



HEALTH AND WELLNESS POWERED
PANTRIES

REVITALIZE YOUR WELLNESS CAMPAIGN





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DEAR PARTNERS,

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's focus is on wellness, specifically revitalizing your wellness during winter and early spring. This toolkit aims to help manage seasonal mood changes, boost immunity, and maintain energy levels, ensuring a smooth transition into spring.

We encourage sharing this toolkit with your neighbors as it can enhance their awareness of seasonal challenges and provide practical strategies for improved health and well-being. This can lead to improved mental and physical health, better adaptation to seasonal changes, and a more proactive approach to maintaining well-being throughout the year.

Best,

Nutrition Education Team
Community FoodBank of New Jersey



Nutritional Needs

- **Cold-Weather Nutrition:** Offer warming, nutrient-dense foods like soups, stews, whole grains, root vegetables, and citrus fruits to support energy and immunity in winter.
- **Cultural Awareness, Safety and Holidays:** Recognize diverse winter celebrations, such as Lunar New Year by providing culturally appropriate foods and resources to create an inclusive and safe environment.

Encouraging Emotional Wellness

- **Self-Check-In for Staff and Neighbors:** Encourage regular self-reflection and self care plans for identifying feelings and stress, and have staff model this to better connect with neighbors.
- **Creating a Supportive Atmosphere:** Maintain a warm, inviting pantry space to foster support and reduce isolation during winter.

Physical Health & Wellness

- **Indoor Exercise:** Try stretching, yoga, and simple at-home workouts
- **Safe Outdoor Activities:** Stay active with walking, proper clothing, and safe snow play.



Transitioning to Spring Healthy Habits

- **Seasonal Produce:** Add early spring items like leafy greens, radishes, and peas to pantry offerings for a refreshing and rejuvenating diet.
- **Fresh Start Themes:** Promote a shift from winter hibernation to spring renewal, using the change of season to inspire healthier habits and routines.

Focusing on Mental and Emotional Rejuvenation

- Encourage and practice mindfulness, meditation, and starting a spring journal for personal growth.

Preparing for Seasonal Transitions

- **Allergy Awareness and Health Tips:** Educate neighbors on managing seasonal allergies and respiratory health with helpful tips and resources.

Grounding

- Embrace more outdoor activities and go “Earthing” even if its still chilly.



APPLYING STRATEGIES IN YOUR COMMUNITY



STAFF & SITES

- **Wellness Corners:** Set up areas with resources on emotional wellness, stretching, and seasonal recipes.
- **Workshops:** Host monthly wellness workshops featuring nutrition and exercise tips.
- **Wellness Initiatives:** Promote staff wellness activities and provide training on seasonal needs.

STUDENTS & PARENTS

- **Daily Wellness Routines:** Incorporate mindfulness and stretching into the school day.
- **Seasonal Nutrition Education:** Teach about seasonal produce with tasting sessions.
- **Family Challenges:** Encourage participation in wellness challenges.
- **Home-Cooked Meals:** Share easy, seasonal recipes and cooking tips.



AT HOME/INDOOR WORKOUTS



Resources, Handouts & Flyers

Revitalize Your Wellness: Winter - Early Spring Edition

NJ Seasonality Chart

Click any produce links on left for downloadable resources.

Vegetables & Berries	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCT	NOV	DEC
Apples									
Asparagus									
Bananas									
Carrots									
Cranberries									
Grapes									
Peaches, Nectarines									
Pears									
Plums*									
Strawberries									
Sweetpotatoes									
Artichokes									
Asparagus									
Cauliflower									
Chard									
Chinese Cabbage									
Cilantro									
Cucumbers*									
Okra									
Dandelion Greens									
Eggplant*									
Garlic									
Herb Scapes									
Kale*									
Leeks									
Lettuce									
Linux Beans									
Mustard Greens									
Onion*									
Peas									
Peppercorns									

LifePath THE GOOD LIFE

Nutrition Notes: Nutrition Tips for Winter Months

As the weather turns colder, it's important to pay attention to your nutrition. Here are some tips to help you stay healthy during the winter months.

Stay Hydrated: Even though you may not feel thirsty, you can become dehydrated in winter. Drink plenty of water throughout the day.

Choose Healthy Fats: Incorporate healthy fats like those found in avocados, nuts, and seeds into your diet.

Get Enough Protein: Protein is essential for maintaining muscle mass and supporting your immune system. Include lean meats, fish, and plant-based proteins in your meals.

