

Arbor Nutrition News

January 2021

Mood Busters During Quarantine

As humans we like to be social, so being socially distanced or isolated might be a little difficult. If you have to be quarantined or can't see your friends and family members like you usually do, there are still things you can do to feel connected to help increase your mood.

Send Mail-Who doesn't love getting something in the mail? Sending a hand written letter, a drawing, or a craft to someone, would definitely boost someone's mood, especially a Grandparent!



Stay Active-Even short periods of physical activity can be beneficial. Bundle up and get outside, take a walk or do some yard work. Try exercising indoors, something as simple as sit-ups or pushups can be beneficial too!



Manage Screen Time-It is good to unplug and connect with nature. Taking a break from the news or internet ads that may be upsetting or unrealistic. Consider instead: reading, playing cards, or puzzles with family members.

Mental Health Check-Call a friend you haven't talked to in a while to lift your spirits, rather than just sending a text. Talk it out and be a good listener.

Meditating -Address stress by using relaxation techniques of mediation. Meditation affects the body in exactly the opposite way of stress. As little as 10 minutes a day can make a difference.



Nutrition Spotlight-Vitamin K

Vitamin K is a fat soluble vitamin that plays a role in clotting your blood and prevents excessive bleeding. It also supports strong bones and improves bone density. You can find Vitamin K mostly in leafy greens such as spinach or kale.



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January is National Soup Month

PASTA E FAGIOLI

INGREDIENTS

2 tbsp. extra-virgin olive oil
1/2 lb. spicy (or sweet) Italian sausage
1 medium yellow onion, finely chopped
2 medium carrots, peeled and finely chopped
2 stalks celery, finely chopped
3 cloves garlic, minced
kosher salt
Freshly ground black pepper
2 (15-oz.) cans great northern beans
1 (15-oz.) can diced tomatoes
4 c. chicken broth
2 sprigs rosemary, leaves finely chopped
1 1/2 c. ditalini pasta (or other small shape)
Freshly grated parmesan, for garnish
Freshly chopped parsley, for garnish



In a large, deep pot over medium heat, heat oil. Add sausage and cook, breaking up with a wooden spoon, until cooked through, about 5 minutes. Stir in onion, carrots, and celery and cook until slightly softened, about 5 minutes.

Add garlic and cook until fragrant, 1 minute more. Season with salt and pepper, then add in beans (with their liquid), diced tomatoes, chicken broth, and rosemary. Bring to a boil, then stir in ditalini. Reduce heat to medium and cook until pasta is al dente, about 8 minutes. Taste and adjust seasoning if necessary. Serve in bowls garnished with parmesan and parsley.

<https://www.delish.com/cooking/recipe-ideas/recipes/a54687/easy-pasta-fagioli-recipe/>

Free Meals Available!

**For ALL Children 18 and Under
Through June 30th!**

**Check with Your School District for
More Information**

