

Targeting Wellness Newsletter

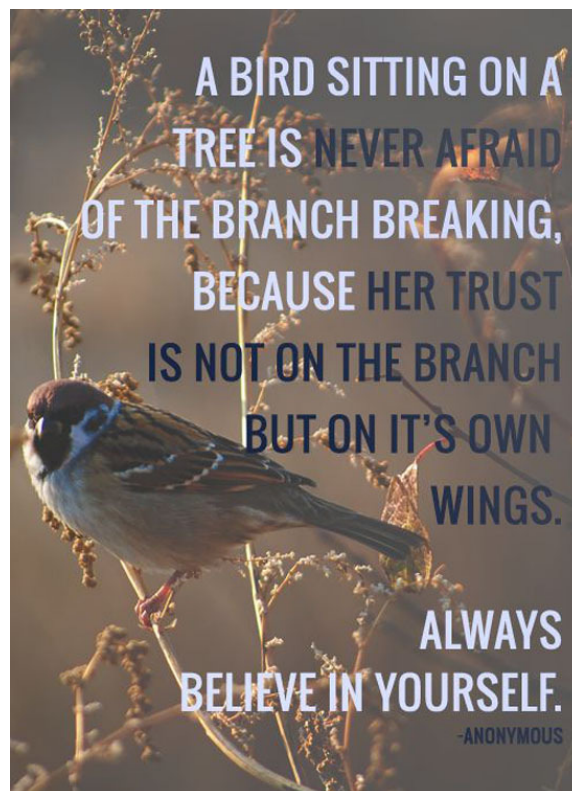
Good News for Good Health!

Dec 2022— Jan 2023

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*My wish for you in the coming year
is that you...*

- ... discover the *wisdom* within you and feel *empowered* to create your own happiness.
- ... find the *courage* to let go of past failures, perceived shortcomings and regrets that are holding you back from moving forward towards your dreams.
- ... give yourself *permission* to take time for YOU (self-care is not selfish)!
- ... become *still* long enough to hear the whisper from within nudging you to take the next step on your life's journey.
- ... start an avalanche of *determination* to keep moving away from merely surviving to thriving!

*Put yourself at the top of your gift giving list this holiday!
You are important too!*

Managing Stress IS Possible

IT'S NOT THE
LOAD THAT
Breaks You
DOWN, IT'S
THE WAY
YOU CARRY IT.

I'm going to go out on a limb and say with much certainty that there is no one among us that isn't aware of stress nor has never been under it's pressure. It's a topic I feel worth addressing whenever possible since it remains an going challenge to manage.

Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Over the last 2+ years, the topic of stress has been a major concern as it relates not only to our own well-being but that of our employees, colleagues, family members, friends, and even the world. That is a lot to carry and process on a daily basis.

Often, with the holidays, the level of stress we feel tends to be elevated by the seasonal responsibilities, traditions and challenges. Overspending on gift demands, family interactions, over-indulging on holiday treats, slacking on our self-care routines, not to mention possible loneliness and memories that could generate sad or negative emotions, the holidays can be taxing physically, mentally and emotionally.

Stress is your brain's automatic response to a treat **whether real or perceived**. Our brain comes hard-wired with an alarm system for our own protection, signaling our bodies to release a burst of hormones to fuel our capacity for a response. This we know as the "fight-or-flight (or freeze)" response. It is what allowed our ancestors for centuries live to see another day. However, once the immediate threat was gone, their body returned to a normal relaxed state. Today, unfortunately, the nonstop stress of modern life keeps our own alarm system **constantly activated**. Being stressed-out has been the norm.... It is expected... and sometimes worn as a "badge of honor"!

I have yet to meet a person who does not have an **"inner critic"**; these are the sabotaging thoughts and lies we tell ourselves that are so often negative and hurtful! This inner critic was formulated in childhood to help us cope with our surroundings. Even if our childhood was filled with happy memories, these "defense mechanisms" developed perhaps from encounters with friends or teachers. When we become adults, they are no longer needed, however, now they have been engrained into our subconscious mind so they *appear* to be just part of who we are. They become the **thoughts** that hold us back from reaching our true potential. They beat us up for making a mistake or for perceived shortcomings. They criticize others and current situations declaring them as "bad" or unfulfilling, often resulting in much unhappiness and even fear.

