WALK THE TALK

EMPLOYEE WELLNESS NEWSLETTER

December 2017



Help Stop Distracted Driving!

We can all play a part in the fight to save lives by ending distracted driving.

Teens

Teens can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, to have their friends sign a pledge to never drive distracted, to become involved in their local Students Against Destructive Decisions chapter, and to share messages on social media that remind their friends, family, and neighbors not to make the deadly choice to drive distracted.

Parents

Parents first have to lead by example—by never driving distracted—as well as have a talk with their young driver about distraction and all of the responsibilities that come with driving. Have everyone in the family sign the pledge to commit to distraction-free driving. Remind your teen driver that in States with graduated driver licensing (GDL), a violation of distracted-driving laws could mean a delayed or suspended license.

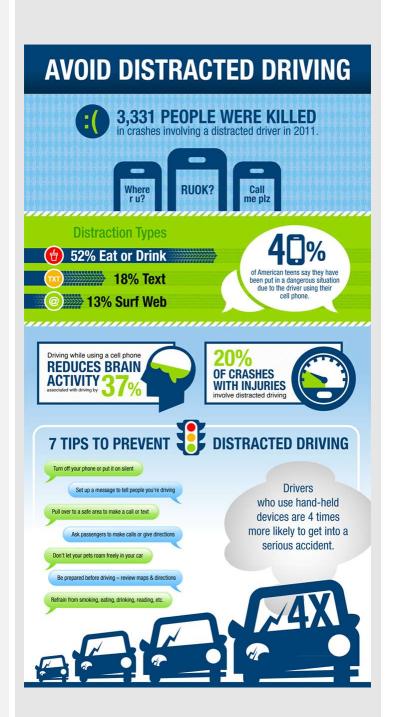
Educators and Employers

Educators and employers can play a part, too. Spread the word at your school or workplace about the dangers of distracted driving. Ask your students to commit to distraction-free driving or set a company policy on distracted driving.

Make Your Voice Heard

If you feel strongly about distracted driving, be a voice in your community by supporting local laws, speaking out at community meetings, and highlighting the dangers of distracted driving on social media and in your local op-ed pages.

Source: https://www.nhtsa.gov/risky-driving/distracted-driving



RECIPE OF THE MONTH

Herb-Stuffed Mushrooms

Source: http://bit.ly/2j0HEPP

Try this yummy appetizer for your next gathering! Stuffed with herbs and spices!

Serves: 4



Ingredients:

- 8 large mushrooms (approx. 3" in diameter)
- 4 cloves garlic
- 3/4 cup white onion
- 3 teaspoons olive oil
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/4 cup whole-wheat bread crumbs
- 1/4 cup sun-dried tomatoes (chopped fine)
- 3/4 cup canned, drained, no-salt added chickpeas (garbanzo beans)
- 1 teaspoon lemon juice
- Cooking spray

Directions:

- 1. Preheat oven to 375°F.
- 2. Clean mushrooms with paper towel or veggie brush; remove stems for filling.
- 3. While oven is warms, put mushroom caps (open side down) in oven for 10 minutes. This preps the caps for stuffing.
- Chop the garlic and onions and sauté with 1 tsp olive oil. One minute before they are finished, add the four herbs. After 1 minute, remove from heat.
- 5. In a large bowl, mash stems and chickpeas.
- 6. Add all other ingredients. Mix well.
- 7. Lightly spray a baking sheet and caps.
- 8. Stuff the mushrooms with the mixture and place on baking sheet.
- 9. Bake for 15-18 minutes or until the stuffing is golden brown.
- Remove from oven, sprinkle with an herb of your choice, and enjoy.



MAKE HALF YOUR PLATE FRUITS & VEGGIES

- Choose whole fruit more often than juice.
- Snack on fresh, frozen, canned or dried fruits instead of sugary treats.
- Serve whole fruits without added fat and sugar for dessert.
- Vary your veggies green, red, orange!
- Add fresh, frozen or canned veggies to salad, sides and other recipes.
- Prepare veggies without sauces, gravies or glazes to lower sodium, saturated fat, and added sugars.

MAKE HALF YOUR GRAINS WHOLE

- Choose whole grain foods more often than refined grains.
- Find high fiber, whole grain foods by reading the nutrition facts panel and ingredient list (hint: the first ingredient should be a whole grain!)
- Common whole grains include oatmeal, whole-wheat flour and popcorn.

MOVE TO LOW-FAT AND FAT-FREE DAIRY

- Choose low fat or nonfat milk and yogurt.
- Buy low-fat cheese more often than regular.
- Cream cheese, butter and cream are not considered dairy products – they have little or no calcium but lots of saturated fat!

VARY YOUR PROTEIN

- Mix up your proteins to include seafood, beans, nuts, seed, soy, eggs, lean meat and poultry.
- Select seafood twice a week.
- Add beans or peas or unsalted nuts and seeds to main dishes, sides and snacks.

Adapted from: https://www.choosemyplate.gov







National Handwashing Week December 3-9

Holidays are a time for potlucks, friends, family and cheer. And cold and flu season! With that in mind, are you practicinng good handwashing? Handwashing is one of the most important things we can do to avoid getting sick and spreading germs. Are you doing it right?



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