Stay Healthy this Holiday Season

Keep your immune system strong this Fall and Winter by consuming nutrient-rich foods and engaging in healthy lifestyle behaviors!

Immune-Boosting Nutrients as identified by the Academy of Nutrition and Dietetics:

- **Beta Carotene** is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli, and tomatoes.
- **Vitamin C**-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers, and broccoli.
- **Vitamin D** is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- **Zinc** tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts, and tofu.
- **Probiotics** are “good” bacteria that promote health. They can be found in cultured dairy products such as yogurt and in fermented foods such as kimchi.
- **Protein** comes from both and plant-based sources, such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans, and lentils.

Healthy Behaviors

- **Physical Activity**: 60 minutes/day (children/adolescents)
- **Eat a well-balanced diet** and be consistent with your eating schedule: 5-7 servings of fruit and veggies/day
- **Sleep**: Seven to nine hours is recommended each day for adults, and children need eight to 14 hours, depending on their age
- **Combat Stress**: Practices such as, meditation, journaling, listening to music, exercise, getting organized and prioritizing your schedule
- **Healthy Hygiene**: Wash your hands before and after meals

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**“We Want Meatless Mondays!”**

Students speak to Shoreline School District Food Director, Jessica Finger, RD

Students at Lake Forest Park Elementary School are petitioning for Meatless Mondays to combat climate change. This proposal would impact 10 elementary schools and 5k students in the Shoreline School District if implemented.

What does the District already do?
- Vegetarian entrée option available daily

**VEGAN OPTIONS ARE AVAILABLE!**

- Dr. Praeger’s Vegan Patty
- Vegan Protein Pack: Homemade hummus, carrots, pretzels & sunflower seeds
- Sesame Tofu and Edamame Noodle Bowl
- Pho (available Tuesday’s at both HS’s)

*All LUNCH CARDS WORK AT ALL LUNCH WINDOWS!*
The Power of Antioxidants

Our bodies are built to thrive! They produce their own antioxidants (to which I have aptly named ‘Superheroes’ these are known as endogenous (made inside our bodies) antioxidants, to combat the impact of free radicals. Free radicals (I call ‘Villains’) or ROS (Reactive Oxygen Species), are unstable molecules, because they have an unpaired electron. These ‘villains’ are produced by our bodies daily i.e. breathing, metabolism. Free radicals are also acquired through our environments.

CAROTENOIDS
- Most common types:
  - Beta-carotene
  - Lycopene
  - Lutein

Types of foods that contain carotenoids (most commonly whole foods that are orange, yellow and red in color) and some dark leafy veggies.
- Tomatoes
- Carrots
- Spinach
- Brussels sprouts
- Sweet potatoes/Yams
- Winter squash
- Broccoli

VITAMIN E
- Helps protect body from cell damage that can lead to cancer, heart disease and cataracts.
- Works best with Vitamin C to offer protection from chronic diseases.
- Vitamin E is typically found in vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts and peanut butter.
- Pumpkin seeds oil
- Sunflower seeds
- Almonds
- Avocado
- Spinach

Prolonged exposure to environmental toxins, ultraviolet rays and stress can increase levels of free radicals in our bodies, superseding our bodies production of antioxidants which can lead to oxidative stress. Over time oxidative stress can contribute to severe health repercussions such as: cardiovascular disease, cancer, diabetes, and neurodegenerative diseases (dementia, Alzheimer's). Luckily, our bodies are built to thrive! By consuming a well-balanced daily diet of fruits, vegetables, legumes/nuts/seeds and whole grains, we can increase our arsenal of ‘superheroes’ and fight off those pesky ‘villains’.

By Erika Stowe-Madison

VITAMIN C
- Vitamin C is most prolific Antioxidant. protecting your body from infection and damage to body cells.
- Helps produce collagen (the connective tissue that holds bones and muscles together)
- Promotes the absorption of iron and folate.
- Vitamin C is typically found in citrus fruit, along with other fruits and leafy greens
- Kale
- Kiwi
- Orange, lemon, lime, grapefruit
- Tomatoes
- Broccoli
**INGREDIENTS**

**Chocolate Base:**
- 1 Cup Dark Choco Chips
- 2 ½ Tbs Coconut Oil
- 1/4 Cup Canned Coconut Milk

**Matcha Drizzle:**
- 1/2 Cup Canned Coconut Milk
- 2 Tsp. Matcha Powder
- 2 Tsp. Coconut Oil

**Pumpkin Seeds:**
- 1 Tsp Coconut Oil
- 1 Cup Pumpkin Seeds

**Toppings:**
- 1/4 Cup Unsweetened Coconut Flakes

**DIRECTIONS**

1. Line large baking sheet with parchment paper/silicone baking mat.
2. Using a double boiler, melt choco chips and coconut oil, stir in coconut milk.
3. In a separate small bowl, whisk matcha drizzle ingredients
4. In a medium frying pan, add coconut oil and coat bottom. Add pumpkin seeds. Toast on stove for 10-15 minutes until they begin to turn golden brown and make a popping noise. Add the pumpkin seeds to choco mixture.
5. Pour choco and pumpkin seed mixture onto prepared baking dish, spreading with a rubber spatula into a smooth layer.
6. Drizzle matcha mixture over the base. Sprinkle coconut flakes over the top. Transfer into freezer to set for 30-45 minutes.
7. Cut into triangles and serve directly!

**Antioxidant Rich:**
- Squash contain carotenoids, Pomegranates contain Vitamin C as do onions and garlic
- Pumpkin Seeds contain Vitamin E, Matcha contains catechins (antioxidants) and Cocoa contains flavonoids (antioxidants).

