



GROWING COMMUNITY

ON A MISSION TO FOCUS
OUR EFFORTS AROUND
OUR COMMUNITY'S
NEEDS... 2023 & BEYOND!

THE FIT AND FOOD CONNECTION WINTER NEWSLETTER | 2023



LETTER TO OUR READERS:

HAPPY NEW YEAR!

The turn of the year usually marks a big moment in our lives. It's a time of deep reflection, planning, and daydreaming – all with the hope for a better year ahead. Do these New Year's resolutions sound familiar? Lose weight. Get stronger. Spend more time outdoors. Be more present. Quit smoking. Eat healthier. Not only are these resolutions some of the most popular year after year, but they are all related to improving our health.

How can we carry these New Year hopes and dreams from an idea to healthy and happy results? Let's start by defining our goals and then maintain awareness of our behaviors, feelings, and growth. Then let's try to stay consistent over time to really support those lifestyle changes. And when life doesn't go to plan and we get "off track"? Let's give ourselves the gentle grace we'd give a friend and get back on track when we can. Because those New Year goals are still important to us, no matter the month!

What's our Fit and Food resolution for 2023, you ask? To build capacity and serve more community members with the health-giving programming everyone deserves access to!

All year long, Fit and Food strives to improve our community members' health, recognizing that the finish line is not always a straight path ahead. By providing consistent Food Access and Wellness Program opportunities in our underserved communities, we are empowering people to get healthy – no matter the time of year.

FIT AND FOOD HAPPENINGS

CHECK IT OUT!

FOOD DRIVE

Throughout the months of October and November, Fit and Food collected Thanksgiving must-haves such as stuffing, spices, and fresh turkey, as well as healthy fall staples like soup, beans, and veggies to support the families we serve.



After we gathered all of the food (3,000 items valued over

\$9,500!), we gathered for a fun day of sorting and packing with the New City School, followed by delivery with our volunteers and help from our Washington University Law friends. Many hands make light work!



Thank you on behalf of The Fit and Food Connection for your support to the Fall Food Drive!



Whether you hosted a food donation bin, donated food or volunteered to sort, pack or deliver, your generous support of our mission enabled us to collect and deliver over 3,000 items valued over \$9,500 to feed our community!

END OF YEAR FUNDRAISING CAMPAIGN

We wrapped up 2022 with our end of year fundraising campaign to support the Growing Community 2026 project. Once again, we surpassed our fundraising goals with the help of our supporters and



we are starting off this new year ready to build capacity and further improve the health of STL! As we reflect on the lessons, connections, and impact of 2022, we cannot help but feel deeply grateful.



To our community members who trusted us to take part in their health journey, and to our supporters who contributed their time, talents, and resources to make it possible -- THANK YOU!

CELEBRATING OUR TEAM

Just before our break for the holidays, the Fit and Food staff gathered for an evening of great food, fun competition, and a whole lot of love.



We are grateful each and every day that we get to do this work with people we love and respect. Cheers to a great 2023 with the Fit and Food crew!



PROGRAM HIGHLIGHTS

CHECK IT OUT!

NEW PANTRY SCHEDULE

Happy New Year to all of our Fit and Food Connection family. We hope you had a restful holiday season! We are excited for a year filled with growth and change! One change will be to the Food Pantry schedule from weekly to twice a month.

Mark
YOUR
Calendar

This change will focus the efforts of our exceptional volunteers as we continue to provide quality service and foster relationships with community members. Deliveries will include a variety of healthy foods so families can experience the joy of nutritious meals.



Please reference the calendar [HERE](#) for the new schedule. You can sign up to volunteer [HERE](#). We're looking forward to serving in 2023 with you as we continue to build healthier minds and bodies!

FALL WELLNESS SERIES

The Fall Wellness Series began with an Open House on October 5th where volunteers from the Lifestyle Medicine Interest Group took health measurements and reviewed results to help community members establish SMART goals for their wellness journey.



