

Wellness Wednesday: 1.15.2020

1. Short on time?

Get your veggies with a “minute salad.” Mix pre-washed bagged salad greens and cabbage with baby carrots and grape tomatoes.

[All About the Vegetable Group](#)

[More Kitchen Timesavers](#)

2. It's National Slow Cooker Month!

Cold weather means it's time to pull out the slow cooker. Try your favorite soup or stew recipe and save yourself some time prepping dinner that night.

<https://www.choosemyplate.gov/eathealthy/budget/budget-cooking>

<https://www.foodnetwork.com/healthy/photos/healthy-slow-cooker-recipes>

<https://www.allrecipes.com/recipes/17708/everyday-cooking/slow-cooker/healthy/>

3. Winter Safety Tips

Thank you to our GFPS safety and transportation department for sharing important winter safety tips. The information includes a wind chill chart!

http://gfpsweb.weebly.com/uploads/2/7/3/6/27366965/important_winter_safety_tips~farmers_almanac.pdf

4. **TOMORROW:** Benefis Health Sessions

“Ditching the Diet: Learning to Eat Mindfully and Love Your Body” Educational event presented by a doctor and registered dietitian. They will be discussing mindfully eating and listening to your body's internal cues. The event is free and open to the public. **January 16 from 6:00-7:00 pm** @ the Cameron Auditorium. Click here for more details:

<http://greatfalls Tribune.mt.newsmemory.com/?publink=39d1ec3c6>

5. **STILL OPEN** only takes a minute: Student Wellness Survey Part 1

Hello, we have seen some really great activities and healthy snacks the last few years! This is where we want to hear about them to share with others. The GFPS Student Wellness Team is asking for your assistance! We have decided to compile a list of healthy and/or nonfood celebration and reward ideas! Once compiled we will share them on the GFPS Student Wellness website for all to see. On a side note, did you know that GFPS adopted healthy guidelines for any food or snacks served during the school day back in 2006? Visit the [Student Wellness site](#) to refresh your memory about Smart Snacks and view our guidelines and policies that we have in place. [Click here](#) to take the survey.

NOTE: Part 2 of the survey will take place in a few weeks.

6. Jump In To Healthy Habits B-I-N-G-O 2020

Begins: Jan. 8 **Ends:** Feb. 7 → **31 days to complete the challenge! Are you ready?**

This challenge is designed to encourage you to try a variety of activities to improve your well-being. This is a fun way to experience and learn new ways to live a healthier, happier lifestyle. Simply complete the activities as you are able. Please share with staff who may not have regular access to a computer.

The rules are easy:

- Complete as many healthy activities as you can during the month. Record the dates of completion.

- You do not have to complete in an specific order, and you may complete several things on one day! Your choice, your challenge!
- Just like BINGO, you “win” by completing five activities in a row – vertically, horizontally or diagonally.
- To be eligible for one of the four \$25 cash prizes drawn at the end, **complete at least 3 rows/columns.**
- Go for a **black out** and get your name in the cash drawing an extra time!
- Near the end of the challenge, there will be a link in Wellness Wednesday that will direct you to a google doc. The doc will ask you a few questions to validate or verify your participation. No need to send me the card.
- We have provided a fillable PDF Form, make sure to save on your desk top of in a folder. OR you may print and hand enter the dates and info. Your choice!
- Get your BINGO card on the Employee Wellness website:
<http://gfpsweb.weebly.com/gfps-wellness.html>

Visit the Employee Wellness Website

Fitness schedules, nutrition, health and wellness topics.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Staff—>Employee Wellness

Visit the Student Wellness Website

GFPS Guidelines, Smart Snack calculator, student health and wellness.

Two ways to find the site:

1. [Click here.](#)
2. GOTO: Main GFPS website—>Parents & Students—>Student Wellness