

# DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Sure, volunteers can have a tremendous positive impact on their community and their fellow human beings. But the benefits are by no means a one-way street. Serving as a volunteer has been shown to improve



the big number

# 26

The percentage of Americans who volunteer has held steady around 26% for the last five years.

self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. Plus volunteering builds community by bringing people together who might not otherwise ever come in contact with one another, forging a crucial network of connections between volunteers, their neighbors, and community organizations. And volunteering is a great family activity and a fantastic way for parents to model positive behavior for kids and show them firsthand how they can make a difference in the world. For these reasons and many more, volunteer service is a wellness win-win!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This newsletter is provided as a wellness resource by Allendale Food & Nutrition Services*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"DO IT FOR YOU, TOO"

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

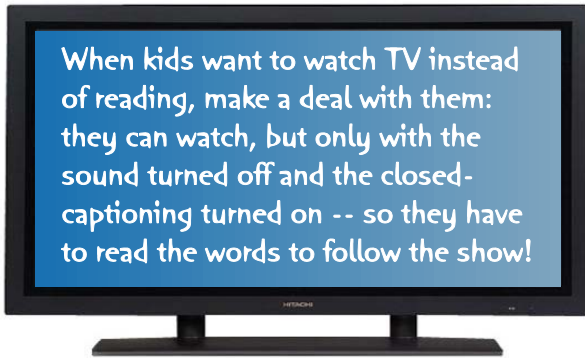
### COUSCOUS

Many kids have never heard of this tiny, round pasta, much less tried it. Couscous tastes like other pasta varieties, but it's most often served as a side dish (like rice) or with beef, fish, or veggie stew spooned over it, because it's so good at soaking up sauce and juices.



## LEARN EASIER

When kids want to watch TV instead of reading, make a deal with them: they can watch, but only with the sound turned off and the closed-captioning turned on -- so they have to read the words to follow the show!



## PLAY HARDER

Too tired to exercise after a hard day of school or work? Well, exercise is exactly what you need to pep up! A quick, vigorous walk or half an hour on an exercise bike is a powerful pick-me-up that will actually give you MORE energy for the rest of the day.



## LIVE HEALTHIER

Whether you live in a warm or cold part of the country, there's far less daylight in winter than summer -- and that can have a profound effect on our health and well-being. Some people even suffer from a condition



known as "seasonal affective disorder," which can cause severe anxiety, sadness, and fatigue. One good practice to avoid or lessen winter blues is to get outside for at least a little bit of time each day. Stretch, walk, play with the dog -- maybe even indulge in a friendly snowball fight to get the blood pumping!

## What goes up keeps going up.

With apologies to Sir Isaac Newton and the laws of physics, we're here to tell you that gravity does not apply to healthy eating. When kids "eat up," their health goes up, their energy goes up, and their grades go up, too. Because when kids regularly eat balanced, nutritious meals, they pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, including free and reduced-price meals for families who qualify. Convenient, economical, healthy School Meals. Eat up!

**School Meals**  
*We serve education every day™*