



# live well, work well

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## Healthy Lunches, Healthy Kids

Your New Year's resolution might be to eat healthier at work, but don't forget about what your child eats for lunch as well. Prepackaged meals and snacks are convenient, but are you paying attention to their nutritional content? Send your child to school with a healthy lunch, or check the school lunch menu to see if a healthy choice is being offered that day.

### Sack Lunches

Looking for more variety in what to put in your child's lunch? Try the following options:

- Mini boxes of raisins
- Baby carrots
- Cheese cubes or sticks
- Leftovers from dinner
- Yogurt
- Celery and peanut butter
- Pita bread instead of regular sliced bread for a sandwich
- Hard-boiled eggs
- Cherry tomatoes
- Apple slices and peanut butter
- Bagels (look for whole grain or whole wheat)
- Granola bars (make sure to check the sugar content)

No time to prepare lunches in the morning? Pack them the night before. And these guidelines do not apply to just your child's lunch. Use these same principles when making your own lunch for work.

### School Lunches

School cafeterias are getting progressively healthier with help from the recently passed Healthy, Hunger-Free Kids Act. According to the School Nutrition Association, the legislation will allow school meal programs nationwide to offer more fresh produce, whole grains and low-fat dairy products in school cafeterias.

Many schools offer their lunch menus ahead of time in school newsletters or online. Before you send your child to school with lunch money in hand, check out the menu for the day to ensure it is a healthy choice.



## Cervical Cancer Prevention



Cervical cancer is almost 100 percent preventable according to the Centers for Disease Control and Prevention. And it's curable if detected early; in fact, the death rate from cervical cancer has declined significantly over the past few decades with help from preventive screenings.

One of the most important things women can do to reduce the risk of cervical cancer is to receive a regular screening with a Pap test.

### When to Get Screened

Women should start having regular Pap tests at age 21, or within three years of first having sex – whichever is first.

In addition to the Pap test, the main test for cervical cancer, an HPV test may be used to screen women who have unclear Pap test results or are 30 years old or older.

It is important to continue to have regular Pap tests even if you are too old to have a child or are no longer sexually active. Discuss your screening schedule with your doctor.

## Did You Know?

January is Cervical Health Awareness Month.

## Commit to Your Resolution



Here are some tips to help you create realistic New Year's resolutions and make them stick throughout the year.

- Create a resolution for the right reasons. To do so, think about what you really want to accomplish, and what benefits you will achieve from the resolution.
- Determine how difficult you want your resolution to be. You will be most successful if your resolution challenges you, but is not so far out of reach that you feel discouraged to even try and achieve it.
- Be specific in what you want to achieve. This will help you quantify when and how your resolution has been accomplished. Instead of vowing to "lose weight this year," set a more specific goal such as to "lose 10 pounds by the time school's out."
- Create a strategy for how you will achieve your resolution with a step-by-step plan and due dates for each step. Identify and address any obstacles you may run into along the way.
- Seek out assistance to help you stay on track. Depending on your resolution, this could be a personal trainer or simply a motivating friend.
- Stick with it! It's a new year and a fresh start – what better time to make a commitment to a positive change in your life.



## Tortilla Chicken Soup

This delicious recipe packs a powerful punch of cold-fighting ingredients like garlic, onion and chili. At around 200 calories with only 130 mg of sodium per serving, this soup is a great dish for a heart-healthy meal.

2 pounds boneless, skinless chicken breasts cut into ½ inch strips

- 1 tablespoon olive oil
- 4 cups carrots, diced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 cup onion, chopped
- 4 cloves garlic, minced
- 1 can pinto beans, rinsed
- 1 jalapeno pepper, seeded and sliced (optional)
- 1 teaspoon dried oregano leaves
- ½ cup corn kernels
- ½ teaspoon ground cumin
- 2 teaspoons mild chili powder
- 8 cups fat-free, low-sodium chicken broth
- 1 large tomato, chopped
- 5 tablespoons lime juice
- 2 corn tortillas, cut into ¼ inch strips
- 3 tablespoons finely chopped fresh cilantro

- Heat olive oil in a large pot over medium to low heat. Add onions and garlic; cook and stir about 3 minutes
- Add chili powder, ground cumin and oregano; cook 1 minute
- Add chicken, tomato, red and green peppers, jalapeno pepper, carrots and chicken broth. Reduce heat to low and let simmer until the chicken is fully cooked and vegetables are tender (approximately 30 minutes), stirring and turning chicken occasionally
- Stir in corn, pinto beans and lime juice
- Garnish with tortilla strips and cilantro before serving

