

Nutrition News – December 2021

Tips To Stay Healthy in the Holiday Season

Don't skip meals: skipping meals may lead to eating more food and calories when it comes time for the feast.

Eat high fiber foods: high fiber foods, like pears, beans, and dark green vegetables, will help you feel full longer.

Take mindful portions: buffets filled with delicious foods can be tempting. Start with small portions, and then go back for more if you are still hungry.

Eat slowly: allow your body's fullness cues to catch up. It can take 20 minutes to feel full.

December is National Pear Month !



What's in season?

Pears

Apples

Bananas

Beets

Cabbage

Grapefruit

Avocados

Oranges

Potatoes

FREE MEALS!

For ALL Enrolled Students
in school districts participating in the NSLP
Seamless Summer Option For the 2021-2022 School Year!
Check with Your School District for More Information



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com



Recipe of the Month

This hearty stew of turkey, potatoes, and vegetables will warm up a cold winter night. A Great way to use leftover holiday turkey!

Turkey Stew

Makes 4 servings.

Ingredients

2 teaspoons vegetable oil
1/2 cup onion (chopped)
1 garlic clove (finely chopped, or 1/2 teaspoon garlic powder)
4 carrots (chopped)
2 celery stalks (chopped)
2 potatoes (chopped)
1 can tomatoes, diced
2 cups water
2 cups turkey (cooked, chopped)
salt and pepper (optional, to taste)
Italian seasoning or oregano, basil or thyme (to taste, optional)

Directions

Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir for 2 minutes.

Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.

Season to taste before serving. Refrigerate leftovers.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-stew>

