



SEPTEMBER 2024
NEWSLETTER

Mindful Re-Launch

The Mindful Program is committed to creating healthy environments for our students and campus communities. Mindful has three pillars: Food & Culinary, Physical Activity, and Mental Health. The start of a new school year presents a wonderful opportunity to solidify ways to support your brain and body. See some ideas below on how to live mindfully this school year.

FOOD & CULINARY: Are you new to your campus dining program and feeling a bit overwhelmed? Try to choose foods that make you feel good and nourished! When building a meal, fill your plate with all different types of food; think protein, fat, carbohydrates, and fiber.

PHYSICAL ACTIVITY: Movement should be enjoyable! There are many forms of physical activity, choose one that supports your body. Check your campus recreation class schedule and try a new exercise class.

MENTAL HEALTH: Your mental health is as important as your physical health. The beginning of school can be stressful. Did you know a quick breathing exercise can help calm your nervous system and regulate your anxiety? Try this 4-7-8 breathing technique to calm your mind and body. The gist of it goes like this:

- Inhale through your nose for **four** counts.
- Hold your breath for **seven** counts.
- Exhale through your mouth for **eight** counts.

FOR MORE INFORMATION PLEASE CONTACT:

Edamame Nut Salad



INGREDIENTS

Creamy Poppy Seed Dressing

Ingredients

- 3 Tablespoons orange juice
- 3 Tablespoons light mayonnaise
- 3 Tablespoons light sour cream
- 2 teaspoons honey
- 1/2 teaspoon poppy seeds
- 1 teaspoon orange zest

Edamame Nut Salad

Ingredients

- 4 cups of baby spinach
- 8 cups chopped romaine lettuce
- 1 cup diced Granny Smith apples or apple of choice
- 1/4 cup peeled and shredded carrots
- 1/4 cup sliced almonds, toasted
- 1/4 cup dried cranberries
- 1/4 cup frozen edamame, thawed
- 1/4 cup shelled sunflower seeds, toasted

INSTRUCTIONS

To Prepare Creamy Poppy Seed Dressing

1. Place all the ingredients in a mixing bowl. Combine until blended. Cover and place in the refrigerator until ready to use.

To Plate Edamame Nut Salad

1. Combine baby spinach and romaine lettuce in a large bowl until evenly distributed.
2. Place 3 cups of greens in a serving bowl as needed.
3. Add:
 - 1/4 cup diced apples
 - 1 Tablespoon shredded carrots
 - 1 Tablespoon toasted almonds.
1. Gently toss until evenly distributed.
2. Evenly top with:
 - 1 Tablespoon dried cranberries
 - 1 Tablespoon edamame
 - 1 Tablespoon toasted sunflower seed
6. Drizzle with 2 Tablespoons poppyseed dressing and enjoy immediately!

Nutrition Facts: Calories: 220, Carbs: 25g, Protein: /g, Fat: 12g, Sat. Fat: 2g. Cholesterol: <5 mg. Sodium: 125mg. Fiber: 6g