

March 23rd is National Agriculture Day. Celebrate by filling a plate with Illinois produced foods!



Examples of Illinois produced foods:



Apples, Apricots, Blackberries, Blueberries, Cantaloupes, Cherries, Currants, Grapes, Honeydew Melons, Nectarines, Peaches, Pears, Persimmons, Plums and Prunes, Raspberries, Rhubarb, Strawberries, Watermelons, & More!



Asparagus, Beans, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Cucumbers, Eggplant, Garlic, Kale, Lettuce, Mushrooms, Okra, Peas, Peppers, Potatoes, Pumpkins, Radishes, Spinach, Squash, Sweet Corn, Tomatoes, Turnips, & More!



Barley, Corn for grain (e.g., flour), Oats, Rice, Rye, Wheat



Almonds, Beans, Beef, Bison, Carp, Chestnuts, Chicken, Duck, Eggs, Elk, Emu, Goat, Hazelnuts (Filbert), Lamb, Ostrich, Peas, Pecans, Pheasant, Pigeon, Pork, Quail, Rabbit, Soybeans, Sunflower Seeds, Tilapia, Turkey, Venison, Walnuts, & More!



Milk from cows, sheep & goats

Bathroom Buzz

EAT MORE FIBER!

What is it?

Fiber is the structural part of plant foods

- **Soluble fiber:** dissolves in water to form a gummy gel
- **Insoluble fiber:** does not dissolve in water

What can it do for us?

- Lowers cholesterol
- Regulates blood sugar levels
- Weight control.
- May prevent intestinal cancer

How much do I need?

- **20-35 grams** per day

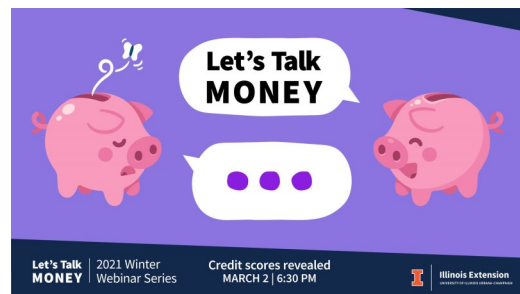


Where can I get it?

- Whole unpeeled fruits & vegetables, whole grains, beans, dried fruits

Source: Adapted by Mary Liz Wright, Nutrition & Wellness Educator, Clevelandclinic.org

COMING SOON: March 2, 2021



March is Colorectal Cancer Awareness Month

1 in 3 people are not up to date on screenings

60% of deaths can be prevented with screenings

March 5th is Dress in Blue Day to bring awareness to colorectal cancer

Coloring isn't just for kids!

Here are a few benefits for adults:

Socialization! This activity can be an easy way to engage kids into talking while sitting at a table coloring.

Stimulates the brain in a fun and engaging way.

Stress relief – coloring provides relaxation to our amygdala, the part of the brain affected by stress.

Increases focus and creativity – short coloring sessions can help improve focus and spark creativity.

Releases tension and stabilizes mood.

Helps express feelings in a healthy way.

Exercises fine motor skills.

Acts as a mindfulness practice – it allows the brain to switch off from other thoughts and focus on the task at hand.

Helps you sleep – coloring may help you wind down from a stressful day and settle in for a good night's sleep.



Source: Adapted by Tessa Hobbs-Curley, Family Life Educator from Cheri Burcham, May 16, 2020 *Family Files Blog* "Coloring- It's Not Just for Kids"