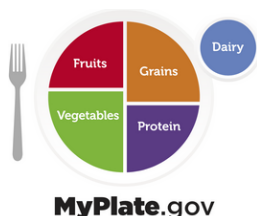


hapitimes



Focus on Nutrition

March is National Nutrition Month and the perfect time to review what you and your family are eating and to add more healthy meals and snacks to your regular routine. More: www.myplate.gov



MyPlate.gov

HAPI
meals

Pasta Salad with Chicken and Vegetables

Ingredients

- 1 15-ounce can garbanzo beans (chickpeas), drained and rinsed
- 1 6-ounce can chicken breast packed in water, drained and rinsed (or chicken breast you cook)
- ½ cup balsamic vinaigrette salad dressing
- 16 ounces uncooked whole wheat pasta
- 1 10-ounce bag frozen mixed vegetables

Instructions

- Wash your hands.
- Bring a gallon-sized pot of water to boil. Cook pasta according to package instructions.
- Two minutes before pasta is finished cooking, add in the frozen mixed vegetables. Once pasta is cooked and vegetables are tender, drain into colander.
- While pasta and vegetables are cooking, gently mix the rinsed and drained beans, chicken and salad dressing in a large bowl until combined.
- Add the pasta and vegetables to the bowl and mix with the beans, chicken and salad dressing. Serve salad warm or cold.

Cooking Tips

- Substitute any type of bean or use tuna in place of chicken. Try using your favorite salad dressing flavor in place of balsamic vinaigrette.

Recipe from www.eatright.org

EATING RIGHT ON A BUDGET

Cook more, eat out less. Eating out can be expensive, and many foods can be prepared at home for less money (and more healthfully!). Find simple, healthy recipes your family enjoys and save eating out for special occasions.

Plan what you're going to eat. Deciding on meals and snacks before you shop will help prevent food waste and save money. Review recipes and make a grocery list of what ingredients are needed. Visit www.myplate.gov to look for how to "Create a Grocery Game Plan."

Decide how much to make or buy. Making a large batch by doubling a recipe will save time in the kitchen, and extra portions can be used for meals later in the week or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

Shop for foods that are in season. Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Also: Look for fruit that is canned in 100% juice or water and frozen vegetables or canned ones that are labeled "low in sodium" or "no salt added."

Watch portion sizes. Eating too much can add up to extra dollars and calories. Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans.

Source: The Academy of Nutrition and Dietetics

wise
words

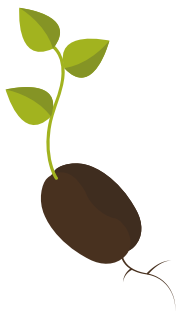
"I am thankful that in a troubled world no calamity can prevent the return of spring."

—HELEN KELLER

inside Rochester Highlands

Spring Gardening: We welcome Spring this month! Please call the office if you would like the use of your own raised garden bed.

We will purchase seeds for you! Please let us know what you are interested in growing. Some favorites include peas, tomatoes, beans, lettuce, cucumber, squash, zucchini, peppers, and carrots. Pumpkins and corn are fun but can take up a lot of space. Don't forget flowers! Nasturtium blossoms are both pretty and edible and zinnias attract butterflies and hummingbirds with their bright colors; both require little care. We will also purchase hot beds to grow seeds inside until the weather is ready for planting. Call the office if interested.



New Washing Machines: *How do they work?* Phone app and/or laundry cards. *What do they cost?* Two large capacity washers (triple load size) are \$3 per load; two large dryers (triple load size) are \$2.25 per load; regular-size machines are \$1.90 washer and dryer.

Wellness With Jules Events: Call 585-216-1887, ext. 4 to register for:

- Seasonal Affective Disorder on Monday, March 7, 2 to 3 pm
- Grounding Techniques: Thursday, March 10, 10 to 11 am
- Diabetes: Monday, March 21, 2 to 2 pm

Friendly Neighbor Program: Starting in March, if you refer/bring a neighbor that has never been to an event hosted by Jewish Family Services before, you will receive a \$5 gift card to Dollar General or five dollars toward the Curbside Market!

Take & Make Meal in a Bag: St. Patrick's: Thursday, March 17 from 3 to 4 pm; register by Thursday, March 10. Bring out your green! St. Patrick's Day started as a religious holiday, but over time it has become a celebration of Irish culture! Please join us in the Community Center to pick up a bag of delicious Irish foods!

More events in our calendar!



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|---|-------------------------------------|--|---|-------------------------|----------|
| | | 1 | 2 12:30 - 1:15pm Exercise with Diane | 3 11:00 - 12:00pm Pantry Pick Up | 4 JFS Office Closed | 5 |
| 6 | 7 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Seasonal Affective Disorder Workshop Join via zoom or in person! 3:30 - 4:30pm Curbside Market | 8 | 9 12:30 - 1:15pm Exercise with Diane | 10 10:00 - 11:00am Wellness tips with Brittney: Grounding Techniques Join via zoom or in person! | 11 JFS Office Closed | 12 |
| 13 Daylight Savings | 14 12:30 - 1:15pm Exercise with Sanjay 3:30 - 4:30pm Curbside Market | 15 3:00-4:00pm Bingo | 16 12:30 - 1:15pm Exercise with Diane | 17 3:00-4:00pm Take and make meal: St. Patrick Day Feast | 18 JFS Office Closed | 19 |
| 20 | 21 12:30 - 1:15pm Exercise with Sanjay 2:00 - 3:00pm Diabetes Workshop Join via zoom or in person! 3:30 - 4:30pm Curbside Market | 22 | 23 12:30 - 1:15pm Exercise with Diane 5:30- 6:30pm Bingo | 24 11:00 - 12:00pm Pantry Pick Up | 25 JFS Office Closed | 26 |
| 27 | 28 12:30 - 1:15pm Exercise with Sanjay 3:30 - 4:30pm Curbside Market | 29 5:30-6:30 RocDog Event | 30 12:30 - 1:15pm Exercise with Diane | 31 | | |

Please call 585-216-1887 ext. 4 to register for all events!

