



HEALTH AND WELLNESS POWERED

HARVESTING HEALTHY HABITS CAMPAIGN





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DEAR PARTNER,

We are committed to working with you to support the health and wellness of your community and site. As part of our partnership we support you with tools and materials to support your health and wellness goals. Each quarter, we share a campaign toolkit on a specific area of focus.

These campaign toolkits provide resources, learning tools, and reading materials. We ask that you share the information with your site attendees. Hang and post these materials throughout your site to raise awareness for the topics shared.

This quarter (October - December) our focus are the topics: "A Wholesome Holiday Eating Guide," "Serving and Supporting Neighbors This Holiday Season," and "Fall Wellness Tips." The toolkit will focus on a budget friendly way to stay healthy, active and finding ways to support each through the holiday season. From friendly reminders to finding ways to get active and moving your body, cultivating delicious, budget friendly meals; this toolkit has many ways to harvest healthy habits!

Best,

Nutrition Education Team
Community Food Bank of New Jersey





A WHOLESOME HOLIDAY EATING GUIDE

SANCOCHO

Sancocho, a delicious stew from Puerto Rico, commonly made up of different meats, blending Spanish and Canary Island flavors, starring corn, pumpkin, and plantains in a savory broth, served with a side of bread and rice.



JAPANESE-STYLE FRIED RICE

A classic Japanese Fried Rice (Yakimeshi) with ham, egg, and green onion is a delicious one-pan meal that you can whip up in under 20 minutes. It's bursting with flavor and perfect for a holiday meal.



ROASTED CHICKEN

Roasted chicken with butter and herbs is a classic European dish with rosemary, thyme, and sage, using fresh, locally-sourced ingredients. Ideal for fall gatherings and family meals, it provides comforting flavors.



How To Find Food Near You

<https://cfbnj.org/find-foods-services/>





BOOSTING COMMUNITY SUPPORT THROUGH FALL FOOD PANTRIES

SERVING AND SUPPORTING NEIGHBORS THIS SEASON

As autumn arrives, it's a great opportunity to engage with the community and boost the effectiveness of your food pantry.

Tips for Effective Food Distribution



- Incorporate fall seasonal foods like squash, apples, and root vegetables.
- Provide recipe cards with nutritious fall recipes.
- Adjust hours to support working families and offer flexibility.

Supporting Mental and Emotional Well-being



- Warm Welcome: Make sure your pantry is a welcoming place with friendly interactions and support.
- Resource Information: Provide information about local services such as counseling or community support groups.
- Holiday Planning: Help families plan for upcoming holidays with special resources or holiday meal options.

How You Can Make a Difference



- Collect and distribute warm clothing, blankets, and other essentials to help families stay warm as temperatures drop.
- Increase outreach through community events and media
- Recruit volunteers for fall activities
- Consider offering nutritional supplements for community members.

THESE INITIATIVES CAN HELP ENSURE THAT COMMUNITY MEMBERS ARE WELL-SUPPORTED AND ABLE TO NAVIGATE THE CHALLENGES OF THE FALL SEASON.



FALL WELLNESS TIPS

Embrace fall with nutritious ways to enjoy seasonal harvest while maintaining wellness goals. Incorporate autumn produce, eating strategies, and balanced diet for a flavorful and healthy season.

IN-SEASON PRODUCE



Buy in-season produce. **Beets, broccoli, kale, and pumpkins** are all great choices

BOOST IMMUNITY



Boost your immune system! Wash your hands often and drink plenty of water

WELLNESS CHECKS



Get your flu shot and yearly check-ups

KEEP SKIN HYDRATED



Moisturize skin after showering, drink water, use a humidifier, and eat a balanced diet rich in vitamins for healthy, radiant skin

Resources, Handouts & Flyers

AN EVERYDAY HEALTH INFOGRAM

AUTUMN

SHORTER DAYS, LESS SUNLIGHT

What less sun exposure means for your health

4 FACTS

- Vitamin D, good for bones and immunity, decreases
- Seasonal affective disorder causes depression
- Catch early morning rays to prep melatonin for better sleep.
- Serotonin, the happiness hormone, decreases

Sources: Harvard School of Public Health, National Institutes of Health, Sleep Disorders Center at Northwestern University, Psychology Today

everyday HEALTH

Seasonal Produce Guide

- what's in season when?

Spring	Summer
Asparagus Carrots Cauliflower Celeriac Cucumbers Curly Kale Broccoli Savoy Cabbage Surrel Spinach Spring Greens Spring Onion Watercress Gooseberries Rhubarb	Beetroot Broad Beans Carrots Cauliflower Courgettes Cucumber Fennel Fresh Peas Garlic Green Beans Lettuce & Salad Leaves New Potatoes Radishes Runner Beans Sage
Autumn	Winter
Field Mushrooms Lettuce Marrow Potatoes Pumpkin Rocket Squash Sweetcorn Watercress Apples Blackberries Damsons Elderberries Pears Plums	Brussel Sprouts Cabbage Carrots Cauliflower Celeriac Curly Kale Fennel Leeks Parsnips Potatoes Red Cabbage Swede Turnips Apples Pears

EXPERT HOME TIPS

Fall Self Care

- Explore the fall foliage
- Carve pumpkins
- Cook a fall soup or stew
- Make a hot drink and enjoy every sip
- Have a cozy night in
- Bake delicious fall treats
- Do a monthly reset
- Practice gratitude
- Light candles with fall scents
- Enforce your boundaries

see the rest at ambitiousdylaxa.com

FALL RECIPES

First Aid for Life | Mauchley Learning | ENHANCED MENTAL HEALTH FIRST AID COURSE

Recommended reading

MENTAL HEALTH FIRST AID

A practical guide for workplaces, schools, families, friends, carers and everyone needing support with their mental health.

Emma Hammett | www.firstaidforlife.org.uk

If you need help with buying groceries, NJ SNAP is here to help.

Visit NJHelps.org to apply.

NJ SNAP provides money directly to your household on an electronic benefit card each month and is accepted at most food retailers.

Visit NJHelps.org to learn more about NJ SNAP food assistance and to apply.

State of New Jersey | PHD Mauchley Learning | Department of Human Services

Click on the images to download and print them to share with your organization, partners, and neighbors!