Each participant was able to ask questions that were important to them and received personalized care.

As part of the Open House, stations were available so community members could speak with physical therapists, counselors specializing in sleep and substance cessation, as well as a registered dietitian.



To conclude the evening, attendees participated in a fun fitness class that demonstrated what to expect from classes throughout the series. A breath work and mediation session followed, so participants left feeling calm and reenergized. This evening set the tone for the wellness series, and members returned throughout the six weeks bringing old friends and making new ones.

WINTER PROGRAMMING

We continue our six week wellness series with our Winter Wellness Series that began on January 11th with a Health Screening and fitness class at St. Peters Church.



Volunteers from the Lifestyle Medicine Interest Group took health measurements and reviewed results with each community member to establish SMART goals for their wellness journey. A short fitness class showcased the energy and moves that will be shared in upcoming classes throughout the series.

Each six-week wellness series combines cardiovascular, strength, mobility and flexibility, and nutrition education for a comprehensive, consistent program that is not only fun, but also builds a foundation of wellness.



Registration is open on our website, but we welcome everyone, so grab a friend and join us! All of our classes are for all ages, all fitness levels, and FREE to our community!

CLIENT SPOTLIGHT

CANDACE SHELTON

Candace Shelton joined The Fit and Food Connection Fall Wellness Series sharing her uplifting spirit and even bringing her mom and sister to class. Here's what she said about her experience with Fit and Food!

I was excited to come back to your class. You and the other ladies were so welcoming and made the class exciting. I really enjoyed the personal atmosphere that you create. I enjoy the motivation during the workouts reminding me of my old high school cheerleading days.



I appreciate your positive spirit and recipes given. I'm sad I've taken on a second evening job and will miss you and your positive energy. I will be sure to pass on the info to my sisters and when I have the time I'll be back. Thank you for being a great motivator!



VOLUNTEER SPOTLIGHT

MOLLIE DWIVEDI

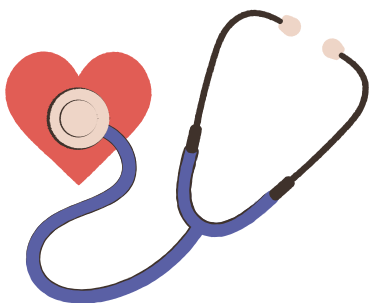
Mollie Dwivedi is a physician's assistant at the Washington University Living Well Center, where educating patients on how to live a healthy lifestyle is an important part of care. She also provides oversight to the Lifestyle Medicine Interest Group (LMIG) -- professionals and students devoted to sharing their expertise throughout our community, to include volunteering at The Fit and Food Connection's Health Screenings.

Thanks to the support of volunteers from the LMIG, we have been able to offer Health Screenings at the beginning of each six week wellness series,

so community members can understand their health measurements and review results with a professional who helps them develop SMART goals for their wellness journey. We appreciate Mollie's leadership and devotion to the health of our community, so we asked her share a few words about her volunteer experience.



“Working with The Fit and Food Connection has been such a great and fulfilling experience! As a lifestyle medicine provider, I work with patients to improve their lifestyle, health, and function in the clinical setting. But the rubber really meets the road at The Fit and Food Connection, where clients can learn and move together -- all while supporting one another. It’s so gratifying to work with such motivated and eager people who are truly invested in improving their health.



The offerings at The Fit and Food Connection are well-designed to support the community – from one-on-one coaching, to health screenings, to the food access program and organic garden. The mission and vision of The Fit and Food Connection are well-executed and make a meaningful difference in the greater St. Louis community.



I have truly enjoyed volunteering at the health screenings and look forward to more in the future. Hats off to Julie and Raven, who are fantastic to work with and run an amazing program!

THE FIT AND FOOD CORNER: YOUR HOLISTIC WELLNESS RESOURCE

MOTIVATIONAL THOUGHT

“Winter is a time to pause, reflect and renew for the upcoming Spring.”

