

THE TIGER TABLE

CAPE GIRARDEAU D63
WELLNESS NEWSLETTER!



GREETINGS!

By Kayla Johnson, MS, RD, LDN

Hey Everyone!

Welcome back to what is sure to be another great year with Cape Girardeau Public Schools! What you have in front of you is the first edition of the 2023-24 Tiger Table! Woooo!! The

Tiger Table is a space where I invite everyone to come and consider our own personal, communal, and global health and wellness. My particular area of expertise is food, so that is the general focus of most newsletter topics. However, what we eat affects how we live and how we feel; what we do and even who we interact with, so some newsletters might extend further than tips on eating well. I work hard to write on topics that are hopefully relatable and relevant to a wide range of people and are either science based or at least time-tested so that the information is as accurate as possible.

WHAT'S IN THIS MONTH'S ISSUE:

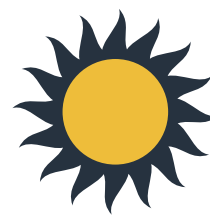
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WHO AM I TO DO SUCH A THING?!

Psst! That's me and my tomato sweatshirt.. Livin' our best lives!



That's a good question.

Professionally, I am the dietitian for the district. I work with the school menus, manage the students with food allergies, and rotate from one building to the next teaching nutrition education lessons. Personally, I'm just your average Joe obsessed with health and wellness. At the end of the day, I will always be the person who is tirelessly and shamelessly encouraging you to try another vegetable, and I'm perfectly fine with that!



ROUTINE

[roo-teen]

I know. You're perfectly capable of reading and pronouncing a word on your own. I just wanted you to slow down for a minute. Read it twice, and think about it. What exactly is a routine? With school back in session, a lot of us are readjusting to the overall concept of routine.

By definition, a routine is "a sequence of actions *regularly followed*; a fixed program." When thinking about my own "regularly followed actions," I realized that I simply fell into some of them while intentionally practicing others. This is a normal occurrence of routines, especially ones that are somewhat out of our control - such as a school schedule. But it also got me thinking - *Are my routines actually beneficial to my life and helping me accomplish my goals?*

For example - I absolutely hate waking up to dirty dishes in the sink. It makes me feel like the chores never end (which, in reality, they truly don't). In order to wake up to an empty sink, I needed to factor dish washing into my evening **routine**. That also meant that I couldn't afford to sit around binge watching Netflix after my kids went to bed.

One positive (or negative) adjustment to a routine can have a ripple effect on how we do things. So my question to you is: What does your current routine look like, and is it actually beneficial to your life?

This doesn't have to be anything drastic. If you are trying to control your sweet tooth, then eating a bowl of ice cream every night is not a beneficial step in your evening routine. Or if you're trying to reduce your stress level, then turning on the news while you get ready in the morning is probably not a beneficial step in your morning routine.

It's a new school year! Everyone's routine is slightly different now than it was a month ago. Let's make the most of it!

FUN FACT: It takes however many days you're willing to commit to it to make a habit and therefore establish it as part of your routine. =)

BONUS: The best routine for you is one that you will actually stick to.

MORE THOUGHTS ON ROUTINE

Typically I would have a lot more to say, but I didn't want to overwhelm my audience in the first edition! However, I do think that routines and habits are so intertwined that a positive change in one will surely reflect a positive change in the other. I constantly hear people say things like:

"I need to exercise." "I need to eat better." I'm going to do better."

In my brain, that usually translates to *I have this vague goal, but I'm not actually committed to making steps to accomplish it*. And that's fine if you're not ready to make moves. BUT (as previously stated) we're all already in some sort of routine or other. You're basically halfway there! Just make a tweak to regularly scheduled programming, and you'll be making steps towards your goals in no time!

UP AHEAD: FUN SEPTEMBER CELEBRATIONS



- 1 - **Food Bank Day**: Support your local food bank either by providing supplies or getting what you need!
- 6 - **National Read A Book Day & National Coffee Ice Cream Day** - celebrate them both at the same time. I dare you.
- 11 - **National Make Your Bed Day** - They say starting with a win like this can make you feel extra motivated. I tend to agree.
- 12 - **National Ants On A Log Day** - remember that snack?! You know what was naturally great about it? It combined a fruit, vegetable, protein, and healthy fat all into one snack - helping us feel satisfied for much longer than mainstream snacks today.
- 13 - **National Kids Take Over The Kitchen Day** - kids are much more likely to try new food if they have helped pick and prepare it.
- 20 - **National Care For Kids Day** - Are you intentionally being a role model for a kid in your community? If not, how can you become one?
- 22 - **National Ice Cream Cone Day** - but really... what's a cone without ice cream??

**** Please check out underlined text for some fantastic additional information !****

Tiger Taste Buds 😊

Veggie Filled Not-Fried Rice

An adjustment that I am making to my routine is in regards to grocery shopping and meal planning. I have found that I am not the kind of person who can come home at the end of the day with my children underneath my feet acting like savages, take inventory of my pantry, and decide in that moment what we will be having for dinner. I just can't. So appropriate meal planning has become part of my weekend routine. I look at our schedule of events for the week, determine what days we need a really quick and painless dinner and which ones we can afford to chop things, and plan accordingly. If I'm so bold as to put a new item on the menu (shocking.. I know), then I plan ahead to make sure the sides are familiar for my kids. It's actually a lot of work! One thing that is *usually* a win in my house is fried rice! I don't follow a defined recipe, but I did my best to come up with one for you - featuring some generally accepted, well known foods as well as a fun bonus ingredient!

Enjoy!

Yield: 4+ servings

Total Time: 30 minutes

Ingredients

- 1 block firm* tofu, crumbled
- 10 oz. bag frozen mixed veggies
- 2 Tbsp cooking oil
- 1 Tbsp sesame oil
- 3-ish Tbsp soy sauce
- 3 cups cooked rice
- 1 tsp grated fresh ginger (or 1/2 tsp of dry ginger powder)
- 2 tsp grated fresh garlic (or 1 tsp of dry garlic powder)
- 1/2 tsp ground turmeric powder (optional)
- 3/4 tsp. kala namak (black salt) powder (optional, but a great idea)
- 1 pinch pepper



Instructions:

1. In a rice cooker (or on the stove) cook 1.5 cups of dry rice in 1.5 cups of water along with the ginger and garlic.
2. Meanwhile, heat the cooking oil in a skillet and add the crumbled tofu. Cook it as if you're cooking scrambled eggs - until the tofu begins to brown. Sprinkle with turmeric powder, kala namak, and pepper (makes the tofu look and taste like scrambled eggs). Add the frozen mixed veggies. I generally use the corn, carrots, peas, & green bean blend.
3. When the rice has finished cooking, add it to the tofu + veggie skillet.
4. Pour the soy sauce and toasted sesame oil over everything. Stir everything together until it is evenly combined. Turn off the heat. Taste and adjust the soy sauce or sesame oil to your liking, serve, and enjoy!

You can use extra firm tofu as well, just not silken

Adapted from Kayla's Kitchen (aka my brain) + BudgetBytes