



Official Newsletter of WIC Worksite Wellness

FUNCTIONAL FREE TIME

Stacy Wells & Jack Galliver

Functional free time is using your free time to be more productive.¹ Practicing functional free time can decrease stress and ultimately save you time. Try these tips to use your free time to be more productive:

- **Fall Reset:**
 - Deep clean your living space
 - Check window seals to lower heating costs
 - Spread tasks over time to reduce holiday stress
 - Click [here](#) for a fall cleaning list²
- **Maintain Summer Fitness During Fall:**
 - Apple picking, fun runs, and hikes are great ways to exercise while spending quality time with family
 - Click [here](#) for more ideas³
- **Functional Rest for Productivity:**
 - Prioritize sleep to boost performance
 - Take breaks regularly to improve productivity
 - Click [here](#) to learn more⁴

MINDFUL MOVEMENT

Ashley Gubicza & Ivette Ramirez



Finding time in your busy day to relax can feel impossible. Luckily, adding mindfulness activities into your routine is simple. These activities focus on being fully aware of your senses in the moment. Practicing mindfulness may reduce stress, anxiety, and improve pain and depression.⁵

Below are a few ways you can include mindfulness into your day. Click the links to get started!⁶

- [Stretching](#): Whether you're at work or home, mindful stretching can be done anytime and anywhere to relieve tension.⁷
- [Meditation](#): Relax your mind and meditate for just 5 minutes.⁸
- [Walking](#): As you walk, notice how your body feels with every step you take. Pay attention to your surroundings and be present in the moment.

SQUASH & TURNIP VEGGIE MEDLEY

Caitlyn Jones, Ashley Woo, and Lauren Flotman

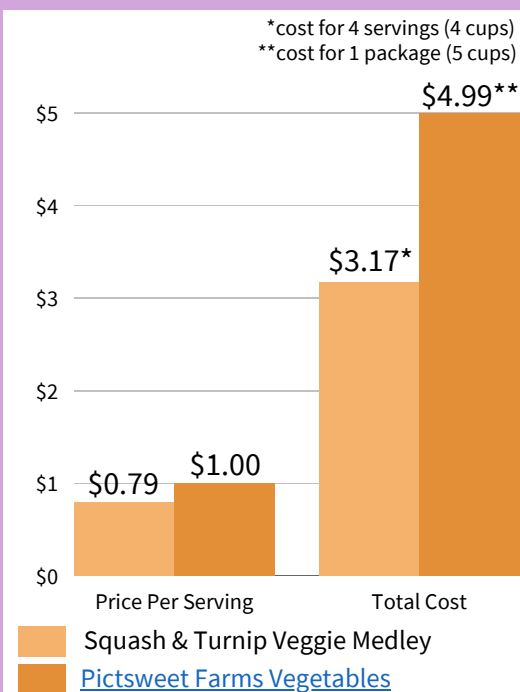


Butternut squash and turnips are both delicious and healthy for your body! In fact, squash and turnips are loaded with fiber and essential nutrients.⁹ Turnips can also lower your risk of diabetes and cancer.¹⁰ This dish will benefit your overall health and bring seasonal fall flavors to life. If you are looking for a quick and yummy vegetable dinner or side dish, try this recipe!

Total time: 35 minutes **Servings:** 4 **Serving size:** 1 cup

Prep time: 5 minutes **Cook Time:** 30 minutes

PRICE COMPARISON



Ingredients:¹¹

- 1 medium butternut squash, peeled and cut into 1 inch cubes
- 2 large turnips, ends removed and cut into 1 inch cubes
- 2 garlic cloves, thinly sliced
- 2 tablespoons extra virgin olive oil
- ⅛ teaspoon iodized table salt
- ⅛ teaspoon black pepper

Instructions:¹¹

1. Preheat oven to 400 degrees Fahrenheit (200 degrees Celsius).
2. Wash and trim turnips and squash.
3. Peel squash and cut both vegetables into 1 inch cubes.
4. Spread squash and turnips evenly on a baking sheet.
5. Toss the vegetables with olive oil, sliced garlic, salt, and black pepper.
6. Bake until golden brown (about 35 minutes), flipping vegetables over halfway through (around 15 minutes).
7. Serve warm or keep in the refrigerator for up to 3-4 days in an airtight container!

NUTRITION FACTS¹²

Serving size: 1 cup

- Total Calories: 151
- Total Fat: 7 g
 - Saturated Fat: 1 g
- Cholesterol: 0 mg
- Sodium: 136 mg
- Carbohydrates: 23 g
 - Fiber: 5 g
 - Total Sugars: 8 g
 - Added Sugar: 0 g
- Protein: 2.5 g



NOURISH YOUR BODY AND MIND

Kacey Van Duzer & Ashley Henson

Seasonal Produce Guide

The Sanvello logo features the word "SANVELLO" in a bold, black, sans-serif font. To the right of the text is a green graphic element consisting of two overlapping curved shapes, resembling a stylized leaf or a checkmark.

Seasonal Produce Guide is a website that sorts fruits and vegetables by the season they are harvested. Click on a food for links to nutrition facts and tasty recipes. Before you visit the grocery store, check out [this guide](#) to pick seasonal produce that is healthier, more flavorful, and good for the planet!

Just as the seasons change, so can our mental health. Sanvello is a free app with many tools to help relieve day-to-day stressors. Some of the tools include quizzes, guided journaling, and tailored readings on topics like healthy habits, anxiety, parenting, budgeting, and more! Sanvello is useful during all of the seasons for our mental health. Check it out [here](#).



American Red Cross
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Counties



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