- Eileen Anglin



STRESS RELIEF

Use some of the season’s staple herbs and scents (mint, cinnamon) to give yourself an energy boost.



Hang a bundle of fresh eucalyptus in the shower. Check a local florist or health food store for bundles as low as \$4.



Try a cup of hot tea with lemons and mint on cold, dreary days.



HEALTHY WINTER HABITS

This winter, continue to try making healthy food and snack choices! Aim for a balanced diet of vegetables, fruit, protein, and whole grains during these winter months.



Choose snacks with complex carbs like bagels or muffins, and pair them with fruit to help fulfill your cravings.



When indulging in holiday meals and comfort foods, try to pay attention to your portion sizes.



Stay active during the winter season! Even though the days are short and it's cold outside, don't let this become a barrier to getting in your daily movement! Try going for a walk, raking leaves, or even shoveling snow.



TRY THIS HEALTHY RECIPE!

CHICKEN FRIED RICE

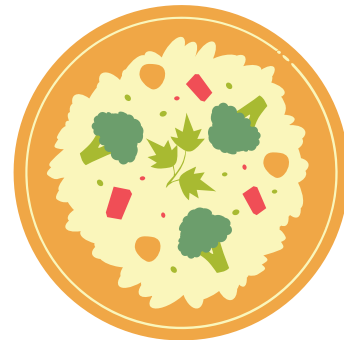
This delicious recipe makes 4 servings and can be prepared within 30 minutes!



Keep reading to find all of the ingredients and directions for this recipe!

For 8 servings, you will need:

- 2 tablespoons vegetable oil
- 3 cups cooked and cooled brown rice*
- 1 carrot, peeled and diced
- ½ green pepper, diced
- ½ medium onion, diced
- ½ cup diced broccoli



- 2 tablespoons soy sauce
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 2 eggs
- ¾ cup diced, cooked chicken or other meat*

Follow these quick directions!

1. Wash all vegetables.
2. Collect, dice, and measure all ingredients before starting to prepare the recipe.
3. Heat oil in a large skillet over medium heat.
4. Add cooked rice, and cook for 5 minutes, stirring regularly.



5. Stir in carrot, green pepper, onion, broccoli, soy sauce, black pepper, and garlic powder. Cook until vegetables are tender, but still crisp.
6. Remove rice and vegetable mixture from skillet. Put on a clean plate.

7. Break 2 eggs into a small bowl, and beat with a fork.
8. Reduce heat to medium low. Add the eggs to the skillet, and scramble.



9. Once the eggs are cooked, add vegetables and rice back to the skillet, and mix. Add cooked chicken, and stir until thoroughly heated.
10. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*Be sure to use already cooked rice and chicken for this recipe. This is a great way to use your leftovers!

JOIN FIT AND FOOD'S HEALTHY GIVING CLUB

BECOME A MONTHLY DONOR TODAY
AND HELP SUSTAIN US AND THE
HEALTH OF OUR COMMUNITY!

[CLICK HERE TO SIGN UP](#)



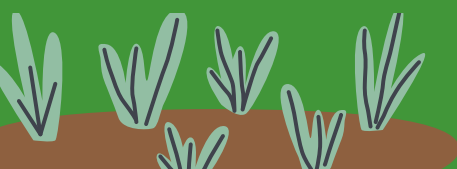
GIVE THE GIFT OF HEALTHY LIVING

TOGETHER WE GROW!

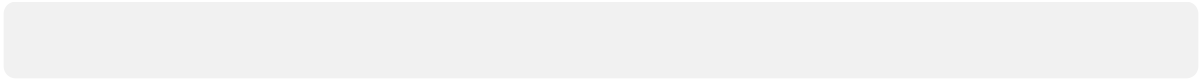


FIT AND FOOD COMMUNITY SNAPSHOT

Members of the community coming together to support The Fit and Food Connection's vision where people in underserved communities all have strong minds and healthy bodies.



NOTES



A series of horizontal dashed lines for writing notes, filling the central portion of the page.

