


# University of Illinois Extension: Family and Consumer Sciences

## Breakroom Buzz

Raising kids  
Eating right  
Spending smart

March is  
Living Well  
Month!



 Follow University of Illinois Extension Family and Consumer Sciences Facebook page: @family.finance.food to learn more!

### Eat Right & Reduce Food Waste

March is National Nutrition Month with a focus on Fuel for the Future. Learn quick tips for reducing food waste!

**Shop and eat in season!** Eating in season will benefit the planet and help you save money on groceries.

**Get comfortable with package dating!** A sell by, use by, best by, and best before dating refer to product's quality not necessarily their safety.

**Get creative with leftovers!** Use that extra roasted chicken to make soup or a salad topping. Combine leftovers into soup or a sandwich the next day.

**Cook from the Pantry!** Take inventory of what you already have and try making a meal without having to run to the grocery store.

Learn more about National Nutrition Month at [eatright.org](https://eatright.org)

Source: Academy of Nutrition and Dietetics, 2021



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



### Cauliflower Colcannon

- 1 head cauliflower, washed and chopped
- 1/4 cup water
- 3 cloves garlic, minced
- 1 avocado, mashed
- 4 Tbsp. extra virgin olive oil
- 3 cups chopped kale, washed
- 3 green onion, washed and chopped
- 1/2 cup fat free milk
- Non-fat plain Greek yogurt and chives

### Directions

1. Wash hands with soap and water.
2. Combine cauliflower florets and garlic in a microwavable bowl with 1/4 cup water, cover, and microwave on HIGH for 3-5 minutes
3. Using a food processor, pulse cauliflower and garlic until smooth. Add avocado. Set aside.
4. Over medium-high heat, coat skillet with olive oil and add kale. Cook for 3-4 minutes or until kale wilts. Add green onions and cook another minute.
5. Add cauliflower mixture into skillet and add milk. Mix well until heated through.
6. Remove from heat and top with non-fat plain Greek yogurt and chives.

### I Didn't Know That!

According to the American Psychological Association for the Stress in American Survey, Teens report the sources of stress are school at 83%, getting into a good college or deciding what to do after high school at 69%, and financial concerns for their family at 65%. Many teens report that the pandemic disrupted their future.

It is important to look for signs of stress in teens. Such as changes in the following areas:

- Sleep patterns
- Behavior
- Eating patterns
- Overall health
- Mood



### Here's how you can help teens:

- Allow your teenager to experience frustration. Don't minimize their feelings and allow them to vent.
- Listen to your teenager. Listen and don't judge how they are feeling. It is hard not to want to fix the situation.
- Identify resources or other role models for teens. Resources should be about real stories of how people persevered.
- Make your teen the primary focus. It's about building a connection. The perspective should be about the teen not about you.
- Explore ways to de-stress. There are many techniques to use such as mindfulness practices, deep breathing, journaling, relaxation, and exercise.
- Offer perspectives on how they can deal with unexpected disappointing circumstances. Create realistic opportunities and explore the new opportunities the situation presents.
- Stay connected with friends and family. Connect with others with positive conversation. It is important not to dwell.
- Find a distraction from the disappointing thoughts by playing a game or doing something relaxing together. The different focus can be a positive experience.

**Resource:** *Helping Teens Deal with Stress.* <https://extension.illinois.edu/family/helping-teens-deal-stress>. Adapted by Tessa Hobbs-Curley, Family Life Educator