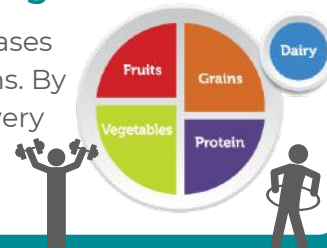


January Faculty Newsletter

Choosing Healthy Habits Planner Theme: Healthy Eating & Moving More

Healthy eating and moving more can help lower the risk of developing chronic diseases such as heart disease, high blood pressure, type-2 diabetes and respiratory conditions. By following the MyPlate portions and getting at least 60 minutes of physical activity every day, you are more likely to have more energy throughout your day!



*Check out page 97 in the *Choosing Healthy Habits* planner for more information.

Grant Opportunities

- **No Kid Hungry Grant:** This grant will enable districts to respond to the growing needs and emerging opportunities to provide meals and resources to students and families.
Rolling deadline
- **Every Kid Sports:** A grant program which helps to remove the financial barriers that prevents children from playing and encourages the development of multi-sport participation.
Rolling deadline

HealthMPowers Staff Meeting Service

Contact your HealthMPowers Health Educator to coordinate a time for them to virtually present at an all-staff meeting. Staff will learn about HealthMPowers resources and strategies that can be used to promote healthy behavior.

Harvest of the Month Recipe Brazilian-Style Collard Greens

Ingredients:

- 1 1/2 pound **collard greens**, chopped
- 3 tablespoons olive oil
- 1 tablespoon minced garlic
- 1/4 cup lemon juice
- Salt and pepper

Instructions:

1. Heat a 12-inch skillet over high heat.
2. Add the oil to the skillet.
3. Toss in the **collard greens** and the garlic.
4. Cook over high heat for 3 to 8 minutes.
5. Season with salt and pepper.
6. Add lemon juice.
7. Serve immediately.
8. Enjoy!

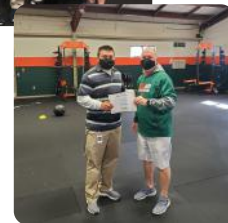


*Makes 4 servings. For more information [click here!](#)

Recognition!

"Catch A Health Hero" is an initiative created to show recognition to staff members who support the School Health Team by utilizing HealthMPowers resources. These nominees help integrate best practices in nutrition and physical activity into the school day so that more children have the opportunity to grow up **#NourishedAndActive!**

Congratulations to the Health Heroes from
Bibb County!



Miller Magnet Middle School

Rutland High School