

March 2015 Newsletter

International Women's Day – March 8th, 2015 Theme: *MAKE IT HAPPEN*

All around the world, International Women's Day represents an opportunity to celebrate the achievements of women while calling for greater equality. *Make It Happen* is the 2015 theme for our internationalwomensday.com global hub, encouraging effective action for advancing and recognising women. Each year International Women's Day (IWD) is celebrated on March 8th. The first International Women's Day was held in 1911. Thousands of events occur to mark the economic, political and social achievements of women. Organizations, governments, charities, educational institutions, women's groups, corporations and the media celebrate the day.



Creating Community
Changing Lives



Potato-Cabbage Soup

Cabbage and scallions give this soup its green hue, plus a boost of vitamin C. 4 servings

Ingredients

- * 1 tablespoon olive oil
- * 1 tablespoon unsalted butter
- * 1/2 head Savoy cabbage, shredded
- * 3 scallions, trimmed and chopped
- * 3 garlic cloves, peeled and halved
- * 1/2 teaspoon kosher salt
- * 4 cups chicken broth
- * 2 cups boiled Idaho potatoes, cut in 1/2in. slices



Preparation

Heat the oil and butter in a large saucepan over medium heat. Add the cabbage, scallions, garlic, and salt and cook until the cabbage is slightly softened, about 5 minutes. Remove 1/3 cup of the cabbage and set aside for garnishing. Add the chicken broth and potatoes and bring to a boil. Simmer, covered, until the cabbage is tender, about 15 minutes. Using a blender, puree until smooth and season to taste with additional salt, if desired. Before serving, garnish the soup with the reserved cabbage.

Nutritional Information - Calories 207, Calcium 114 mg; Calories from fat 0 %; Carbohydrate 32 g; Cholesterol 8 mg; Fat 7 g; Fiber 10 g; Iron 2 mg; Protein 9 mg; Sat.fat 2 g; Sodium 745 mg

Source: <http://www.myrecipes.com/recipe/potato-cabbage-soup>



NEW SESSIONS!

Line Dancing w/ Cinnie

March 8th @11am

Zumba w/ Cheryl

March 16th @9:30am



QUICK QUIZ – Guess the serving size!

*Answers on next page

From the food portions listed below, guess how many food guide servings they would be!

- | | | | |
|--|------|------|------|
| 1) Whole wheat bagel (grain products) | a) 2 | b) 4 | c) 6 |
| 2) A restaurant sized plate of spaghetti (grain products) | a) 2 | b) 4 | c) 6 |
| 3) 375 ml bottle of orange juice (vegetables and fruit) | a) 1 | b) 2 | c) 3 |
| 4) A 12 oz. New York steak (meat and alternatives) | a) 1 | b) 3 | c) 5 |
| 5) Individual sized carton of chocolate milk (milk and alternatives) | a) 1 | b) 2 | c) 3 |
| 6) A bag of nuts from the vending machine (meat and alternatives) | a) 1 | b) 2 | c) 3 |

HELPING HANDS

Use this “handy” chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	Palm ≈ 3-4 ounces (meat, fish, & poultry)
	Thumbnail ≈ 1 Teaspoon (butter, margarine, mayonnaise, & oils)
	Thumb ≈ 1-2 Tablespoons (salad dressing, sour cream, cream cheese, peanut butter & hard cheeses)
	Fist ≈ 1 cup (cereal, soup, casseroles, fresh fruit, raw vegetables or salads)
	One cupped hand ≈ 1/2 cup (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	Two cupped hands ≈ 1 ounce (chips, crackers & pretzels)

Guess the Serving Size Answers:

1) C. If a bagel with cream cheese is a favourite weekend breakfast, you should know that some jumbo bagels can have up to six grain product servings. This is all your grain products for the day. Instead of the typical large bagel, look for mini-bagels or save half your bagel for later.

2) C. It's no secret that restaurants offer large portions so that their customers can feel they are getting good value for their money. If you're ordering pasta at a restaurant, you may want to think about sharing or taking some home for leftovers.

