

Arbor Nutrition News

August/September 2020

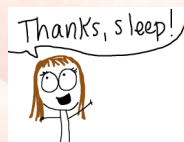
Return to Learn



Students are coming back to school in all different capacities this school year. Many will be at home and some will be in school with a modified schedule. Everyone learns in different ways, and e-learning will be a change of pace, especially with more stringent guidelines coming back this year. It is important to stay focused when learning from home.

Tips to Stay Focused While Studying

- Keep a Routine.
 - Wake up, get dressed, and have breakfast as normal.
- Set up a Homework Friendly Area
- Keep Distractions to a Minimum
 - No TV, loud music, or video games
- Schedule Regular Study Times and Breaks
- Get Enough Sleep!
 - Sleep is when memories are stored and filed away in your brain. It's essential to learning!
- Eat Healthy Snacks
 - Keep your mind and body functioning at the highest level.
 - Try almonds, dried fruit, dark chocolate, popcorn, apples and nut butter, smoothies, fruit salad, veggies and hummus, and cheese. See *the featured Fruit Slush recipe this month!*



Fruit Slush

- 2 2/3 C. **Cantaloupe** or Watermelon (chopped, seeded, peeled)
- 1 2/3 C. Kiwi (Chopped, optional)
- 2 Tbsp. Sugar (optional)
- 2 Tbsp. Lime Juice
- 2 C. Water



Directions:

1. In a blender, puree fruit with sugar and lime juice until smooth.
2. Combine fruit mixture and water in a large pitcher.
3. If desired, pour through a strainer to eliminate pulp.
4. Cover and refrigerate for up to a week.
5. To serve, stir well and pour into tall glasses over ice.

<https://bit.ly/2BHkBpS>

E-learning?

Check with your school about meal pick-up.



Nutrition Spotlight-Vitamin A



Vitamin A is what we need for good vision and a healthy immune system. It also helps with red blood cell formation, and acne treatment.

Cantaloupe, carrots, green leafy vegetables, mango, and sweet potatoes are all great sources for Vitamin A.



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com