One of the first lines of defense against these internal "bullies" is AWARENESS.

Realizing that they are merely thoughts, can be challenging. I know because I too struggled with the nonstop judgment mainly of self! However through commitment and practice I am now well aware that I am NOT my thoughts. This is true for YOU as well! Learning to pause whenever you start to feel these negative emotions taking over, transferring your full attention to the present through one of your physical senses such as breath, touch, or sound for several seconds can help to free you from the thoughts and allow your brain to shift from survive mode to focused thinking. It will not happen on the first attempt or second attempt, heck it may not happen even on the third attempt. But studies have proven, that in time you CAN learn to REPROGRAM your brain and create NEW neuro-pathways that allow you to handle stress in a much more productive, clear-headed way.

We are well aware of the consequences of poorly managed stress, ranging from fatigue to depression to heart disease. It is of utmost importance that we recognize and take action to handle it in healthy ways before it causes any prolonged health issues. Consider how it would be to live a life filled with more ease and flow. Being able to manage stress is a **learned behavior**; it takes a commitment to WANT to change, the tools needed to MAKE the change, and then on-going PRACTICE in order to build your mental fitness! You can change your mind and your life. It's hard work but I am confident that carrying that stress and negativity is hard work too! The new year is about to start. Make it YOUR year!

HARD THINGS
ARE PUT IN
OUR WAY NOT
TO STOP US
BUT TO CALL
OUT OUR
COURAGE AND
STRENGTH.



Tips On Managing Stress

The American Psychological Association offers the following tips on how to manage your stress:

Understand how you stress. Everyone experiences stress differently. How do you know when you are stressed? How are your thoughts or behaviors different from times when you do not feel stressed?

1. **Identify your sources of stress.** What events or situations trigger stressful feelings? Are they related to your children, family, health, financial decisions, work, relationships or something else? You might ask yourself " **am I giving too much to others and not enough to myself?**" If you are, perhaps it's time to express your needs to others, set some healthy boundaries and take time for yourself without guilt....you need to take care of you in order to take care of them.
2. **Learn your own stress signals.** You may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or a lack of energy. Gauge your stress signals. Practice getting still for a few minutes to pay attention to how your body is feeling (where are you holding tension?)
3. **Recognize how you deal with stress.** Determine if you are using unhealthy behaviors (such as smoking, drinking alcohol and over/under eating) to cope. Is this a routine behavior, or is it specific to certain events or situations? Do you make unhealthy choices as a result of feeling rushed and overwhelmed? Become more mindful of these reactions.
4. **Find healthier ways to manage stress.** Consider healthy, stress-reducing activities such as meditation, exercising or talking things out with friends or family. Keep in mind that unhealthy behaviors develop over time and can be difficult to change. Don't take on too much at once. Focus on changing only one behavior at a time.
5. **Take care of yourself.** Eat whole nutrient-dense foods, get enough quality sleep, drink adequate amounts of water and engage in regular physical activity. Ensure you have a healthy mind and body through activities like yoga, taking a walk, connecting with nature (listen to the birds, start an indoor herb garden) going to the gym (search the internet for tons of workout options) or volunteering/joining a group that will enhance both your mental and emotional health. Pick up a hobby or sport (try something new like indoor pickle ball!). Plan a vacation and take your designated breaks during work (you've earned it...don't consider it a privilege!). No matter how hectic life gets, make time for yourself — even if it's just simple things like reading a good book or listening to your favorite music. **Self-care is the most affordable healthcare! Put it on your "To-Do" list (at the top!)**
6. **Reach out for support.** Accepting help from supportive friends and family can improve your ability to manage stress. If you continue to feel overwhelmed by stress, you may want to talk to a professional who can help you work through the challenges. You know what to do. Sometimes we all need a little help! Check into whether your municipality offers an Employee Assistance Program (EAP) and take advantage of it. And consider booking a session with a Health & Wellness Coach (like me! ☺).

