



The Spice with Hidden Potential: *Nutmeg*

It's winter and nutmeg is our warm, go-to spice, used in a lot more recipes than we realize. Nutmeg is actually a seed and its fruit is grown on dark evergreen trees! We use nutmeg in baked desserts such as pies and cookies as well as savory dishes like curries, soups, and vegetables like roasted brussels sprouts with apples and cranberries. Its antibacterial properties help our immune system to potentially stop winter colds and its anti-inflammatory compounds help reduce muscle and joint pain. With all of its uses, this spice is available in its nut form, powder, oil, and in grounds. Happy baking and cooking this holiday season!

Spread the Word, Not the Germs! Wash your hands Awareness Week

The first full week in December is Wash Your Hands Awareness Week. Remember to spread the word and not the germs! There is plenty of celebrating this month during this cold and flu season so please remember to always wash your hands! The correct length of time to wash your hands is 30 seconds and if you think that's hard to remember, an easy tip is singing the happy birthday song 2 times which is the same length of time. Let's have a healthy holiday season and always remember that washing our hands can help prevent the spreading of sicknesses and bacteria.



Did You Know?

- 80% of communicable diseases can be transferred by touch (person-to-person contact).
- The two most important times to wash your hands are before and after preparing food, and after using the bathroom.
- Most bacteria on our hands is under our fingernails, so when you're washing, be sure to scrub underneath them.
- Damp hands are 1,000 times more likely to spread bacteria than dry hands, yet only 20% of people dry their hands after they wash them.
- Reusable cloth towels have millions of bacteria in their fibers. Using disposable paper towels is the cleanest way to dry your hands.

December Holidays

National Pear Month

- Dec 4** National Cookie Day
- Dec 6** National Gazpacho Day
- Dec 8** 2nd Sunday of Advent
- Dec 8** National Brownie Day
- Dec 8** Feast of the Immaculate Conception
- Dec 9** National Pastry Day
- Dec 13** National Cocoa Day
- Dec 15** 3rd Sunday of Advent
- Dec 15** National Cupcake Day
- Dec 22** 4th Sunday of Advent
- Dec 24** Christmas Eve
- Dec 25** Christmas
- Dec 28** The Feast of the Holy Family of Jesus, Mary, and Joseph
- Dec 31** New Year's Eve

Dietitian's Pick

Kale is a vegetable that grows well in colder temperatures and can withstand frost. It is considered a superfood because it is packed with nutrients and vitamins. Kale is rich in Vitamin A which is important for eye function and it also helps the heart, lungs and kidneys stay healthy. It is also rich in vitamin C which protects us from disease and keeps cells healthy, calcium which helps our body build strong bones and vitamin K which helps blood clot & boosts bone density.



Kale-Strawberry Salad Serves 6-8

INGREDIENTS:

- 1** lb. Kale (*approx. 3/4-1 bunch*)*
 - 1/2** cup Vegetable or Olive Oil
 - 1/2** cup Strawberries, sliced
 - 1/4** cup Lemon Juice
 - 1** tablespoon Honey or Sugar
 - 1/4** teaspoon Salt
 - 1/2** teaspoon Pepper (*Add more if you like!*)
- * If using "ready to use" bagged Kale: Approx. 6 oz.*

INSTRUCTIONS:

1. Wash kale & dry thoroughly.
2. Cut kale along sides of stem. Remove stems so you're only left with leaves.
3. Stack leaves & roll them up tightly lengthwise to resemble a tube shape. Cut across the top of the tube into very thin strips.
4. Add 1/4 cup of oil to kale. Massage oil into kale for 2 minutes.
5. Add strawberries to kale.
6. Mix together remaining oil, lemon juice, honey or sugar, salt & pepper for dressing.
7. Add dressing to kale. Mix. Refrigerate for 1 hour.

