



WELLNESS WEDNESDAY



OCTOBER 27, 2021

Your weekly wellness newsletter featuring food and nutrition facts, easy recipes, and activities to add to your day



FUN FOOD FACTS

Cranberries are in season from September to december, and these hearty berries are packed with antioxidants, dietary fiber, and potassium. The acidity of cranberries has also been shown to reduce the occurrence of some bacterial infections.



CRANBERRY NUT BREAD

Use dried or fresh berries in this quickbread, and pick your favorite nuts: walnuts, pecans, pistachios, and almonds are all great pairings to cranberries.

CRANBERRY NUT BREAD



UNPLUG AND DESTRESS

We are surrounded by technology almost 24 hours a day, and the constant stream of news and information can cause stress that we might not even realize. If you're able, "unplug" from your phone or computer for some time each day to relax and recharge



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