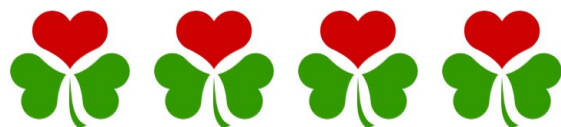
3) C. Bottles of juice (along with cans of pop and other beverages) come in portion sizes larger than the recommended serving size. A 360 mL bottle of juice that you would finish in one sitting is actually three servings of juice. While there are vitamins in juice, you are better off eating a piece of fruit because then you'll get some fibre too. If you like juice, look for small cans or tetra-paks.

4) C. A serving of meat, poultry or fish is 2.5 oz or about the size of a cell phone. Portions served in restaurants or from grocery stores can be more than what you need in an entire day. Buy smaller cuts of meat or save half for leftovers.

5) A. A small carton of chocolate milk is a portion size that you would consume in one sitting. It's also equal to 1 cup (250 mL) which is the recommended Food Guide serving.

6) B. It's great that snack foods have now been packaged into reasonable portion sizes. This makes it easier to eat some of our favourite salty and sweet foods in moderation. Even so, some of these vending machine packages are still more servings than we need. A serving of nuts is just a ¼ cup while those "to-go" packages are double that. Nuts are a good choice (when they are not covered in salt or chocolate), just know that they are high in calories and fat.

Source: <http://www.eatrightontario.ca/en/Articles/Weight-Management/Quick-Quiz-%E2%80%93-Guess-the-serving-size!.aspx#.VO8rduHDtnk>



Happy
St. Patrick's
Day!



From
All of Us at
FitnessWorks
for Women



Vanilla Mint Sugar Scrub

- ✿ 1 1/2 cups sugar
- ✿ 1 tbsp sea salt, finely ground (optional)
- ✿ 1/3 cup **refined** coconut oil, melted
- ✿ 1-2 drop of green food coloring (this little will not stain skin)
- ✿ 1/2 tsp of mint or peppermint extract
- ✿ 1 tsp vanilla extract

Instructions:

In a bowl, add sugar and salt. Add melted coconut oil, extracts, and food coloring. Mix with a flat spoon or hands, making sure to scrap the sides of the bowl. If mixing with hands, thoroughly spread food coloring to lessen risk of getting some concentrated color on your skin.

www.cravingsomecreativity.com/2015/02/18/diy-vanilla-mint-sugar-scrub-free-lucky-u-printable-gift-tag/



March is Nutrition Month

A lot of people struggle with making healthy food choices outside of the home. That's why Nutrition Month 2015 is dedicated to helping Canadians learn how to eat well all day long – whether at work, at school or at play.

Pack-&Go Solutions - Want to power-fuel your day with delicious, nutrient-rich food when you're outside the home? Make it and take it with you, wherever your day takes you – work, school or family outings. It doesn't have to be complicated or time-consuming. It can even save you money. Let these tips and recipes help whet your appetite for creating great food to go.

Stock Up for Success

A little planning goes a long way. Stock up on a variety of foods that let you make up quick, nutritious lunches and snacks. Top three suggestions for stocking in cupboard, fridge and freezer:

Cupboard

- * Canned salmon, tuna and legumes such as black beans and chickpeas to protein-boost a lunchtime salad bowl.
- * Whole grains like quinoa, barley, brown rice and small whole grain pasta shapes for soups and salads.
- * Flavoured vinegars and oils for quick salad dressings and flavour boosts.

Fridge

- * Fresh fruit, yogurt, nuts and nut butters for smoothies and great snacks. Just top it with some fresh fruit – yum!
- * Washed leafy greens and ready-to-go veggies, cooked and raw, for salads and snacks and soups.
- * Roasted meats, cooked poultry, cheeses and hard-boiled eggs for sandwiches.

Freezer

- * Whole grain pita and tortillas for pockets and wraps.
- * Frozen veggies for quick soups and stir-fries, and frozen berries for super-smoothies and parfaits.
- * Leftover chillies, soups, stews and casseroles portioned out in ready-to-go containers.

Source: <http://www.nutritionmonth.ca/pack-and-go-solutions/>

