

IT'S NATIONAL STRESS AWARENESS MONTH!

Stress awareness month has been recognized every April since 1992. It's important to remember that stress means something different to every person, meaning there is no definitive definition for everyone. Typically, stress is thought to be physical, mental, or emotional tension. It is important to learn ways in which to cope with stress and stressful situations, as long-term stress can wreak havoc on your mind and your body.

Helpful tips for monitoring your stress:

- Have a support network. If you're feeling stressed make sure to say something to your loved one or caregiver.
- Engage in some form of exercise safely.
- Eat nutritious food like fruits, vegetables, whole grains, lean proteins, and low-fat dairy foods.
- Make sure to stay hydrated. Drink an extra glass of water today!

(www.stress.org/april-is-stress-awareness-month)



HEALTHY SNACKING

The fruit you get with your Home Delivered Meals are a great option for healthy snacking!

There are many benefits to eating fruits. Most fruits are low in sodium, fat, and calories. Fruit

is full of nutrients such as fiber, potassium and vitamin C.

Foods that are higher in potassium

may help to maintain a healthy blood pressure. And fruit doesn't have to be eaten in their whole fruit form. Take bananas – there are many ways to use them:

- Peel and freeze overripe bananas to be used later in bread, muffins, or fruit smoothies.
- Frozen bananas can also be thawed, pureed, and used in place of butter in baked goods.
- Mashed bananas can be used as an egg replacement in pancake batter.
- Blend overripe bananas into a thick liquid, pour in container and freeze for banana ice cream (see recipe on back)



APRIL IS ALCOHOL AWARENESS MONTH

Some long-term effects of excessive alcohol intake over time include high blood pressure, heart disease, mental health problems such as anxiety, weakening of the immune system and more. The Dietary Guidelines for adults recommends that adults who do drink should do so in moderation. Moderate alcohol consumption is defined as two or less drinks per day for men and one or less drinks per day for women. There are treatment options for those who are experiencing alcohol abuse. One option would be to meet with an alcohol counselor. Oftentimes support from others helps motivate individuals. Another option would be a detox phase, noting that this should only be done under professional care. It's important to understand that recovery is different for everyone. If you or someone you love needs help, please call 2-1-1 or Alcoholics Anonymous at (888) 304-7868 or Al-Anon for family/spouse support (616) 222-0632.(www.alcohol.org)

LET'S MAKE A SANDWICH!

Unscramble the things you often use to make a sandwich.

1. d r a b e _____
2. c l u t e e t _____
3. o o m a t t _____
4. k r y u t e _____
5. u p e n a t t r u b e t _____
6. e y l j l _____
7. d r u m t a s _____
8. e s h e c e _____
9. f e b e _____
10. g l o o n a b _____



CHOCOLATE BANANA ICE CREAM

Prep Time: 10 min

Freeze Time: 2 hours

Ingredients

3 ripe bananas

1 tablespoon of cocoa powder

Splash of milk for desired consistency

Directions

1. Peel and cut banana
2. Put banana into the freezer for at least two hours
3. Put banana and splash of milk into the food processor or blender - Blend until smooth
4. Add in cocoa powder and blend until incorporated
5. For soft ice cream serve immediately for more firm ice cream, chill in the freezer.