dancing, a quick cardio session, or yoga. The key is to build this simple habit to set the tone for an active 2025

Step Up to the New Year:

- Week 1: Set a daily goal of 5,000 steps
- Week 2: Add 1,000 more steps
- Week 3: Add a 15-minute brisk walk
- Week 4: Add another 1,000 steps

Celebrate your progress and keep the habit going!



HARVEST OF THE MONTH: SWEET POTATOES



Produce Tips:

- Choose sweet potatoes that are firm, with smooth skin, free of cracks, bruises, or soft spots.
- Choose smaller to medium-sized sweet potatoes for a much sweeter flavor and creamier texture.

Storage Tips:

- Store sweet potatoes in a cool, dry, and dark place such as a pantry or cupboard. Storing them in the refrigerator can alter their flavor and texture.
- Keep them in a breathable bag to prevent moisture buildup, such as a mesh or paper bag.
- Proper storage of sweet potatoes can help them last up to two to three weeks.

Healthy Serving Ideas

Sweet potatoes are rich in vitamin A, vitamin C, potassium, and fiber. They are an excellent source for immune function support and maintaining healthy skin and vision during the winter months.

- **Roasted Sweet Potatoes:** Dice sweet potatoes into cubes, toss with some olive oil, salt, pepper, paprika, other favorite spices, and roast at 400°F for 25-30 minutes.
- **Sweet Potato Fries:** Slice sweet potatoes into wedges or thin sticks, toss with some olive oil and your favorite spices, such as garlic powder, paprika, or cinnamon, and bake until crispy. You can even use an air fryer! Serve as a side dish or snack.
- **Sweet Potato Soup:** Blend roasted sweet potatoes with vegetable or chicken broth. Add coconut milk and spices, such as ginger, nutmeg, and cinnamon for a warming creamy soup, perfect for the winter.

Recipe Highlight: Roasted Sweet Potatoes



Ingredients:

- 2 large, sweet potatoes, peeled (optional) and diced into 1-inch cubes
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon ground cinnamon (optional, for a sweet touch)
- ½ teaspoon salt
- ¼ teaspoon black pepper

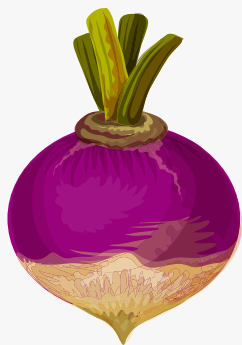
Instructions:

1. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper for easy cleanup.
2. Place the diced sweet potatoes in a large mixing bowl. Drizzle with olive oil and spices. until evenly coated.
3. Spread the seasoned sweet potatoes in a single layer on the prepared baking sheet, making sure the pieces aren't touching (this helps them roast evenly and get crispy edges).
4. Roast the sweet potatoes in the oven for 25–30 minutes, flipping halfway through to ensure even cooking.
5. Remove from the oven and serve hot.

Tips:

- For extra crispiness, turn on the broiler for the last 2–3 minutes of roasting
- Add fresh herbs like parsley or rosemary after roasting for added flavor and garnish

JANUARY SEASONAL PRODUCE



Rutabaga



Herbs



Bokchoy



Spinach



Apples



Collards



Peanuts



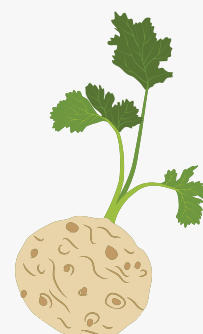
Carrots



Brussel
Sprouts



Sweet
Potatoes



Celery
Root

KIDS CORNER



I have apples.



Nate has peas.



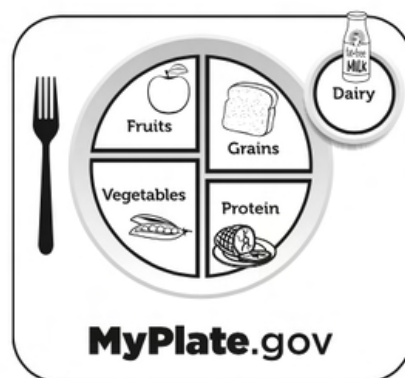
He has ham.



Kate has bread.



She has milk.



We have five food groups.



We have lunch.



We have fun.

SNAP Corner

SNAP provides monetary assistance to supplement the food budget of households that meet the financial and resource requirements.



Foods Available under SNAP:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals
- Other foods such as snack foods and non-alcoholic beverages
- Seeds and plants, which produce food for the household to eat



Scan for more info about SNAP

For questions or assistance, call (336) 422-7758 or email fnsoutreach@secondharvestnwc.org