



Arbor Management's Nutrition News-January 2022



Tips To Stay Active Indoors!

When snow, cold or rain keeps you inside, try these tips to stay active.

Try indoor walking: You can do this anywhere. Walk in place or around your home while watching a favorite TV show or movie. If you have access to an indoor mall or track, try that for a change of scenery.

Let's dance: Turn on your favorite music or dancing television show and start dancing along. Make sure there is plenty of space to move around!

Set up a relay game: Create 4-5 stations with different activities. Try walking in place, jumping jacks, toe touches, and more. Get the whole family involved and take turns picking out activities.

Try a new exercise video: Check out a free exercise video from the local library to try something new! Many libraries have lots of old and new videos available to take home.

January is National Soup Month

Cold Day Chicken Noodle Soup

A Bowlful of Comfort on a Chilly Day!

Makes 8 servings (3 quarts)

Ingredients

- 1 tablespoon canola oil
- 2 celery ribs (chopped)
- 1 medium onion (chopped)
- 8 cups reduced sodium chicken broth
- 2 medium carrots (chopped)
- 1/2 teaspoon dried basil
- 1/4 teaspoon pepper
- 3 cups uncooked whole wheat egg noodles (about 4 ounces)
- 3 cups coarsely chopped rotisserie chicken
- 1 tablespoon minced fresh parsley



Directions

1. In a 6-qt. stockpot, heat oil over medium-high heat. Add celery, carrots and onion; cook and stir 5-7 minutes or until tender.
2. Add broth, basil and pepper; bring to a boil. Stir in noodles; Cook 12-14 minutes or until al dente. Stir in chicken and parsley; heat through.

What's in Season?

Celery

Carrots

Kiwifruit

Pineapples

Potatoes

Lemons

Brussels Sprouts

Onions

Winter Squash



Jennifer Malchow, RDN, LDN
Registered Dietitian Nutritionist
jmalchow@arbormgt.com

