



# Employee NEWSLETTER

Employee Assistance Program  
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## Making Nutrition a Priority

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**Here we are, about a year into the pandemic, and what better time to review the importance of taking care of our bodies than during National Nutrition Month! The mind and the body are so closely tied together that your nutrition, physical activity, and overall body wellness can dictate how successful you are at work, at home, and everywhere else. Forget about weight loss and dieting—focus on educating yourself so you can make informed food choices, and develop sound eating and physical activity habits.**

Healthy eating is especially important for keeping your immune system in top condition. Now more than ever, it is crucial that you are keeping our immune system strong in order to fight any illnesses that come your way.

### TEN TIPS to consider during National Nutrition Month:

1. Visualize breakfast, lunch, dinner for at least five days, and get ingredients in one shopping trip to minimize trips to the supermarket.
2. Try shopping online and getting it delivered. Again, less trips to the store equals less exposure to COVID-19 and other bugs.
3. When meal planning, consider how much time/energy is required for each meal, and be sure you plan for some quick weekday recipes for when you can't or don't want to spend hours in the kitchen.
4. The healthiest meals emphasize whole grains, vegetables, and fruits. Meat portions should be smaller which will save money and help keep dietary saturated fat in check.
5. Make a shopping list (and stick to it)! Do your best to only buy foods for meals and healthy snacks. Instead of chips, grab a bag of carrots and snap peas. Skip the sugar!
6. Stock up on nutrition-packed foods that stay fresh for a week or longer: whole grain breads, grains, apples and oranges, sturdy fresh veggies like broccoli and onions, frozen veggies, sauces, soups, eggs, cheese, canned and dry beans, nuts and seeds, frozen meat or seafood, and flavorings.
7. Consider low cost alternatives for more expensive foods. Canned and frozen fruits and vegetables provide the same nutrients as fresh ones.
8. If you do go to the grocery store, check in with friends and neighbors to see if they need anything while you're there, especially anyone who is immunocompromised.
9. Make time for 15 minutes or more of physical activity every day. Walking, running, yoga, biking, lifting weights...whatever works for you, make time to focus on your heart health each day.
10. Get your family involved in cooking, try new recipes, and eat dinner together. Make meals a fun experience where the kids can help in the kitchen and safely try new foods.

Lastly, be sure that you are giving yourself grace and compassion during this time. Eating healthy should be a long-term habit that you work towards so please allow yourself some missteps and take time to appreciate yourself in this moment.

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Here are two healthy recipes you may want to add to your plan this week.

## Blueberry Pistachio Frozen Yogurt Bark

### INGREDIENTS

- 2 cups plain Greek yogurt
- 2 tbsp honey
- 1 tbsp lemon zest
- 1 cup blueberries, divided
- 1/2 cup shelled pistachios, divided

### DIRECTIONS

1. Line a 9x9 baking pan with parchment paper or aluminum foil.
2. In a medium bowl, combine yogurt, honey and lemon zest. Stir in 1/2 cup blueberries and 1/4 cup pistachios. Spread in baking pan. Top with remaining 1/2 cup blueberries and 1/4 cup pistachios.
3. Place in freezer for 5-6 hours, until completely frozen. Remove from freezer and use a sharp knife to break bark into small pieces. Place in resealable plastic bag and keep in freezer.

## Teriyaki Salmon Bowl

### INGREDIENTS

- 6 tbsp soy sauce
- 6 tbsp mirin
- 6 tbsp sake
- 2 tbsp honey
- 1 tbsp cornstarch
- 2 tbsp water
- 4 (6 oz) salmon fillets
- 2 tsp olive oil
- 10 oz baby spinach
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 4 cups cooked Jasmine or brown rice

### GARNISHES

- 1 large ripe avocado, thinly sliced
- Sesame seeds
- Green onions, thinly sliced

### DIRECTIONS

1. For the teriyaki sauce, in a small bowl, whisk soy sauce, mirin, sake and honey. In another small bowl, combine cornstarch and water and mix until smooth. Set aside. Remove 3 tbsp of soy mixture for marinating salmon. Pour remaining soy mixture in a small saucepan. Bring to a boil over medium heat. Whisk in cornstarch mixture and continuously whisk until desired thickness, about 2 minutes.
2. Place salmon fillets in a large reusable plastic bag and add reserved 3 tbsp of soy mixture. Set aside to marinate for 30 minutes.
3. Preheat oven to 400 °F and line a baking sheet with parchment paper. Remove salmon from marinade and place on prepared baking sheet. Bake for 10 minutes, remove from oven and brush the top of each salmon fillet with a generous amount of the prepared teriyaki sauce. Return to oven and bake 3-5 minutes more until fish flakes easily. Remove from oven.
4. While the fish cooks, in a large skillet, heat olive oil over medium-high heat. Add spinach, salt and pepper and toss to coat with olive oil. Cover and cook for 1 minute, uncover, turn heat to high and cook 1 minute more while continuously stirring. Remove from heat.
5. To assemble bowls, place cooked rice in the bottom of each bowl. Divide sautéed spinach between the 4 bowls and lay salmon over spinach. Garnish each bowl with a few slices of avocado, a sprinkling of sesame seeds and green onions. Drizzle remaining teriyaki sauce over finished bowls.