

Breakroom Buzz



August is
National
Peach
Month



Back to School Breakfast Tips

Peach Grilled Cheese

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| 2 slices whole grain bread | 1 slice Munster, provolone, or cheddar cheese |
| 2 teaspoons spreadable butter or margarine spread | 3 slices of a ripe peach |

1. Wash hands with soap and water.
2. Spread one side of each bread slice lightly with margarine.
3. Place two slices of bread, margarine side down and top each with one cheese slice.
4. Arrange fruit slices over the cheese. Top with remaining bread slices, margarine side up.
5. Grill over medium heat, 2-3 minutes, turn and cook 2-3 more minutes or until golden brown and cheese is melted.

Serving Size : Calories 380, Total Fat 17g, Cholesterol 40mg, Sodium 550mg, Total Carbohydrates 45g, Fiber 1g, Protein 16g

Source: Iowa State University Extension Spend Smart. Eat Smart. Program

Wake up 10 minutes earlier to squeeze in a few extra minutes for breakfast.

Make whole grain pancakes the night before and freeze them for a quick breakfast.

Keep trail mix, bananas, applesauce, or granola bars in your pantry for a quick breakfast to go!

Kids aren't hungry? Try limiting heavy snacks at night or have them get dressed then eat in the morning.

Source: [Academy of Nutrition & Dietetics, 2021](#)

Walk with Ease



Approximately 54 million people in the United States have some form of arthritis. One of the safest and most beneficial forms of exercise for those with arthritis is walking. According to the Arthritis Foundation, walking has reduced pain and discomfort and increased balance, strength, and pace. If you haven't been accustomed to any exercise program in a while, visit your healthcare practitioner.

Tips for getting moderate-intensity physical activity:

- You should feel as if your body is working-You should be able to talk but not sing at a moderate pace.
- Plan to get at least 30 minutes of moderate activity on three or more days of the week.
- Know you can build gradually. Do what you can and increase the amount and intensity.



Don't forget to hydrate when exercising. The average August temperature is usually in the mid-80s.



Source: Adapted by Tessa Hobbs-Curley, Family Life Educator, The Arthritis Foundation (2021). Walk with Ease.(4th ed.)

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