YES LOVE
YOURSELF. BUT
ALSO, ANALYZE
AND BE
CRITICAL OF
HOW YOU
THINK, ACT,
AND
BEHAVE. SELF
LOVE WITHOUT
SELF
AWARENESS IS
USELESS. BE
ACCOUNTABLE.

YOU CAN DO THIS, ONE STEP, ONE DAY AT A TIME.



Boundaries And Why Are They Important?

Another way to help manage and **reduce** stress in our lives is to set and maintain healthy boundaries. Easier said than done sometimes. Many of us aren't taught how to set boundaries. We hesitate for fear of "hurting someone's feelings", feeling it could cause negative repercussions or, even worse, feeling we have no "power" to set a boundary.

So what are boundaries and why are they important to our happiness and overall wellbeing?



Simply stated, a boundary is a way to honor yourself, your needs and what is important to you! Without them, we are giving permission to the outside world that it can call the shots and will be allowed to override your own feelings and requests. According to Psychology Today, "the essence of boundaries is differentiating what **we** want from what others want **from** us." (Amodeo, 2018)

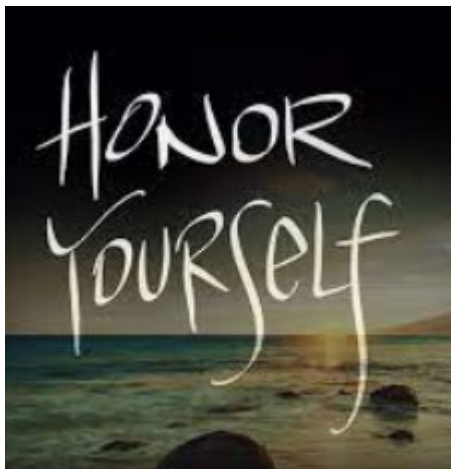
How do you identify when a boundary is needed? That's easy...LISTEN to your gut and TRUST it! Where in your life are you feeling uncomfortable? Maybe you have feelings of dread, anxiety or resentment when you are in the company of someone or when a specific topic comes up in conversation; if so, a boundary needs to be established. When you feel you cannot be your *true* self and need to keep certain pieces *hidden* ... a boundary needs to be expressed. Have you ever been in a situation or had a conversation and felt "why didn't I say that?" or you ruminate the scene over and over again in your mind, feeling like crap? You guessed it... a boundary was missing.

There are times when we don't even realize a boundary is needed. Think about social media. When we get sucked into the drama, the negativity, the opinions of others, it is a total energy drainer! Setting limits on the time you spend reading or reacting to what others are dumping, the less stress you bring into your life.

A boundary might be unhealthy if it is **too loose** or **too rigid**. As mentioned above, sometimes our thoughts of the consequences may keep us from setting appropriate boundaries. Here are some common signs of loose boundaries:

- ◆ Over-involvement in other people's lives
- ◆ People-pleasing
- ◆ Trying to fix and control others with judgments and advice
- ◆ Remaining in an unhealthy relationship or job situation
- ◆ Taking on too much work or too many commitments (not saying "no" when you need to)
- ◆ Avoidance of being alone

On the other hand, boundaries are NOT meant to control others (a.k.a. be rigid). Know that many times rigid



boundaries are set for self protection from getting hurt, feeling loss or rejected. Totally understandable! Healthy boundaries are an expression of what you need to feel SAFE. **Consider these two expressions and how someone receiving them would react:**

Option #1: DO NOT talk to me that way!

Option #2: When you talk to me that way it is very upsetting. If you continue to talk that way, I will _____ (be specific here: hang up, walk away, leave the room, etc.)

Be sure whatever you give as a consequence you are ready and willing to do. (This is an important thing for parents to remember when dealing with children.) No follow through on your "threat", repeated behavior is sure to occur. **Good luck and get started on setting those healthy boundaries!**

Adapted from: Psychology Today and Nourish Your Mind

Setting Clear Boundaries Can Reduce Stress

As mentioned on the previous page, setting boundaries can be challenging so give yourself some time to get it right. One metaphor I recently read was the use of a traffic light to help create and communicate boundaries to others: **green** is a gentler communication, **yellow** is a moderate "warning", and **red** is intense... the final straw!



