



THE TIGER TABLE

CAPE GIRARDEAU D63 NUTRITION NEWSLETTER!

CABIN FEVER

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I'm sure you're tired of people saying this, but this school year has not been the norm. Some kids are in person; others are virtual. Are sports happening... or not? How many people can attend? What about social distancing? Do we have to wear masks at outdoor events? And on and on... With all this confusion, a lot of people are simply choosing to stay home. This might result in a strange phenomenon that we typically use to describe multiple snow days in a row - **cabin fever**.

WHAT'S IN THIS MONTH'S ISSUE:

Cabin Fever - 1

November Recap- 1

Ins & Outs of Cabin Fever- 2

Combating the Cabin- 2

Up Ahead-3

Tiger Taste buds: Broccoli & Cheese Soup-3



NOVEMBER RECAP

November was National Vegan Month. Someone who follows a vegan dietary pattern eats lots and lots of plant foods - fruit, veggies, whole grains, beans, legumes, nuts and seeds! When done right, virtually everything they eat comes from the ground - how cool is that! Fun fact: The oldest people on the planet (I'm talking 100+ year-olds) tend to eat 95% of their calories in the form of plant foods! 0_o

But "*How do I add more veggies to my plate?*" - good question!

The key is to think of veggies as the main meal instead of the side dish. This simple flip will have you upgrading your veggie game in no time!

We also learned about healthy holiday habits! Hopefully there are a few that you and your families can practice as the holiday season is in full swing!

**** Some underlined text is linked to additional information****

THE INS AND OUTS OF CABIN FEVER

Despite what the name implies, this actually has nothing to do with a high temperature, so don't rush off to your local health department.

Cabin fever is "irritability, listlessness, and similar symptoms resulting from long confinement or isolation indoors during the winter." or during COVID, if we're talking current relevance.

With regular, winter-induced, cabin fever, generally it will end after a couple months when it starts getting warmer outside. However, with COVID, there's no telling... So here are some ideas on how to combat the ever-present cabin fever.



COMBATING THE CABIN

➤ Just because it's cold doesn't necessarily mean you're stuck indoors. Bundle up & go outside, especially when the sun is out! The sun gives us Vitamin D, which is needed for bone health and disease prevention. Even if your all covered up, being outdoors just might do the trick to boost your mood, foster creativity, and improve focus.

➤ Eat healthy - Do I really need to provide justification for this one?

Fun Fact (or opinion... depending on how you look at it): The best way to warm up after being outside in the cold is a toasty bowl of soup! It's a great family-friendly meal that even the littles can help prepare!

➤ Be intentional

With holidays in the near future, it appears that there will be a lot of free time. What will that time be filled with? Nothing? NOT SO! When given a fair amount of "free time," it is extra important to follow a schedule - even a fairly flexible one. We thrive on routine - **especially kids**. Even high school students thrive on routine (*Why else would schools follow a strict class schedule?*). Routine helps maintain rhythm in our days.

Sample, vague, schedule

- Be up by _____
 - Complete _____ by _____ (generally some way to contribute to the household like make your bed or eat breakfast and put away/ wash your dishes)
 - Be creative - read, draw, write, build, craft
 - Go outside (essential!)
 - Sibling/family activity
 - Help with _____ (such as cleaning, making dinner, etc.)
 - Evenings - generic free time
- Make it your own!

➤ Take time to be with YOURSELF - holidays are a lot of togetherness, which is great!! But it can be exhausting too. Make sure to "schedule" some **Me Time** for yourself and everyone else.

UP AHEAD: FUN DECEMBER HOLIDAYS

Root Vegetables and Exotic Fruits Month

National Hand Washing Awareness
Week (First Full Week)

1 - National Eat a Red Apple Day

4 - National Cookie Day

8 - National Brownie Day



Veggies AND creamy goodness - sign me up!!

Hearty Broccoli & Cheese Soup

Ingredients

- 1 tablespoon butter or olive oil
- 1 medium yellow onion, chopped
- 3 large white potatoes cubed, about 4 cups
- 1 cup shredded carrots or chopped cauliflower
- 4 cups chicken broth
- 1/2 teaspoon salt
- 6 cups broccoli florets*
- 3 cups 2% or 1% milk
- 2 cups shredded medium cheddar cheese
- 2 tablespoons flour
- 1 teaspoon freshly ground black pepper

Instructions

1. Melt the butter in a large pot or Dutch oven over medium heat. Add the onion and cook for 4-5 minutes, until softened, stirring occasionally.
2. Add the cubed potatoes, chicken broth and the salt and bring to a boil, then reduce the heat to a rolling simmer and cook the potatoes for about 8 minutes or until soft and easily pierced with a fork. Whiz the potatoes and broth with an immersion blender to the consistency you desire (I like to leave some chunks of potato), or mash with a potato masher.
3. Add the broccoli florets, carrots (or cauliflower) and the milk and bring to a boil, then reduce to a simmer, cooking for 5-7 minutes or until the broccoli is al dente.
4. Toss the cheese with the flour and add to the soup 1 cup at a time, stirring until melted before adding the next batch of cheese. Season with black pepper and more salt to taste.

Recipe Note *I used fresh broccoli in this soup, but frozen will work in a pinch.* Serves: 8

Adapted from [FoodieCrush](#)

