



SEPTEMBER 2024
NEWSLETTER

Mindful Re-Launch

The Mindful Program is committed to creating healthy environments for our students and campus communities. Mindful has three pillars: Food & Culinary, Physical Activity, and Mental Health. The start of a new school presents a wonderful opportunity to solidify ways to support your brain and body. See some ideas below on how to live mindfully this school year.

FOOD & CULINARY: Are you new to your campus dining program and you feeling a bit overwhelmed? Try to choose foods that make you feel good and nourished! When building a meal make sure to fill your plate with all different types of food; think protein, fat, carbohydrates, and fiber.

PHYSICAL ACTIVITY: Movement should be enjoyable and not like a chore! There are many forms of physical activity, choose one that supports your body. Check your campus recreation class schedule and try a new exercise class.

MENTAL HEALTH: Your mental health is just as important as your physical health. The beginning of school can be stressful. Did you know quick breathing exercise can help calm your nervous system and regulate your anxiety? Try this 4-7-8 breathing technique to calm your mind and body. The gist of it goes like this:

- Inhale through your nose for **four** counts.
- Hold your breath for **seven** counts.
- Exhale through your mouth for **eight** counts.

FOR MORE INFORMATION PLEASE CONTACT:

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Edamame Nut Salad



INGREDIENTS

Creamy Poppy Seed Dressing

Ingredients

- 3 Tablespoons orange juice
- 3 Tablespoons light mayonnaise
- 3 Tablespoons light sour cream
- 2 teaspoons honey
- 1/2 teaspoon poppy seeds
- 1 teaspoon orange zest

Edamame Nut Salad

Ingredients

- 4 cups of baby spinach
- 8 cups chopped romaine lettuce
- 1 cup diced Granny Smith apples or apple of choice
- 1/4 cup peeled and shredded carrots
- 1/4 cup sliced almonds, toasted
- 1/4 cup dried cranberries
- 1/4 cup frozen edamame, thawed
- 1/4 cup shelled sunflower seeds, toasted

INSTRUCTIONS

To Prepare Creamy Poppy Seed Dressing

1. Place all the ingredients in a mixing bowl. Combine until blended. Cover and place in the refrigerator until ready to use.

To Plate Edamame Nut Salad

1. Combine baby spinach and romaine lettuce in a large bowl until evenly distributed.
2. Place 3 cups of greens in a serving bowl as needed.
3. Add:
 - 1/4 cup diced apples
 - 1 Tablespoon shredded carrots
 - 1 Tablespoon toasted almonds.
1. Gently toss until evenly distributed.
2. Evenly top with:
 - 1 Tablespoon dried cranberries
 - 1 Tablespoon edamame
 - 1 Tablespoon toasted sunflower seed
6. Drizzle with 2 Tablespoons poppyseed dressing and enjoy immediately!

Nutrition Facts: Calories: 220, Carbs: 25g, Protein: /g, Fat: 12g, Sat. Fat: 2g. Cholesterol: <5 mg. Sodium: 125mg. Fiber: 6g