The Yale-Griffin PRC will be offering health programs in Valley communities. To create these programs, we first need to collect information on the health of Valley residents.

We are looking for a small group of 4th, 6th, and 8th grade students PLUS one of their parents to:

- Come to Griffin Hospital during just one of several evening or weekend dates—visit will take approximately 25 minutes
- Have your height, weight, and blood pressure taken
- Give us your opinion on what health programs are needed
- Complete a brief online survey at home about the foods you eat

As a thank you, participants will receive:

A delicious and healthy meal on the day of your visit
Personal nutrition tips based on your survey results
One $50 Visa gift card for each child/parent pair

For more information or to sign-up please contact Gina Smith

gina.smith@yalegriffinprc.org

(203) 732-1265, extension 305

School Spotlight: Mead Elementary School

In September, teachers and staff from Mead Elementary School (Ansonia) teamed up with the Valley YMCA to start their own Couch to 5K program. For eight weeks, the group met twice a week together after school and once a week on their own. Couch to 5K programs are 8 weeks long and can help anyone (no matter their current activity level) gradually build their endurance to complete a 5K or to just simply get more active. Each session is about 30 minutes long and there are 3 sessions per week.

Upon completion of their 8-week program, a group of the Mead staff members participated in the 3rd Annual Vicki Soto 5K in November. Keep up the great work, educators! What a great way to be active role models for your students.

Basic Chicken Soup

Ingredients:
1 tablespoon canola or olive oil
1 onion, finely chopped
2 celery stalks, sliced
2 carrots, scrubbed or peeled and sliced
8 cups low-sodium chicken broth
1/2 cup brown rice, barley, or any small pasta
2 cups cooked, shredded chicken (a store bought rotisserie chicken works well)

Heat a large pot on stove over medium heat. When it is hot carefully add the oil, then the onion, celery, and carrots, and cook until tender for 10-15 min.

Add the broth, raise the heat to high and bring to a boil. Lower the heat to low, and cook, uncovered, until the vegetables are tender and no longer float on the top, about 30 minutes.

Add the rice, barley or pasta and cook until tender, (about 20 minutes for pasta and 40 minutes for brown rice or barley). Add the chicken, stir, and cook until heated throughout, about 3 minutes.

Serve right away or cover and refrigerate up to 3 days.

More at www.chopchopmag.org
Pasta with Roasted Vegetables

Kitchen Materials: Baking sheet, colander, cutting board, measuring cups, measuring spoons, medium bowl, large pot, large skillet, sharp knife

Ingredients:
- 1 medium onion
- 1 medium winter squash
- 1 handful of mushrooms
- 1 small head cauliflower
- 1/4 cup canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- Non-stick cooking spray
- 1 (16-ounce) package whole wheat pasta

Optional Ingredients:
- 1/2 cups grated Parmesan or Romano cheese
- 1/4 cup torn fresh basil or parsley leaves

Directions:
1. Preheat the oven to 375 degrees
2. Rinse and peel the onion. Rinse squash, mushrooms, and cauliflower. Chop vegetables into bite-size pieces, all equal size.
3. In a medium bowl, add oil, salt, pepper, and cut veggies. Stir until veggies are well coated.
4. Spray a baking sheet with non-stick cooking spray. Spread veggies on the baking sheet in a single layer. Bake until veggies are browned at the edges, about 30-35 minutes.
5. During the last 10 minutes of baking time, cook pasta following package directions. Reserve 1/2 cup of pasta water. Drain pasta.
6. In a large skillet, add veggies and drained pasta. Heat over medium heat for 2-3 minutes. Stir frequently. Add some of the reserved pasta water to moisten and make a sauce.
7. Transfer mixture into a serving bowl. If using grated cheese and fresh herbs add now.

More recipes at www.cookingmatters.org

Energize Yourself & Your Family this Winter!
- Add three 10-minute walks to your day, if you can do so safely near your work or home.
- Take regular breaks from sitting at the computer or watching TV. Get up, move, and stretch by lifting your hands up over your head. Twist side to side.
- Schedule your workouts as you would a hair or work appointment and stick to your plan.
- Start taking the stairs instead of the elevator whenever you have the option (be sure the stairs are well lit).
- If your job requires a lot of sitting, add a walk around the block to one of your daily breaks.

More tips at www.niddk.nih.gov

Want even more delicious (and healthy) recipes?
Chop Chop Magazine- www.chopchopmag.org
Cooking Matters- www.cookingmatters.org
Cuisinicity- www.cuisinicity.com

Contact Us: (203) 732-1265 (ext. 305)