Green Boundary Communication: this is usually when it's the first time you are communicating a desired boundary to someone. They may have honored your boundaries in the past so you can be calm and gentler in your approach this time. Example: you want to hold yourself to a "dry" January. A friend invites you out for a drink. You gently state you are not drinking right now, however, you'd love to get a cup of coffee/tea with her/him sometime.

Yellow Boundary Communication: you have already communicated a boundary and it has been violated once or someone keeps pressing the issue. It may require you to just restart your position but with a little more sternness. Example: "You have invited me for drinks several times now knowing I am doing a Dry January. I'd appreciate it if we could do something else right now and not press the issue again." Here you are still willingness to engage with this person but in a different way in order to protect the boundary you previously set.

Red Boundary Communication: This person just doesn't get it and disrespects your wishes over and over again. This type of boundary is a "once and for all" red light boundary! Example: "I have indicated many times I am not drinking right now yet you continue to disrespect my boundaries. Please do not invite me out for drinks anymore."

Here are some other tips you might also consider to get started on identifying and setting healthy boundaries for yourself:

1. Identify your limits. Be honest and clear with yourself as to what you want and need. What will you accept and tolerate verses what would make you feel uncomfortable or stressed. Discomfort and resentment are cues your body is telling you that boundaries are warranted.
2. Don't be afraid to be direct. If you don't express your needs, you can't expect others to honor them. What will happen if the boundary is crossed? How would you feel? What will you do if you have set the **red** light and the boundary is still crossed?
3. You deserve boundaries. Give yourself permission to set them and work to keep them. They are a sign of self-respect. Brene' Brown explains that the most compassionate people have healthy boundaries. Boundaries are NOT MEAN. They are important and necessary for healthy communication.
4. Consider past and present expectations. Your culture, the role you play within the family could impact how you set boundaries. Even if you are the care giver, putting yourself first is essential!
5. Seek support especially if you are having trouble setting boundaries. Perhaps a counselor/coaching or support group can help with validating and holding you accountable to yourself.
6. Own it! If a boundary has been crossed you owe it to yourself to speak up!
7. Start small. Being assertive with boundaries can be hard and intimidating. Like with any new skill, it takes practice. Start with a small boundary then move on to those that are more challenging.

YOU HAVE PERMISSION TO START TAKING CONTROL OF YOUR TRAFFIC LIGHT IN YOUR RELATIONSHIPS, WORK, AND ALL COMMUNICATION WITH OTHERS! You are actually doing others a favor by letting them know what is appropriate and expected of them. It takes the guess work out of the situation which is helpful for ALL parties involved.



Consider Trying Meditation To Reduce Stress

Meditation is widely recommended as a healthy way to manage stress, and for good reason. It provides many health-enhancing benefits, like reducing symptoms of stress and anxiety, relieving physical complaints like headaches, and even enhancing immunity to illness.

For many of us who have tried meditating, thoughts come in and out of our minds constantly (frequently referred to as the "monkey mind"). Our focus may dart from one thing to the other and quieting the mind is next to impossible. But like with anything new, it takes practice. And the benefits are worth the effort!! Here are some basics:

Quiet Mind: With meditation, your thinking mind becomes quiet. You "drop" into your body to focus how the stressor is impacting how you feel. Whatever problem or question you are pondering, coming to stillness allows you to listen to your gut rather than the voices screaming at you in your head. You are taking back control of your mind rather than letting it control you... even if for a few minutes. For example, start thinking about nothing now. (It's OK; I'll wait.) If you're not practiced at quieting your mind, it probably didn't take long before thoughts crept in. It's normal...just don't give up trying. That's our minds job...to think. We just want to learn how to NOT attach to those thoughts.

Being In The Now: Rather than focusing on the past or the future, virtually all meditative practices involve focusing on *right now*. This involves experiencing each moment and letting it go, experiencing the next. This, too, takes practice, as many of us live most of our lives worrying about the future or rehashing and regretting the past.

