



## HEALTHY POTLUCK IDEAS .

BY JENNA MEARS

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With all the parties and festivities this time of year, you are bound to attend at least one potluck where you're supposed to arrive with gifts of food to share! But what should you bring? How healthy should you make the dish? Are people really counting calories this time of year? Here are some healthy options to consider when preparing for a potluck.

### Appetizers:

- Hummus and veggies
- Spinach dip made with low fat mayo or low fat sour cream
- Flat bread with roasted red peppers

### Salads and side dishes:

- Corn salad with red and green peppers
- Rice or couscous with dried fruit or veggies
- Bell peppers stuffed with Spanish rice

### Main Dishes:

- Chili and soup
- Greek yogurt chopped apple chicken salad
- Vegetarian lasagna

### Dessert:

- Fruit salad
- Fresh fruit with chocolate or caramel dipping sauce
- Oatmeal raisin cookies

Source: American Cancer Society. [cancer.org/latest-news/what-to-bring-to-a-potluck.html](http://cancer.org/latest-news/what-to-bring-to-a-potluck.html). Accessed 24 October 2017.

## Smart Facts

### 1,000 CALORIES

are typically consumed at a potluck lunch or dinner.

### 20 MINUTES

is how long it takes your brain to tell your stomach you are full. Wait to refill your plate.

### 200 CALORIES

at a potluck is equal to ½ a cheeseburger, ½ a piece of pie, or 2 ¼ cups of sweet tea.



## FIVE TIPS TO HELP YOU SAY "NO" .

BY RACHEL SAVIEO

Time becomes a precious commodity this time of year as the holidays approach and end-of-year work projects pile up. It can be especially difficult to balance work with preparing for holiday parties or traveling to visit family and friends. Saying "no" is part of smart time management that will help you enjoy the holiday season more. Saying no to opportunities and invitations can be difficult, so here are a few tips to help make the holiday season more enjoyable:

**Avoid giving an immediate answer.** It's easy to agree to things when you are busy or distracted. Before you make a commitment, take a break. Simply say, "I will get back to you." Then get away from your email, take a walk, or maybe even sleep on it. You'll feel better about your decision either way.

**Ask yourself if you would do it tomorrow.** This is a good way to see if you really want to say yes or no. Just because something is scheduled three weeks out doesn't mean you should agree to it. If it's not attractive today, it won't become attractive as the event date approaches.

**Ask for a raincheck.** This is particularly important during the holidays. If your calendar is getting too full, simply explain that this is a busy time and ask if the date can be scheduled for a later time when things slow down a bit.

**Block time for "nothing" – really!** If you are feeling overloaded, block time on your calendar for "nothing." You don't have to know what the time is for. The things that fill that time may feel like nothing, but it could be things that are vital to your well-being – like sleeping, reading a book, or just recharging.

**Decline politely.** A few ways to say no politely include:

- "I just don't have time right now."
- "Thank you for asking me, but I need to say no this time. Please keep me in mind for the future though!"
- "This is a busy time, and I promised myself I wouldn't take on more commitments right now."

There is an old quote that says "Those who mind don't matter, and those who matter don't mind." That is a good phrase to keep in mind when you need to decline an offer for your own well-being. Those who care most will support your efforts to do what is best for your own well-being.



*If it's not attractive today, it won't become attractive as the event approaches.*

Source: • [Forbes. forbes.com/sites/francesbooth/2014/05/27/top-10-ways-to-say-no-and-save-time/2/#4ab407e77a17](https://forbes.com/sites/francesbooth/2014/05/27/top-10-ways-to-say-no-and-save-time/2/#4ab407e77a17). Accessed 18 October 2017.



# TACKLE STRESS HEAD ON.

BY JOHN THOMAS

The American Institute of Stress estimates that up to 90% of all doctor visits are stress related, and that the vast majority of stress is work related. With numbers like that, it makes sense for employers to provide stress-relief programs and benefits.

The Affordable Care Act requires employer-provided health plans include at least minimal coverage for mental health screenings and substance abuse services. The benefits provided can vary widely according to the employer's selected plan. Many plans cover stress-related illnesses – such as migraines, chest pain, and stomach issues – as regular health issues, but your healthcare provider might not realize these conditions are stress-related unless you tell him or her.

