

HEALTHY AND HAPPY IN 2023

Join us in taking charge of our health with healthy eating habits in the new year.

In general: When deciding what to eat or drink, choose options that are full of nutrients and variety to make every bite count. More tips:

- Make half your plate fruits and vegetables.
- Focus on whole fruits (fresh, frozen, canned, or dried).
- Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.
- Make half your grains whole grains. Choose whole-grain versions of common foods such as bread, pasta, and tortillas.
- Choose low-fat (1%) or fat-free (skim) dairy milk or yogurt. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.
- Vary your protein routine. Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.
- Choose foods and beverages with less added sugars, saturated fat, and sodium. Limit added sugars to less than 50 grams a day; limit saturated fat to less than 22 grams a day; limit sodium to less than 2,300 milligrams a day.

Source: www.myplate.gov

CERVICAL CANCER PREVENTION

January marks Cervical Cancer Awareness Month. Women can lower their risk for cervical cancer by getting screened regularly, starting at age 21. The Pap test (or Pap smear) looks for cell changes that might become cervical cancer if they are not treated appropriately; the human papillomavirus (HPV) test looks for the virus that can cause these cell changes. The HPV vaccine for youth protects against the types of HPV that most often cause cervical cancers.

Source: www.cdc.gov

HAPI meals

Broccoli Potato Soup

Ingredients

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1 cup mashed potatoes



Instructions

- Combine broccoli, onion, and broth in large sauce pan.
- Bring to a boil.
- Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
- Add milk to soup. Slowly stir in potatoes.
- Cook, stirring constantly, until bubbly and thickened.
- Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
- Ladle into serving bowls.
- Sprinkle about 1 tablespoon cheese over each serving.

Recipe: www.myplate.gov

wise words

"You are the sky. Everything else—it's just the weather."

—PEMA CHODRON

inside
Waterford
Tower

FULL CIRCLE BROTHERHOOD

encourage. support. empower. lead.

MENTOR	MENTÉE
17-24 years old	Middle School
PAID Training	Homework Help
Leadership Development	Field Trips
Work Experience	Games
Community Impact	Activities
	Group Projects
	Meals
	Fun

Older brothers get PAID training and funding to hold events for their younger brothers in the community. From connecting brothers for homework help, holding a community soccer game, or even going out to a museum or doing community service, Brotherhood Circle is about empowering young men to lead.

**Weekly meet ups at Waterford Tower.
Email Randall Laing for more info:
randall.laing@layc-dc.org**

Free Classes

We are offering FREE classes from Montgomery College in the community room!

- Thursday, January 19
Class: Completing FAFSA. Learn how to complete the Federal Student Aid (FAFSA) application; bring a device with WiFi access.
- Thursday, February 16
Class: Find out about high school diploma and GED diploma opportunities.
- Thursday, March 16
Class: Learn about career options.



Randall Laing and Full Circle Brotherhood mentors taking a break from passing out hot meals to Waterford residents for Thanksgiving.

HAPI tips

Let's Move More in 2023!
 Adults should get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities 2 or more days a week. Kids 6-17 years-old should get 60 minutes or more of moderate-to-vigorous intensity physical activity each day, plus activities that strengthen bones (like running or jumping) and build muscles (like climbing or doing push-ups) 3 days each week.