



## Official Newsletter of WIC Worksite Wellness

### 3 IMPORTANT NUTRIENTS TO KEEP YOU HEALTHY

*Carla Corrales & Rachel Jensen, BS, CPT*

It can be challenging to get all the important nutrients you need from your diet during winter. To keep you healthy this season, we've compiled a list of common nutrients that people are often deficient in. Try adding some of these delicious foods to your diet to keep you healthy!

#### • **Vitamin D**

- **Benefits:** Prevents bone loss, hair loss, and low energy.(1)
- **Sources:** Direct sunlight, fatty fish, tofu, fortified milk, orange juice, & whole grains.(1)

#### • **Vitamin C**

- **Benefits:** Strengthens your immune system.(2)
- **Sources:** Oranges, strawberries, kiwi fruit, red bell peppers, & broccoli.(2)

#### • **Iron**

- **Benefits:** Important for energy, the immune system, and digestion.(3)
- **Sources:** Beans, lentils, leafy greens, and red meat. Eat foods rich in Vitamin C along with plant sources of iron to help with absorption.(3)



### MINDFULNESS DURING A PANDEMIC

*Dannie Haber & Sherry Dinh*

The impact of COVID-19 has left many feeling stressed, isolated, and overwhelmed. Here are some tips to take care of yourself during the pandemic.

1. **Move your body!** Just 10 minutes of physical activity helps improve mood, reduces stress, & benefits heart health. (4)
2. **Safely connect with others.** Use Zoom or Facetime to maintain relationships and improve your mental health. (5)
3. **Get enough sleep.** Get 7-9 hours of sleep to improve your mood & feel your best. (5)
4. **Take time for yourself.** Step away from the computer for a mental break. Try doing an activity you enjoy. (6,7)
5. **Eat mindfully.** Consume fruits and vegetables to support your immune system and vital body functions.(5)



# CHICKPEA MINISTRONE SOUP

*Bri Gonzalez, Pedro  
Guzman, Bruna Honorio*

Try this cozy and delicious  
plant- based Minestrone soup  
packed with plant protein.

Prep time: **15 min**

Cook time: **35 min**

Servings: **6**

## Ingredients

- 1 cup of dried whole wheat pasta shells (or any small pasta)
- 2 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 5 cup vegetable broth (or broth of choice)
- 1 can (14oz) diced tomatoes
- 1 can (6oz) tomato paste
- 1 can (14oz) can chickpeas, low sodium, drained & rinsed
- 1 can (14 oz) kidney beans, low sodium, drained & rinsed
- 2 medium carrots, diced
- 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes (or to taste)
- 2 Bay leaves (optional)
- 1 small zucchini, chopped
- 1 cup kale (or greens of choice)
- 1 cup fresh basil leaves, chopped
- salt and pepper to taste

## Instructions

1. Bring a large pot of salted water to a boil. Add the pasta and cook it according to the package directions.
2. Drain the pasta and toss in 2 teaspoons of olive oil.
3. While the pasta cooks, coat the bottom of a large pot with olive oil and place it over medium heat.
4. When the oil is hot, add the onion. Cook the onion for about 5 minutes until soft.
5. Add the garlic and cook it for 1 minute.
6. Stir in the broth, tomatoes, tomato paste, chickpeas, kidney beans, carrots, oregano, red pepper flakes and Bay leaves and bring mixture to a boil.
7. Lower the heat and allow the mixture to simmer for about 20 minutes until carrots soften. Stir occasionally.
8. Stir in zucchini and greens and simmer for about 7 minutes until the zucchini is soft.
9. Remove from heat and stir in the pasta and basil. Season with salt and pepper to taste.
10. Ladle into bowls and enjoy!

