

## Cucumber Strawberry Salsa

Makes 18-2 Tbsp. servings



**Nutrition Facts (per serving):** 5 calories, 0 grams fat, 0 milligrams sodium, 1 gram carbohydrate, 0 grams fiber, 0 grams protein

1 cup strawberries, washed and diced

1/4 cup fresh mint, rinsed, and chopped

1 cup cucumbers, washed and diced

1 tablespoon lime juice

1/2 cup red onions, washed, and finely diced

### Directions

1. Wash hands with soap and water. In a bowl, combine strawberries, cucumber, onion, and mint.
2. Toss with lime juice.
3. Season with salt and pepper to taste.
4. Serve with baked whole-grain chips or crackers.

Recipe Developed by Caitlin Mellendorf, MS, RD Nutrition & Wellness Educator

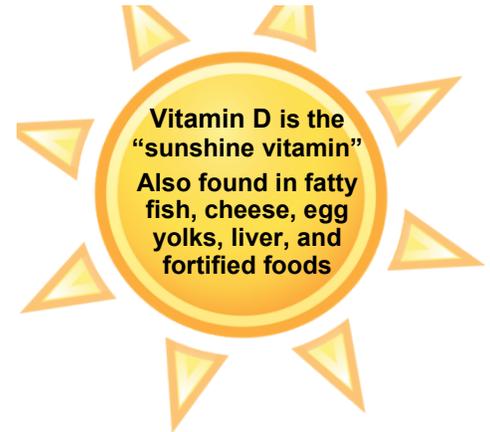
# Breakroom Buzz

## Tips for Keeping Bones Strong

Approximately 44 million Americans have low bone density, putting them at higher risk for osteoporosis. Below are four tips for improving bone health:

- Get the recommended amount of calcium and vitamin D daily
- Do weight-bearing and muscle strengthening exercises regularly
- Avoid smoking and excessive drinking
- Talk to your doctor about your risk for osteoporosis and ask about a bone density test

-National Osteoporosis Foundation, 2015



Vitamin D is the "sunshine vitamin"  
Also found in fatty fish, cheese, egg yolks, liver, and fortified foods

## Happy Egg Month

Store fresh shell eggs in their carton in the refrigerator for **4-5 weeks beyond pack date- USDA**

## I Didn't Know That

**One in every five people will experience a mental illness during their lifetime**

Your routines are your habits. The power of routines can positively impact mental health. Here are a few tips to turning your routines into healthy habits:

- **Start your morning with a glass of water & stay hydrated.** Add a little lemon since it helps with inflammation. Staying hydrated can help with concentration and mood. Additionally, exercise in the morning. Just 20 minutes a day gets your body up and moving and helps with circulation.
- **Socialize with people.** Make sure you are visiting by phone or in person. Texting and Facebook messaging isn't the same. In person socialization can decrease your risk of depression.
- **Express gratitude or do something beautiful.** 5-minute gratitude practice in your day can completely alter your mindset. Being kind to others, like holding a door open for someone can make you feel good
- **Do a "brain dump" of ideas and tasks for the next day.** Identifying thoughts and ideas at the end of the day can help you avoid sleepless nights.

Routines can be healthy for you. If you have a partner, make sure that they are part of your routine, whether it is kissing them goodbye for the day or telling them goodnight before bed. Also, just because we live with someone doesn't mean we stop using our manners. Our routines are our habits. Again, our healthy routines can make a difference in our mental health.

Source: <https://namimc.org/11-things-daily-mental-health-can-stay-balanced-happy/> and <https://www.psychologytoday.com/us/blog/the-gen-y-psy/201810/the-power-routines-in-your-mental-health>. Adapted by Tessa Hobbs-Curley, University of Illinois Extension, Family Life Educator



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