

# Spotlight on Nutrition

**Fun, Family Fitness and Nutrition Tips**

**Mason City Schools**

## January is National Slow Cooker and Soup Month

**Office of Child Nutrition**

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Slow cookers are great to use on nights when you are short on time and still want to cook a healthy meal for your family. Use your slow cooker to make this healthy and delicious

### Veggie Chili!



#### Ingredients:

- 1 yellow onion (diced)
- 2 bell peppers (diced)
- 2 zucchini (chopped)
- 2 carrots (chopped)
- 1 cup frozen corn
- 1 can black beans (rinsed and drained)
- 1 can kidney beans (rinsed and drained)
- 2 cans fire roasted tomatoes
- 1 jar salsa (mild or medium)

#### Directions:

- Combine ingredients in crockpot, cook on low 3-4 hours.
- Serve with desired toppings - sour cream, cheese, tortilla chips, avocado

### Looking for a Job that works around your student's schedule?

Mason City Schools Child Nutrition Department is looking for dependable and reliable people to join their team.

If interested please apply online at [www.masonohioschools.com](http://www.masonohioschools.com). Click on the Employment to view openings. Select the red "Apply" button. Then fill out and submit an application for a Child Nutrition Worker.

For questions about becoming a Child Nutrition Worker, contact Tamara Earl at [earl@masonohioschools.com](mailto:earl@masonohioschools.com)

*We look forward to hearing from you!*

## Support Your Immune System This Winter!

Winter is the peak of flu and cold season. Keep your immune system healthy by following these simple guidelines.

- Eat lots of fruits and veggies for maximum vitamins and minerals, especially those high in Vitamin C and antioxidants such as citrus fruits, broccoli, bell peppers, spinach, kale and berries.



- Drink plenty of water to help the body eliminate unwanted toxins.
- Wash your hands often with warm, soapy water.
- Keep your hands away from your face.
- Get Moving! Exercise boosts immune function.
- Get plenty of sleep and rest.



- Decrease stress and practice meditation.
- Limit food additives and sugar which can suppress immunity.