Altered State of Consciousness: With time, maintaining a quiet mind and focus on the present can lead to building new neuro-pathways that allow for more calmness during life's challenges.

Meditation increases activity in an area of the brain associated with happiness and positive thoughts and emotions. Evidence shows that regular practice brings prolonged positive changes in these areas. New pathways lead to new healthy habits!

Less bothered by little things: Do you sometimes allow yourself to get upset by little things? It is the nature of the mind to magnify small things into serious problems. Meditation helps us detach. If you have never read "Don't Sweat the Small Stuff" by Richard Carlson, I highly recommend it.

Better Health: There have been numerous studies pointing to the health benefits of meditation. The reason is that **meditation reduces stress levels and alleviates anxiety**. And even if you don't feel you can do it, the act of trying (sitting quietly for a few minutes) can be beneficial! It all adds up.

Knowledge of Self: Meditation enables us to have a deeper understanding of our inner self. Through meditation we can gain a better understanding of our life's purpose.

Many people like the idea of meditation, but feel they don't have enough time or patience. But it doesn't take either to try it. Taking a few minutes in the morning to sit quietly before everyone else gets up; this can set the tone for the rest of your day in a positively profound way! Meditation does require an investment of time, but clearing the mind can help you accomplish more in the rest of your day. Try incorporating a few minutes in the middle of your day to recharge and refocus.

Meditation is not about retreating from the world; instead, it gives us skills to face the world! Whatever you do, if you have peace of mind, your work will be more enjoyable and productive. Remember this, it's not about NOT THINKING. It's about NOT ATTACHING to your thoughts. Acknowledge them when they show up but don't let them take over. Consider imagining them as clouds passing by in the sky. You are not your thoughts and realizing that is empowering!

Question to ask yourself: What is preventing you from being quiet inside? And if you said "I have no time" think about how much time you waste worrying about things you cannot control.

Benefits of Yoga...It Just Takes Practice!

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. What a great way to help manage holiday stress.

Research suggests that yoga may:

- ♥ Help improve general wellness by relieving **stress**, supporting good health habits, and improving mental/emotional health, sleep, and balance
- ♥ Relieve low-back pain and neck pain
- ♥ Relieve menopause symptoms
- ♥ Help people manage anxiety or depressive symptoms associated with difficult life situations (but yoga has not been shown to help manage anxiety disorders, clinical depression, or posttraumatic stress disorder [PTSD])
- ♥ Help people quit smoking
- ♥ Help people who are overweight or obese lose weight
- ♥ Help people with chronic diseases manage their symptoms and improve their quality of life.

Check out all the free sessions on YouTube! Try a few and start with even a few minutes a day. You will be surprised how good you feel afterwards! You can do it!

And you don't
have to be
flexible to
try it.



Resource: <https://nccih.nih.gov/health/yoga/introduction.htm>

10 Basic Yoga Poses

for beginners



Mountain



Seated twist



Warrior II



Butterfly



Child's pose



Standing forward fold



Downward facing dog



Seated forward fold



Upward facing dog



Corpse

Some Ways to Avoid Getting Sick This Season

We've heard it a million times but the first line of defense against infections this winter is to wash your hands. We usually get sick not from a cough or sneeze but often from taking your fingers and touching your eyes, nose and mouth. Even with being careful does not guarantee we won't suffer with at least a few days of hacking, sneezing and lost productivity.

Of course we all have the insight that getting enough sleep, eating a balanced diet low in sugar and processed foods, and getting regular exercise will help keep our immune system working at it's best all year. Yet we don't always put that wisdom to our own best use. In addition to the above mentioned, trying one of these simple home remedies at the first sign of illness to help shorten the duration and intensity experienced.



Garlic is made of compounds that are potent against infection. Use it in cooking to help boost your immune function. But don't cook it to a crisp or leave it exposed to air. It can minimize its medicinal properties.

One clove a day is recommended

Gargling will help cut the mucus in your throat where viruses tend to nestle before finding their way to your cells. Start as soon as you come face-to-face with germs (pretty much any time you touch a public surface). Try making it a habit to do every time you brush your teeth. Gargling with plain water works too.

