Cut to the Core

Essential facts, tips, and recipes to keep your family healthy to the core, coming to your inbox monthly from SHIP!

Happy New Year!

Plant the Seed

Core Cooking:
Don't want to spend all your time in the kitchen? Cook once for several healthy meals when you prepare Freezable Black Bean & Sweet Potato Burritos. Recipe at https://wjccschools.org/ourschools/ship/parent-resources/

Core Community:
Feel great and make new friends, snow or shine! JCC Recreation Center offers fitness classes for all ages and levels. Check the schedule at www.jamescitycountyva.gov/842/Fitness-Aerobics

Core Connection:
Interested in learning what foods you can freeze and how to do it safely? Learn more at https://nchfp.uga.edu/tips/summer/home_food_freezing.html

New Year, New Habits!

January is a prime time to set goals for the new year. How about resolving for a healthier 2019? To succeed, start small. After all, January isn't the only chance to set a new goal. After achieving a small healthful change, set a new small goal, whether you are ready in February or not until August! Find more tips from the pros at https://www.apa.org/helpcenter/resolution.aspx

Want to try something new?

Made a New Year's Resolution to try new foods? Read a cookbook! Cookbooks often have beautiful illustrations and photography, making them worth flipping through even if you aren't ready to jump right in to the kitchen. Youth who spend time (especially when it is quality time with their caregiver!) looking at or reading about new foods are more interested in trying them.

Saving Cents

By preparing foods in large quantities and freezing them, you can save money a few ways. Bulk purchasing of ingredients is often cheaper. Also, when you don't feel like cooking, pulling a meal from the freezer saves you from spending money at a restaurant.

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