Boost Your Vitamin D: With less sunlight, your body may produce less Vitamin D. Consider taking a supplement or eating foods rich in Vitamin D, like fatty fish and fortified dairy products.

Limit Alcohol and Caffeine: Both can dehydrate you and affect your sleep. Try to limit your intake during the winter months.

Practice Mindful Eating: Pay attention to your hunger and fullness cues. Avoid eating out of boredom or stress.

HOST A HEALTHY Winter Holiday Celebration

GAME ON! TIP SHEET

Winter holiday celebrations and family events are great opportunities to promote a healthy lifestyle, provide consistent messages, and showcase important aspects of your organization's culture. This tip sheet provides ideas for how to host a healthy holiday celebration.

Set the Example: As the host, you can set a good example by choosing healthy options for yourself and your guests.

Offer Healthy Alternatives: Instead of just serving traditional holiday treats, offer healthier options like fresh fruit, nuts, and whole-grain crackers.

Encourage Physical Activity: Incorporate some physical activity into your celebration, such as a group walk or a game of catch.

Limit Alcohol and Caffeine: Encourage guests to drink water and limit their alcohol and caffeine intake.

Practice Mindful Eating: Encourage guests to eat slowly and enjoy their food. Avoid eating out of boredom or stress.

Winter Wellness

Embrace the season and take steps to maintain your health during the winter months. Here are some tips to help you stay healthy and active.

Stay Active: Regular physical activity is important for maintaining your health and mood. Find ways to stay active, even if it's just a short walk or a few minutes of stretching.

Get Enough Sleep: Sleep is essential for your overall health. Aim for 7-9 hours of sleep each night.

Manage Stress: Winter can be a stressful time. Find ways to manage your stress, such as meditation, deep breathing, or talking to a friend.

Protect Your Skin: Cold weather can dry out your skin. Use a moisturizer and wear a scarf to protect your face from the wind.

Stay Hydrated: Even though you may not feel thirsty, you can become dehydrated in winter. Drink plenty of water throughout the day.

Being Fit in the Winter

CREATE AN ACTIVE WINTER

It can be challenging to be active in the winter months. Here are some tips to help you stay active and healthy during the winter months.

Embrace the season: Find ways to enjoy the winter weather, such as snowshoeing or ice skating.

Warm-up indoors: Find ways to stay active indoors, such as yoga, Pilates, or strength training.

Home: Find ways to stay active at home, such as using resistance bands or following online workout videos.

Around Town: Find ways to stay active in your community, such as joining a local sports team or participating in a group walk.

Family Food Cents

November 2023

Practical Tips for Staying Active in Winter

Winter is on the horizon, and it's time to start thinking about how to combat the weather and how to stay active in our day-to-day routines. Here are some tips to help you stay active and healthy during the winter months.

Wear Appropriate Clothing: Dress in layers to stay warm and protect yourself from the cold.

Stay Hydrated and Eat Well: Even in cold weather, it's essential to stay hydrated and eat a healthy diet.

Find Ways to Stay Active: Find ways to stay active, even if it's just a short walk or a few minutes of stretching.

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health.

Brighten Your Outlook: Focus on the positive aspects of your life and practice gratitude.

Reduce Stress: Find ways to manage your stress, such as meditation, deep breathing, or talking to a friend.

Get Quality Sleep: Aim for 7-9 hours of sleep each night and practice good sleep hygiene.

Seek Support: Don't be afraid to ask for help and reach out to your support system.

NUTRITION EDUCATION QUARTERLY

WINTER - 2024

SCHOOL MEALS: NOURISHING MINDS AND BODIES

School meals play a crucial role in supporting children's health and academic performance. Here are some tips to help you ensure your child is getting the most out of their school meals.

Encourage Healthy Eating Habits: Encourage your child to eat a variety of fruits and vegetables and to limit their intake of sugary drinks and high-fat foods.

Participate in School Meal Programs: Encourage your child to participate in school meal programs, such as the National School Lunch Program and the National School Breakfast Program.

CREATING HEALTHY ROUTINES

TOOL 2 THINK

Establishing healthy routines is essential for maintaining your physical and mental health. Here are some tips to help you create and maintain healthy routines.

Start Small: Begin with small, manageable changes and gradually build up your routine.

Be Consistent: Stick to your routine as much as possible, even on busy days.

Track Your Progress: Keep a journal or use an app to track your progress and stay motivated.

Be Flexible: It's okay to miss a day or two. Just get back on track as soon as you can.

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