If you're seeking help for stress-related illnesses, start by checking with your plan providers and HR team to learn what coverage is available. It's also helpful to try to do all you can to reduce stress. Here are some ways experts suggest to help manage stress:

**Tap your resources.** If your health benefits include an Employee Assistance Program, use it. If you can take time off, do it. If your plan includes discounts for services such as massage or fitness facilities, use them.

**Understand your triggers.** Pay attention to specific situations that increase your stress. If these situations are unavoidable, go into them mindful of your stress level and consciously work to keep your stress down.

**Avoid unnecessary stress.** Leave work a little later if it will allow you to avoid stressful traffic, for example. Have paychecks direct deposited to alleviate rushing to the bank every week.

**Give yourself a break.** Avoid negative self-talk and don't beat yourself up for small mistakes.

**Live in the moment.** Don't get wrapped up in hypothetical worst-case scenarios.

**Get moving.** Exercise reduces and prevents stress.

**Get quiet.** Meditation might sound intimidating, but it calms the mind. There are many apps that can help you get started.

**Be proactive.** Don't wait until stress hits to try to relax. Employ your stress-reduction techniques before stress strikes.



*December 4-10 is National Hand Washing Awareness Week*

Washing your hands is easy and one of the most effective ways to prevent spreading germs. Washing your hands often, for about 20 seconds with soap and warm water, keeps you and others healthy – especially during flu season.

Source: CDC.. [cdc.gov/features/handwashing/index.html](http://cdc.gov/features/handwashing/index.html). Accessed 24 October 2017

# HARVEST OF THE MONTH: KIWI

BY MEGAN MILLER

Don't let their small size fool you – kiwis pack a powerful punch! Kiwis are actually in season year round, because they grow in several different locations. They're grown in California from November to May, and in New Zealand from June to October.

Kiwis are a superfood because they offer a variety of health benefits, including asthma treatment, digestive aid, immune system support, blood pressure management, blood clot reduction, and protection against vision loss. In addition to providing Vitamins C, K, and E, they also contain folate and potassium. Include being a good source for antioxidants and fiber, and you've got a superfood. Still not impressed? Kiwis are the most nutrient-dense fruit, ounce for ounce.

## How to Select

Begin your search by looking for firm, unblemished fruit. Press the outside of the fruit with your thumb. If it gives to slight pressure, it's ripe and ready to eat! Kiwi fruit comes in many sizes, but size doesn't affect flavor.

Sources: 7 Health Benefits of Kiwi. [healthline.com/health/7-best-things-about-kiwi#overview1](http://healthline.com/health/7-best-things-about-kiwi#overview1). Accessed 20 October 2017.  
California Kiwifruit. [kiwifruit.org/about/selecting.aspx](http://kiwifruit.org/about/selecting.aspx). Accessed 20 October 2017.



## How to Store

Kiwi will keep for several days at room temperature and up to four weeks in the refrigerator.

## How to Prepare

Using a sharp knife, slice the kiwi fruit lengthwise to create two identical halves. Then use a spoon to scoop the sweet, delicious meat of the kiwi fruit from each half.



## Recipe: Green Fruit Salad

### Ingredients (makes 8 servings):

- 4 cups diced ripe honeydew melon
- 1 cup halved seedless green grapes
- 1 cup peeled, sliced, and quartered ripe kiwi (about 2)
- 2 Tbsp chopped fresh mint (optional)

### Directions:

1. Combine melon, grapes, kiwi, and mint (if using) in a large bowl. Serve with yogurt dressing, if desired.
2. To make ahead: Refrigerate for up to 4 hours
3. Toss with mint just before serving, if using.

### Nutrition Information:

PER SERVING (3/4 cup): 56 calories, 0g fat, 1g fiber, 14g carbohydrates, 1g protein, 22mcg folate, 0 cholesterol, 12g sugars, 0g added sugars, 129 IU vitamin A, 32mg vitamin C, 16mg calcium, 0mg iron, 17mg sodium, 295mg potassium

Source: EatingWell.com. [eatingwell.com/recipe/258258/green-fruit-salad](http://eatingwell.com/recipe/258258/green-fruit-salad). Accessed 20 October 2017.