**Healthy Fat:**
- Coconut milk/cream contain MCT’s which are medium chain triglycerides and are easily digested and absorbed without the use/need of the pancreas.
Go Green This Holiday Season

The Facts About the Health of the Environment:

• 8,000 tons of wrapping paper are used during the holidays each year, equating to roughly 50,000 trees.
• The 2.65 billion holiday cards sold each year in the U.S. could fill a football field 10 stories high.
• Household waste increases by more than 25% from Thanksgiving to New Year’s.
• Added food waste, shopping bags, packaging, wrapping paper, bows and ribbons add up to an additional 1 million tons of trash going into landfills each week.
• On average, food travels 1,500 miles from farm to plate.

Solutions:

• Drive less. If each family reduced holiday gasoline consumption by one gallon, or opted to drive 20 miles less, greenhouse gas emissions could be reduced by one million tons.
• Reduce energy use by purchasing LED holiday lights. LED bulbs use up to 95% less energy than traditional holiday lighting.
• Opt for ground shipping for online purchases. Ground shipping uses less fuel than air transport.
• Recycle wrapping paper. Each ton of mixed paper that is recycled can save the energy equivalent of 185 gallons of gasoline.
• Avoid accumulating plastic shopping bags by leaving canvas or paper bags in your car to use on shopping trips.
• Send e-cards or recycled cards.
• Decorate with natural, biodegradable items like cranberries, popcorn and live flowers and greenery.
• Look for holiday tree composting drop-off locations in your neighborhood.
• Cut back on waste by utilizing reusable glassware, flatware, dishware, table coverings and napkins.
• Provide containers for recycling aluminum and glass beverage bottles and cans.
• Serve organic or locally grown foods and prepare only as much food as needed.

Let’s Have Some Fun!

DIY Craft Idea:
Make your own wrapping paper!

https://www.handmadecharlotte.com/diy-roller-printing-tutorial/
### October 2019:

**National Hispanic Heritage Month (September 15-October 15)**

<table>
<thead>
<tr>
<th>10/5 Saturday</th>
<th>10/12 Saturday</th>
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<tbody>
<tr>
<td>- Monster Mash Dash 5k (8am)</td>
<td>- Homecoming Dance (8-11pm) Shorecrest HS</td>
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<tr>
<td>- Shoreline Farmers Market (Last Day!)</td>
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<tr>
<td>- Museum of Un-Natural History Art Opening (5-9pm) Shoreline City Hall</td>
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<thead>
<tr>
<th>10/18 Friday</th>
<th>10/19 Saturday</th>
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<tbody>
<tr>
<td>- Hamlin Halloween Haunt (6-8:30 pm) Free event Spooky songs and stories, hay wagon, games and face painting, Dress warm and bring a flashlight-Hamlin Park</td>
<td>- Homecoming Dance (8-11pm) Shorewood HS</td>
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### November 2019:

<table>
<thead>
<tr>
<th>11/5 Thursday</th>
<th>11/11 Monday</th>
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<tbody>
<tr>
<td>- Election Day (Go Vote!)</td>
<td>- Veteran’s Day (No School)</td>
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<thead>
<tr>
<th>11/23 Saturday</th>
<th>11/28 Thursday</th>
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<tbody>
<tr>
<td>- Holiday Crafts Market (9:00am-4:00pm) Spartan Recreation Center (206) 801-2600</td>
<td>- Turkey Trot - Thanksgiving Day (No School)</td>
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<table>
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<tr>
<th>11/29 Friday</th>
<th>Native American Heritage Day (No School)</th>
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### December 2019:

<table>
<thead>
<tr>
<th>12/1-12/5; 12/9-12/14</th>
<th>12/7 Saturday</th>
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<tbody>
<tr>
<td>- Holiday Basket Drive Shorecrest High School</td>
<td>- Breakfast with Santa (9am and 10:45) Shoreline Senior Center (206) 801-2600</td>
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<table>
<thead>
<tr>
<th>12/11 Wednesday</th>
<th>12/23-1/3/2020</th>
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<tbody>
<tr>
<td>- Agrosy X-Mas Ship Visit (7:30am-9pm) Richmond Beach Saltwater Park</td>
<td>- Winter Holiday (No School)</td>
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# Upcoming Events

## January 2020:

<table>
<thead>
<tr>
<th>1/6 Monday</th>
<th>1/20 Monday</th>
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<tbody>
<tr>
<td>School back in Session</td>
<td>MLK Jr. Day (No School)</td>
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<table>
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<tr>
<th>1/25 Saturday</th>
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<tbody>
<tr>
<td>Hoopapalooza (Shorewood HS)</td>
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<tr>
<td>Kinderfest (10am-12pm) Shoreline Center</td>
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## February 2020:

| 2/18-2/21 | Mid-Winter Break (No School) |

## March 2020:

<table>
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<tr>
<th>3/19 Thursday</th>
<th>3/27-3/29</th>
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<tr>
<td>LGBTQ &amp; Allies Potluck Dinner (5:30-7:30pm) Shoreline Center</td>
<td>Kellogg Musical (7-9pm) Shorecrest Theater</td>
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Get outside and play this Winter!
### FALL FEST SPOOKY MEAL → October 31st

- Crispy Bat Wings (Crunchy Chicken Drumsticks)
- Spider-Web Waffles (Dutch Waffle w/ Drizzle of Chocolate Syrup)
- Eeek! (Orange Creamsicle Frozen Fruit Sorbet Cup)

### THANKSGIVING CELEBRATION LUNCH → Nov. 26th

- Turkey Mac N’ Cheese
- Garlic Toast
- Pumpkin Bread

### DECEMBER HOLIDAY SPECIAL → Dec. 17th

- Whole Grain Gingerbread Cookie w/ Each Meal

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**REFERENCES**