3x/day could reduce chances of catching a cold by 35%.



Acupuncture assures all your body's fluids are circulating as they should. Chinese medicine doctors believed that viruses enter through an area of our body called the "wind gate". Inserting needles into the upper back, near the shoulder blades, could close off this gate.

Many insurances are starting to cover this holistic treatment. It may be worth asking about and giving it a try.

Wash with HOT water. Washing clothes with very hot water and a full drying cycle can help prevent illness by killing some of the disease-causing viruses that can cling to our clothes.

The flu virus may survive 8-12 hrs on cotton and only 1 to 10 virus particles are necessary for infection.



Quit smoking: (Simple but NOT easy) Smoking increases your risk of infections by altering the structure of your respiratory tract and decreasing your immune system.

According to the *Archives of Internal Medicine*, smoking destroys the cilia (little hair-like fibers) inside your nose increasing the risk of infection.

Stick to a regular sleep schedule. Just because you may be someone who can stay up and feel fine the next day doesn't mean you should. To keep your system working smoothly, try picking a time to go to bed and stick with it, even on weekends.

There is a clear link between sleep and your immune system. Also lack of sleep can cause weight gain.



Clean your phone: think about it, we carry our phones everywhere, often putting them down on counters or touching them after touching surfaces that could be contaminated. During this season, it may be smart to clean your smartphone 1x/day.

Clean them with microfiber cloths, rubbing alcohol and water, or pre-moistened disinfectant wipes.



Even better, these findings are the result of one session! So treat yourself!

Book a Massage

Research in *The Journal of Alternative and Complementary Medicine* finds deep-muscle Swedish massage (compared to a light touch massage) can significantly increase levels of immune-boosting blood cells, while decreasing levels of the stress hormone cortisol.





Navigating the Holidays With GRACE

This time of year always brings festivities and activities that seem to always have one thing in common: *food and typically in excess.*

It's easy to become overwhelmed with all that is going on, causing us to easily fall into habits that affect our health. Things such as eating until we are overfull, not getting enough rest/sleep, and trying to be everything to everyone! There never seems to be enough time especially when it comes to taking care of ourselves.

It doesn't have to be that way. Here is some "advice" I came upon that is simple yet could help put things into perspective for you this holiday season. It is built around the word **GRACE** rather than guilt!

LET'S GET NAVIGATING WITH G.R.A.C.E.!

G—Get rid of the diet mentality

How many times have we approached the holidays giving ourselves permission to eat everything and anything we want because come January there is the promise of the latest diet to take all those extra pounds off? But what happens? You start the diet on Jan 2nd and by Feb 1 (or sooner) you are done! Diets are not meant to be work and set us up for sure failure...long term. Having that "diet carrot" dangling gives many a feeling they can do whatever they want over the holidays because they know soon restrictive eating will be here. So for now, ignore the feelings of satiety and eat, drink and be merry. The only thing this leads to is unwanted weight gain, guilt and feeling out of control. Show yourself some grace and just say no to diets, now and in the coming year!

R—Remove the food rules and restrictions

Although rules are often good to have in place, when it involves food it can often backfire. When you tell yourself that a certain food is "off limits", that is usually the thing you want the most, causing it to always be on your mind. What happens then? You often will break your own rules, opening the flood gates to negative feelings and berating yourself for failing again! Does this ring true even a little? Rigid rules and restrictions along with unrealistic faith in diets will surely lead to disappointment. So what can you do instead?

A—Adjust your mindset

Try redirecting your thoughts and activities away from food and instead towards deeper connection and conversation with others. Consider trying a new tradition not based around food. Volunteer with friends or family members. Plan a day exploring the outdoors or a new museum. Have a meal and try filling the rest of the time playing games and sharing memories. Yes, food is often a big part of the holiday celebration, just be mindful of how much.

