



NUTRITION NEWS

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STUDENT NUTRITION
DEPARTMENT

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Food for Thought

Alright, who is still going strong with their New Year's resolutions? Are you the type to set any for the New Year or are you the kind who views them as only things to break and so don't set any at all?

Well either way, we as humans are programmed to always want more, whether that be in future goals, plans, material items, and so on. That is what makes life so fulfilling. So here are some encouraging words to help keep the motivation going strong, or to otherwise give some inspiration:

"One year from now, you won't care that it took you three, six, nine, or twelve months to reach your goal. Instead, you'll be glad you took the time to develop skills, habits, and a mindset that you will take with you for the rest of your life."

"Imperfect action beats inaction. Doing anything at all, even if you don't feel "ready," will move you in the right direction. You will not always be motivated, but taking action starts the process of building momentum. It is not supposed to be easy, but it is made easier by focusing on what you can control right now."



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SHOPPING HEALTHY ON A BUDGET

It is no secret the price increase on everything from basic needs, gas, to recreational expenditures has all sky rocketed. Any joy there may have been when grocery shopping is drained when you go to check out and you're met with an amount that is too much for what seems like so little. So let's talk how to get the most bang for your buck and some simple tips on how and where you can save!

Tip #1: Shop your pantry, fridge, and freezer first. Maybe you already know or do this, but this is a good reminder to take note of all the inventory you already have in your household before you make a trip to the grocery store. A lot of times you don't realize everything you have and end up buying more of something you don't really need. See what items and ingredients you have on hand, and then plan your meals around that inventory, instead of planning new meals and buying new ingredients to accommodate them.

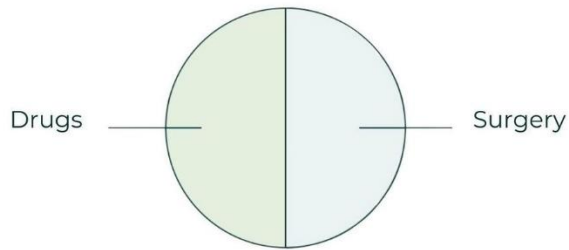
Tip #2: Purchase and prepare in bulk and then freeze and save. Buying in bulk helps get you more bang for your buck for sure, but you also want to be mindful of waste. When buying larger quantities of food, knowing how to store produce properly will help eliminate waste and also save time and energy later on. For example, if you buy leafy greens and know you're not going to make use of all the servings, simply wrap them in a damp paper towel to keep the freshness, or store in a Ziploc bag and freeze for a smoothie or stew for another time. Storing fresh fruits and veggies in mason jars after washing, also helps keep produce longer. Check your fridge at the end of the week and the produce that's not looking their best, but still salvageable, chop up and freeze for a soup on a cold day. Meats bought in bulk that you know you're not going to use all of in one sitting, like ground turkey or beef say from tacos or pasta day, instead of cooking all of it and putting it in a container and throwing it in the fridge to be forgotten, shape the meat into burger patties and wrap them and store in the freezer for burgers at a later date.

Tip #3: Buy in season and on sale. It's not fun to see double the price of some of your favorite fruits and vegetables, so try to shop the produce that's in season and on sale. Shop the frozen section too. Frozen fruits and vegetables are just as nutritious, even arguably more nutritious, than the fresh ones. Look at all your options, including canned goods. Shop between supermarkets, as there's usually big price differences.

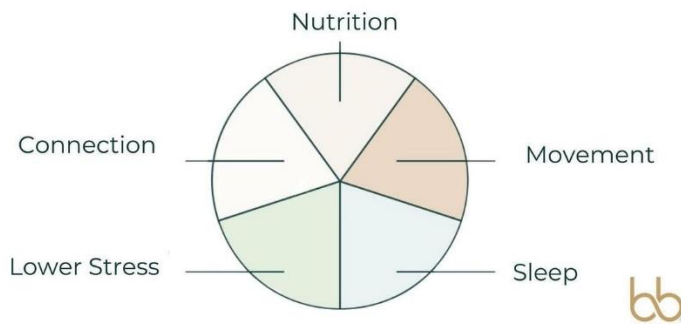
Tip # 4: Meal planning, make the list. Being proactive with a list on hand (before walking into the store and sticking to it) of meal ideas and everything needed for the week will help you stay on track and avoid buying unnecessary items, and thus overspending and potentially being wasteful. Also, this needs to be "said," DO NOT GROCERY SHOP WHEN YOU'RE HUNGRY. You know exactly what happens if you've done this before...

Tip #5: Have a routine of themed food nights. Following a routine helps make shopping easier, as you have a good idea of what you need and the cost amount. For example, do 'Meatless Monday', 'Taco Tuesday', 'Seafood Saturday,' and use Sunday for any and all leftovers. Also, involving the kids in these meal ideas and doing something the family enjoys can help cut back on waste, as they might take to leftovers better and consume more of the food being prepared.

How to Treat Disease



How to Create Health



It is alarming to see the increase in chronic and metabolic diseases across the U.S. But it doesn't stop there, as there is also an increase in hormonal imbalances, autoimmune diseases, GI issues, and more.

"There is 100% a place for disease treatment, but it's currently being abused given that 90% of the \$4 trillion spent on healthcare is spent managing chronic/metabolic conditions and mental health conditions."

To do our part is to realize how much we are actually in control of. And that is treating nutrition, connection, movement, lower stress, and sleep as the real medicine.

INSTRUCTIONS:

1. Prepare the ingredients. Trim stems off Brussels sprouts and halve vertically. Mince garlic. Pat chicken dry and season both sides with salt and pinch of pepper.
2. Prepare the chicken. In a mixing bowl, combine panko, BBQ spice rub, garlic, and 1 tsp. olive oil. Place chicken on one half of prepared baking sheet. Spread mayonnaise evenly on one side of chicken, then top with panko mixture, pressing gently to adhere.
3. Roast the chicken and Brussels sprouts. Place Brussels sprouts on empty half of baking sheet and toss with 2 tsp. olive oil, ¼ tsp. salt, and pinch of pepper. Spread into a single layer. Roast in hot oven until Brussels sprouts are tender and lightly browned and chicken reaches internal temp. of 165 degrees, 17-20 minutes. Carefully remove from oven. While chicken and Brussels sprouts roast, continue recipe.
4. Make hot honey. In a small mixing bowl, combine honey and hot sauce (to taste). Set aside.
5. Finish the dish. Drizzle Dijon dressing over Brussels sprouts and hot honey over chicken. Enjoy!

Hot Honey Chicken with Sweet Dijon Brussels Sprouts



INGREDIENTS:

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|---|-----------------------|
| -Olive oil | -1/2 fl. oz honey |
| -Salt & pepper | -2 tsp. hot sauce |
| -Two 6 oz. boneless, skinless chicken breasts | -2 tsp. mayo |
| -Bag of Brussels sprouts | -2 garlic cloves |
| -Honey Dijon mustard | -1 tsp. BBQ spice rub |
| -1/4 cup Italian panko crumbs | |

"We have a food industry that pays no attention to health and a health industry that pays no attention to food."

"This institution is an equal opportunity provider."