





# DECEMBER BREAKFAST



<b>Tuesday – 12/4</b> Cranberry Juice Raisin Bran Cereal Pancake Sausage Stick Pancakes w/ Syrup Tropical Fruit	<b>Wednesday – 12/5</b> Apple Juice Cinnamon Squares Cereal Bagel w/ Egg Patty & Cheddar Cheese Pears	<b>Thursday – 12/6</b> Grape Juice Granola Cereal Fresh Seasonal Fruit Fruited Yogurt Pumpkin Raisin Muffin
<b>Tuesday – 12/11</b> Orange Juice Crispy Rice Cereal Bagel w/ Cream Cheese Hard Boiled Egg Raisins	<b>Wednesday – 12/12</b> Apple Juice Granola Cereal Ham, Egg, & Cheese Pocket Fresh Seasonal Fruit	<b>Thursday – 12/13</b> Cranberry Juice Bran Flakes Pineapple Tidbits Fruited Yogurt Bran Zucchini Muffin
<b>Tuesday – 12/18</b> Apple Juice Oatmeal Mandarin Oranges Chicken Biscuit	<b>Wednesday – 12/19</b> Cranberry Juice Toasty O's Applesauce Turkey Sausage Patty w/ Egg Patty Wheat English Muffin	<b>Thursday – 12/20</b> Grape Juice Bran Flakes Pumpkin Muffin Peaches w/ Cottage Cheese
<b>Tuesday – 12/25</b> <b>No Breakfast Delivery</b> 	<b>Wednesday – 12/26</b> <b>No Breakfast Delivery</b> 	<b>Thursday – 12/27</b> Cranberry Juice Bran Flakes Tropical Fruit Bagel w/ Cream Cheese




## Holiday Health and Safety Tips

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy ~ and ready to enjoy the holidays.

- 1. Wash hands often to help prevent the spread of germs.** It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- 2. Bundle up to stay dry and warm.** Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
- 3. Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- 4. Be smoke-free.** Avoid smoking and secondhand smoke. Smokers have greater health risks because of their tobacco use, but nonsmokers also are at risk when exposed to tobacco smoke.
- 5. Get exams and screenings.** Ask your health care provider what exams you need and when to get them. Update your personal and family history.
- 6. Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.
- 7. Prepare food safely.** Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.
- 8. Eat healthy, stay active.** Eat fruits and vegetables which pack nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2 ½ hours a week.

<https://www.cdc.gov/features/healthytips/index.html>

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## Thankfulness: How Gratitude Can Help Your Health

Gratitude is more than a buzzword. It's a habit and practice that may actually change your perception of wellbeing. Do you sometimes feel negative and cynical about life? Sure, we all do this a little, but doing it a lot can lead to depression. Some neuroscience experts think our brains focus on negative information as a way to remember pain so we can avoid it in the future and stay safe. They call this the "negativity bias." To balance out this natural tendency, we can practice gratitude. "Gratitude is good medicine," says Robert A. Emmons, Ph.D., a professor of psychology at University of California-Davis and author of *The Little Book of Gratitude*. "Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person's life. It can lower blood pressure and improve immune function...grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol, and have higher rates of medication adherence."

Here's a simple way to get started: Write these down before you go to bed or share them around the dinner table. In five minutes, you can practice gratitude from the HEART.

**Health: What did your body do for you today?** Did you know you take about eight million breaths a year? Your feet can take you up a mountain, your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body.

**Eat: What did you feed your body to nourish yourself today?** Was it an old favorite, something you made, or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year! Take a minute to savor an especially yummy meal.

**Activity: What did you do that you really enjoyed today?** Did you give it your all at the gym or take a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.

**Relationship: Who do you look forward to seeing?** Is it someone who sets your heart on fire, always has a smile for you, has your back, or makes you laugh until you cry? Take a minute to smile as you think about this special person.

**Time: What are you doing right now?** Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery, and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/thankfulness-how-gratitude-can-help-your-health>