C—Create a flexible plan

- ◆ Try planning your meals around more nutrient- dense, plant-based foods with a few indulgences a long the way. :-)
- ◆ Plan for regular exercise that you will enjoy. It is wonderful for overall well-being not to mention a great way to manage stress! Remember, you are in control of your schedule so try including it in our calendar. You are important too!
- ◆ Plan not to skip meals. It can be very tempting when you are "saving room" for a holiday gathering. The problem is when you arrive overly hungry (and hangry) you are more apt to overeat with healthy choices the furthest from your mind.

E—Eat mindfully and enjoy your holiday choices

Being mindful means you are eating consciously, noticing what you are eating, where you are eating and how you feel (full or satisfied?) Scan the food table when you first arrive. Consider your options and select what you MOST enjoy or want to try. Consider taking small amounts, savor every bite, and be sure to put everything on a plate (avoid hand to mouth while standing around the buffet table). When you start to feel full, stop knowing you can always go back later for more. Give your body time to realize it has had enough for now.

This holiday season nourish your body with more plant-based foods, regular exercise and adequate sleep. It's okay to enjoy your favorite foods with mindfulness and guilt-free! Try navigating with GRACE this year! Bon appétit!

Low-Fat Butternut Squash Soup with Spiced Pepitas



I absolutely LOVE butternut squash! This recipe sounded delicious, easy and so good for you! Perfect for a busy schedule and colder weather. Although preparation is quick and could be done after work, consider cutting up your squash, onions, carrot, celery and garlic a head of time so when you get home, all you need to do is cut the apple and start cooking. Better yet....make it over the weekend and just heat it up for dinner during the week. Serve with a side salad and crusty bread (hold the butter perhaps ☺♥) Yummy! Hope you enjoy!

INGREDIENTS:

Recipe from Dara Michalski | Cookin' Canuck

The Soup:

- 2 teaspoons olive oil (veggie broth or water works)
- 1 medium yellow onion chopped
- 1 medium Gala apple cored and chopped
- 1 carrot diced
- 1 celery stalk diced
- 2 cloves garlic minced
- 3/4 teaspoon ground cumin
- 5 cups cubed butternut squash about 2-1/4 pounds
- 5 cups unsalted or low sodium vegetable broth*
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 3 tablespoons minced cilantro

The Pepitas (Pumpkin Seeds):

- 1/3 cup pepitas
- 1/2 teaspoon olive oil
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt



DIRECTIONS:

The Soup:

1. Heat the olive oil in a large saucepan set over medium heat.
2. Add the onion, apple, carrot and celery to the saucepan and cook until the vegetables are starting to soften, about 5 minutes.
3. Add the garlic and cumin, and cook for an additional 30 seconds.
4. Stir in the butternut squash and broth. Bring to a boil over high heat, then reduce heat and simmer until the butternut squash is tender, about 30 minutes.
5. Let the mixture cool for about 10 minutes. Using an immersion blender, a regular blender or a food processor, puree the soup until it is smooth. Serve. Garnish each helping with spiced pepitas and cilantro.

The Pepitas:

1. Preheat the oven to 375 degrees F.
2. In a small bowl, toss the pepitas, olive oil, paprika, cumin and salt. Spread the coated pepitas on a baking sheet.
3. Bake until the pepitas are golden brown, about 5 minutes, stirring once. Watch carefully so the pepitas do not burn.

Nutrition Facts:

Calories: 228kcal
 Carbohydrates: 45g
 Protein: 5g
 Fat: 6g
 Saturated Fat: 1g
 Sodium: 1636mg (will depend on the broth you use)
 Potassium: 1079mg
 Fiber: 7g
 Sugar: 15g
 Vitamin A: 30400IU
 Vitamin C: 59.1mg
 Calcium: 143mg
 Iron: 2.8mg

Note*: Making Homemade Vegetable Broth

If you want to start making your own vegetable broth it is super easy, much healthier and definitely cheaper! Just start keeping your scraps of veggies (onion skins, peels from carrot, stalks from greens) in the freezer in a freezer bag or container, and when you have about 4-5 cups worth of scraps, just add to a large pot of water and let slow boil for about 20 minutes. Then turn off your stove and let it just sit in the pot for up to a few hours. When totally cooled, remove veggies, squeezing out any excess liquid. Store in freeze for up to several months.



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