

# POWER UP

Monthly Minder

DECEMBER 2021



## ADD FRUITS AND VEGETABLES

The nutrients in fruits and vegetables play important roles in our bodies. Including a variety of fruits and veggies in your diet can help reduce your risk of chronic diseases like heart disease, cancer, and diabetes. They can also help keep your hair, skin, and nails healthy. There are many ways to add a bit more fruits and veggies to your meals. Try adding lettuce and tomato to a sandwich, topping oatmeal with berries, adding green veggies to pasta, or dipping tortilla chips in salsa.

## EAT THE RAINBOW

Fruits and vegetables contain fiber, vitamins, and minerals that are important for our health.

When we eat fruits and veggies of all colors, we take in a variety of nutrients.



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## Monthly Recipe

### Pasta with Beans and Greens

Cook pasta according to box directions, and set aside. While pasta is cooking, rinse, peel, and dice 2 medium onions and 1 medium carrot. Peel and mince 3 cloves of garlic. Rinse a large bunch of spinach and chop. In a skillet, heat 2 Tbs canola oil. Add veggies and garlic. Cook until soft. Add 1/2 cup pasta water, 1 tsp oregano, 1 tsp red pepper flakes, 3/4 tsp salt, 1/2 tsp black pepper. Add in 2 cans of cannellini or lima beans (drained and rinsed). Add pasta, mix well, and cook 5 more minutes.

## Activity Corner

### Play "Dance Party"!

Turn up your favorite tunes and see who has the best dance moves. Try to dance through at least 3 songs. For a fun twist, pause the music periodically and make players freeze like a statue. Resume dancing and repeat until the end of the song.

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