## WHY TRY IT?

- **Antioxidants**
  - **protect our cells**
  - kidney beans, kale and onion
- **Phytochemicals**
  - **potentially protect against cancers**
  - onion, garlic, carrots, kale, tomato and zucchini
- **B vitamins**
  - **play a key role in energy**
  - chickpeas and whole wheat pasta
- **Fiber**
  - **helps maintain a healthy digestive system**
  - chickpeas, kidney beans, zucchini and whole wheat pasta
- **Protein**
  - **essential nutrient**
  - chickpeas, kidney beans, whole wheat pasta and kale
- **Practical, one-pot-easy-to-make-meal!**

## Nutrition Facts (per serving)

320 calories, 4g total fat, 0.5g saturated fat, 0mg cholesterol, 870mg sodium, 54g carbohydrate, 11g fiber, 11g sugar, 13g protein, 941mg potassium

# FREE APPS TO GET YOU MOVING FOR A CAUSE

Ashlyn Gonzales & Lauren Yowell



Charity Miles is a great way to get you moving and donate to charity at the same time! The app tracks activity and donates money to a charity of your choice.



Vizer tracks physical activity, and if you meet your daily goal a meal will be donated through a partner food bank. Also, you'll points toward restaurant rewards to redeem at your favorite local restaurants.

## EVENTS & PROGRAM UPDATES

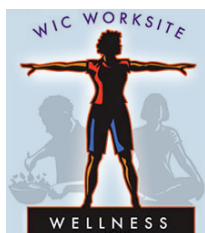
### WE NEED YOU to host Wellness Wednesdays!

CWA is holding a weekly Zoom space for CA WIC sites to host WIC Wellness Wednesdays. Each Wed. during the lunch hour, we are asking you to share a pre-recorded or live wellness break. From deep breathing exercises - check out this [\*Take Care of You\*](#), breathing video put on by Lundquist WIC, as an example - to movement and exercise, we want you to help your WIC colleagues take a break, take a breath, and put some focus on being well. These will be 15-30min segments and you can sign up to host [here](#). Each month, upcoming Wellness Wednesdays will be posted in W3! Feel free to email [Jodi](#) with any questions.

### Agency-wide Training Opportunity: Surviving Compassion Fatigue Through an ACEs Aware Lens



We are happy to announce that Beverly Kyer, who presented very popular workshops on self-care during the Spring Conference, selected California WIC for an extended training on compassion fatigue and traumatic stress to support WIC staff. Interested staff can save these times/dates: **8:30AM – 12:00PM, May 25-26**. The training is open to all staff, at no cost (this is grant funded), and CE units will be provided. To learn more about Beverly Kyer, [visit her website](#). You are also welcome to read more about this training [here](#) and/or please read the attached flyer and forward to your staff. Registration is live, so please [register here](#) and email [Jodi](#) with any question.



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1. Schmid, Alexandra, and Walther, Barbara. "Natural Vitamin D Content in Animal Products." *Advanced Nutrition* 4.4 (2013): 453-62.
2. "Office of Dietary Supplements - Vitamin C." NIH Office of Dietary Supplements. U.S. Department of Health and Human Services, 2020. Web. 12 Feb. 2021.
3. "Office of Dietary Supplements - Iron." NIH Office of Dietary Supplements. U.S. Department of Health and Human Services, 2020. Web. 12 Feb. 2021.
4. Summers, J. K., & Vivian, D. N. (2018). Ecotherapy - A Forgotten Ecosystem Service: A Review. *Frontiers in psychology*, 9, 1389. <https://doi.org/10.3389/fpsyg.2018.01389>
5. Mental health and coping during covid-19. (2019). Retrieved February, 2021, from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
6. Publishing, Harvard Health. (2018). Retrieved January, 2021, "Sour Mood Getting You down? Get Back to Nature." Harvard Health. [www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature](http://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature).
7. Bloomfield D. (2017). What makes nature-based interventions for mental health successful?. *BJPsych International*, 14(4), 82-85. <https://doi.org/10.1192/s2056474000002063>
8. 2021. FoodData Central. [online] Available at: <https://fdc.nal.usda.gov/index.html> [Accessed 13 February 2021].