



Official Newsletter of WIC Worksite Wellness

## SUSTAINABLE SPRING CLEANING

Jack Galliver & John Haubenstricker

This spring, make cleaning more eco-friendly! Sustainable spring cleaning is good for the environment and makes your home and mind healthier. It can help you feel accomplished, reducing stress, and creating a safe space.<sup>1,2</sup> Cleaning is exercise for your body and mind, encouraging a more active lifestyle and lifting your mood.<sup>3,4</sup> To make you, your home, and the planet healthier, try these tips today!

1. **Use natural cleaners.** Chemical cleaners can be harmful to your, your family's, and your pet's health. Natural cleaners are often times less toxic and in some cases, can be reused.<sup>5</sup>
1. **Donate gently used items.** Clothing, furniture, and games can be donated for someone else to use. This helps to clear your space and reduce waste.<sup>1</sup>
1. **Add indoor plants.** They help cleanse the air in your home and improve your health.<sup>5</sup>

## BLOOMING TOGETHER: SPRING INTO COMMUNITY BONDING

Lauren Flotman & Liberti Cornell



With spring approaching, it is a great time to get outside and bond with your community! Volunteering and joining groups can increase your self-esteem, promote well-being, and decrease depressive feelings.<sup>6,7</sup> Here are a few ways to get involved in your community for better health this season:

- Visit community gardens or farmer's markets to connect with neighbors. To find a farmer's market near you, enter your zip code [here!](#)<sup>8,9</sup>
- Join neighborhood cleanups and donation centers! Start a project that helps the environment and connects you with your neighbors.
- Volunteer with groups like the [American Red Cross](#) and [AmeriCorps](#). You can make friends in your community and contribute to making your neighborhood a better place!

# COZY & COMFORTING IRISH COLCANNON

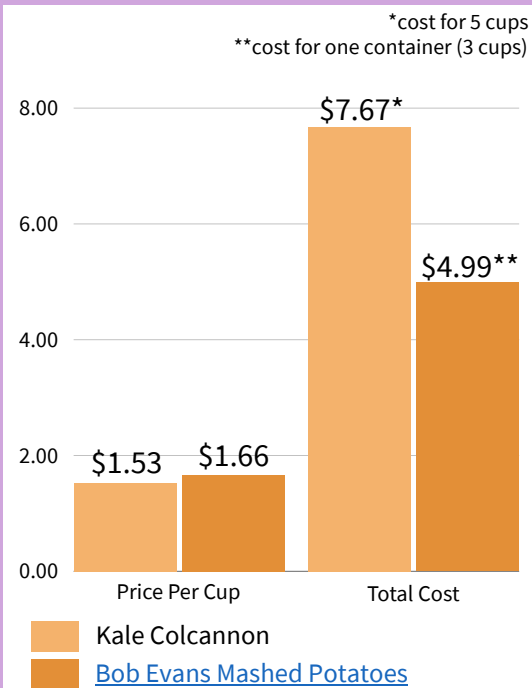
Emily Hickey, Christine Clothier & Ashley Woo



Try this tasty, Irish-inspired recipe that brings together potatoes and kale to create a flavorful, creamy mash! Colcannon, a traditional Irish dish, is similar to classic mashed potatoes but with the addition of greens.<sup>10</sup> This leafy green not only adds more flavor to the dish, but also provides antioxidants, fiber, and vitamin K - all of which supports your body's functions and overall health.<sup>11-18</sup> Dive into this delightful side dish that will surely add comfort to any meal!

**Servings:** 5    **Serving Size:** 1 cup  
**Prep Time:** 10 min    **Cooking Time:** 25 min

## PRICE COMPARISON



## Ingredients:<sup>10</sup>

- 4 cups Yukon Gold potatoes, peeled and large diced
- 2 teaspoons iodized salt
- 2 tablespoons unsalted butter, at room temperature
- 1 clove of garlic, finely minced
- 3 cups kale leaves, coarsely chopped
- 4 medium green onions, thinly sliced
- 1 cup of 1% low-fat milk
- 5 tablespoons nonfat plain Greek yogurt
- Ground black pepper, to taste

## Instructions:<sup>10</sup>

1. Put the potatoes in a pot. Add enough cold water to cover the potatoes by about two inches. Add the salt.
2. Bring potatoes to a boil and cook until tender (about 10-12 minutes).
3. Drain the water and set the pot with cooked potatoes aside.
4. In a separate saucepan, melt one tablespoon of butter over medium heat.
5. Add in the garlic, kale, and green onions and cook for about five minutes, stirring occasionally.
6. Reduce the heat to low to simmer, then add in the milk and yogurt. Stir to combine.
7. Bring the pot of potatoes back to low heat and add in the remaining one tablespoon of butter.
8. Using a potato masher or mixer, mash the potatoes until smooth.
9. Add in the greens mixture and stir well to combine.
10. Add pepper to taste and enjoy!

## NUTRITION FACTS<sup>19</sup>

Serving size: 1 cup

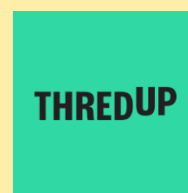
- Total Calories: 223
- Total Fat: 7 g
  - Saturated Fat: 4 g
- Cholesterol: 20 mg
- Sodium: 339 mg
- Carbohydrates: 34 g
  - Fiber: 5 g
  - Total Sugars: 6 g
  - Added Sugar: 0 g
- Protein: 8 g

# GARDEN TO GARMENT: SUSTAINABILITY IN ACTION

Valentina Montes & Natalie Yu



From Seed to Spoon makes growing your food simple. Learn to grow 100+ fruits, vegetables, and herbs with helpful coaching tips, health benefits, and more! The app is customizable based on your location and offers detailed recipes for a seamless gardening journey! Plant a more sustainable life today by downloading on the [App Store](#) or [Google Play](#).



Contribute to the reduction of fashion waste by extending the life of your clothes. ThredUp offers popular brands starting at just \$2.00. You can also sell your own kit of gently used clothing. This helps the planet and reduces your own carbon emissions. Join the movement toward eco-friendly fashion today by downloading on the [App Store](#) and [Google Play](#).



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