



NUTRITION NEWS

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STUDENT NUTRITION
DEPARTMENT

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Hello All Hello Almost Fall ☺

This heat may have you wondering if fall really is around the corner and have you wishing these blistering days away BUT remember on the other side of discomfort can very well just be a different type of discomfort (like a piercing, brutal winter). All this to say and bring to light some encouragement... And that is to be present and make the most of each moment, even if it doesn't feel good or isn't the ideal situation. There is always beauty or lessons to be found and learned in the seemingly mundane or dreadful moments. It is so easy to wish moments and days away, only to look back and realize the appreciation you have for that particular time. Being present truly is the path to happier, more fulfilled, and well spent days. Open your eyes and mind to the beauty and blessing in every moment.



- Be Present
- Fall Health and Wellness Tips



- Words of Wisdom
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Read: reading is so good for the mind! Make a favorite beverage, pick a favorite spot, and throw them feet up and relax while diving into a good book. Reading reduces stress, improves concentration and memory, helps with imagination and creativity, and increases knowledge, just to name a few. Put that phone down at night and pick up a good book instead!

Rest: listen to your body. You know when you have been overdoing it. Stress in the body is the number one contributor to inflammation and inflammation leads to all kinds of sickness and disease. Take that nap and get those 7-8 hours of sleep at night. Your body and mind will thank you for it!

Meditate: no better way to relax the mind and body than being mindful of the present moment. Practicing meditation (like focusing on breathing techniques or even repeating positive mantras when you first wake in the morning) has shown to boost cognitive skills, reduce stress and anxiety, and enhance mood and emotional health, as well as many other health benefits. Guided meditations may help if you're not sure where to begin on this one.

Hydrate: not only is it important to drink plenty of water throughout the day, but it is also even more crucial to have proper electrolyte balance. If you are only flushing your body with lots of water all day, with no consideration for necessary electrolytes (sodium, potassium, magnesium) and the excretion of them through sweat/urine, then your body will feel the negative effects of this. Look into high quality electrolyte supplements, with no sugars, to properly hydrate your body.

Get in your vitamin D: with shorter days upon us, it is crucial to get out and absorb some sunshine, especially morning sunshine, as this will benefit sleep patterns/circadian rhythms. Morning sunlight can also improve mood and alertness. Fun fact: morning sunlight is used as treatment for seasonal affective disorder (SAD). So draw those bedroom curtains and rise with the sun and absorb those beneficial morning rays.

Move your body: get that lymphatic system flowing, particularly if you have a desk job. Sitting for long periods of time can lead to poor posture, neck, shoulder and back pain, weight gain, and more. Bottom line, set that timer as a reminder to get up and move, whatever that looks like!

Stretch: as we get older, our joints and muscles tend to become shorter and tighter and the older we get the more vital it is to stay limber. In fact, stretching has anti-aging benefits. Becoming more flexible means you are more mobile, with less pain, helps with posture, increases energy and blood flow, and has mental health benefits as well. A quick google search will bring up different websites and YouTube videos to get ideas/inspo. from. Give it a try!

WHEREVER
YOU
ARE
BE
ALL
THERE
-JIM ELIOT

Words of Wisdom

I stumbled across this insightful post by Vex King, a bestselling author and acclaimed mind coach, and it was too good not to share, so here you go:

“No one talks about subtle self-betrayal, the small ways we make life harder on ourselves. How will you build an empire with inadequate sleep, poor hydration, and repressed emotional pain? Drink up, sleep in, and forgive yourself and others before you try to change the world. Setting yourself up for success goes beyond good intentions. It starts with small habits. Chasing big dreams starts with small, consistent changes that help build momentum and lead to significant transformations in your life and the world. Start by identifying one small habit you can incorporate into your daily routine. Set a reminder on your phone to drink water, stretch, connect with someone, or read. See every part of your day as an opportunity to create a healthy mindset. No one activity is more important than the others. Each is a small but vital tile in the mosaic of your day and, ultimately, your life.”

Pesto Shrimp Couscous

TIME: 25-35 min

SERVINGS: 2

INGREDIENTS:

- 8 oz. shrimp
- 1 yellow bell pepper
- 1 roma tomato
- 1 lemon
- 2 tsp. mirepoix broth concentrate
- 1 oz. basil pesto
- 2 green onions
- 1.5 tsp. parsley
- 2 tsp. chimichurri seasoning
- 1 cup pearl couscous

INSTRUCTIONS:

- 1) **Prepare the ingredients.** Core tomato and dice. Stem, seed, remove ribs, and dice bell pepper. Halve lemon lengthwise and juice. Mince parsley, leaves and stems. Trim and mince white portions of green onions. Mince green portions of green onions. Keep white and green portions separate. Pat shrimp dry.
- 2) **Cook the couscous.** Place a medium pot over medium-high heat and add 2 tsp. olive oil. Add tomatoes, bell peppers, and white portions of green onions to hot pot. Stir occasionally until tender, 3-4 min. Stir in couscous, 1 ¼ cup water, mirepoix base, chimichurri seasoning, and ¼ tsp. salt. Increase heat to high and bring to boil. Once boiling, cook until liquid is nearly evaporated, 6-7 min. Remove from burner and stir in 1 tsp.

lemon juice. Cover and set aside. While couscous cooks, continue recipe.

3) **Make the sauce.** Combine pesto, parsley, green portions of green onions, 2 tsp. remaining lemon juice, 2 Tbsp. olive oil, and pinch of salt in mixing bowl. Set aside.

4) **Cook the shrimp.** Place large non-stick pan over medium-high heat and 1 tsp. olive oil. Add shrimp to hot pan and cook undisturbed until shrimp reach a minimum internal temp. of 145 degrees, 2-3 min. per side.

5) **Finish the dish.** Add shrimp to mixing bowl with sauce and gently stir until shrimp are coated. Plate dish and top couscous with shrimp. Enjoy!



“Most of the time, transformation is a mental game and you can't change your body unless you change your mind.”

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