



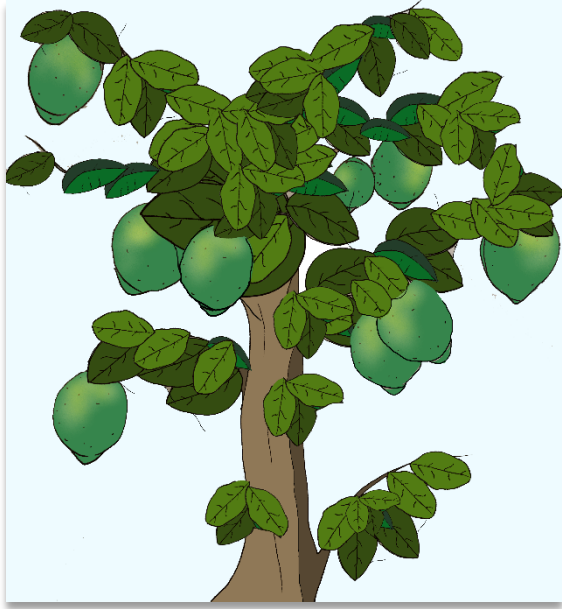
Cheers to a New Year

Are you looking to start this new year with a renewed focus on health? If so, this month's featured article has the perfect website for you! Making healthy changes can include taking care of our mental health too, so check out this month's suggested movement breaks for ideas on adding mindful movement to your daily routine. Lastly, remember, as the weather gets wintery, that Eat Right Philly educators can provide virtual programming to your classrooms! Send an email to nep@drexel.edu for more information. As always, visit our website linked at the bottom for additional resources, videos, and fun online content.



What do oranges, grapefruits, lemons, and limes all have in common? Besides an amazing aroma and brightly colored rind, they're all citrus fruits! This month, Eat Right Philly encourages students to try CITRUS.

Although the exact origin of citrus fruits is still unknown, they are thought to come from Southern Asia. Grown on an evergreen or a small shrub, one tree can hold up to



60,000 flowers, but only one percent of those flowers will become fruit. The benefits of citrus are astounding! They are jam-packed with tons of nutrients and antioxidants such as vitamin C, vitamin A, fiber and potassium, which help to strengthen our immune system, support a healthy heart and eyes, and maintain proper digestion.

Luckily, this versatile fruit is easy to incorporate into your everyday life. Since MyPlate recommends making half of your plate fruits and vegetables, enjoy any variety of citrus as a delightful snack or slice it and juice it to add extra flavor to your favorite recipes or favorite beverages. It can be as simple as adding a few slices to water!

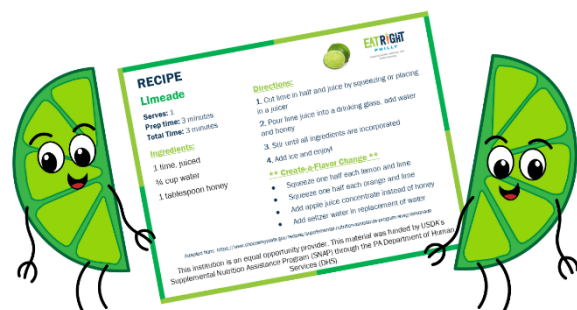
Beyond the nutritional benefits, this versatile fruit tastes great and can be used for zesting, cleaning and even skin care! With over 100 varieties, citrus fruits are easy to find in a store near you. Just be sure to avoid citrus that is bruised or browning on the outside. Choose varieties that are equally firm but give resistance when you press into it. Citrus fruits that are too firm will not release as much juice, and you'll want to get all the juice you can from these delicious fruits.

Orange-you glad you have all this knowledge now!? Try a piece of citrus today and soak up all the amazing benefits that they have to offer!

**Check out our video for
Limeade!**



Limeade Recipe Card





Scan this QR Code or click [here](#) to watch the video!

Click [here](#) to download the recipe card!

Access all of our food tasting resources [here](#).



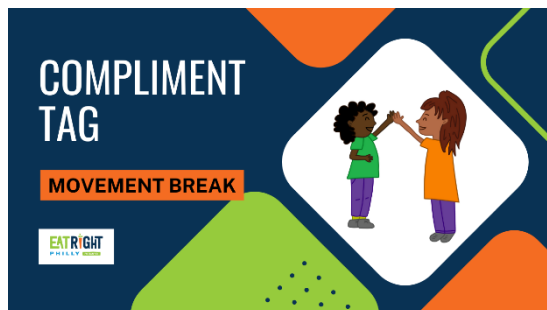
It is good to get up and do some movement every now and then to help you learn better. Your brain can only focus for a short amount of time, then you lose focus and cannot learn as well. Taking a short break every hour or so to get up and move allows your body and brain to reset and refocus, so you are ready to learn. Being active also has many other health and wellness benefits.

Elementary School Video:
Body Scan



Scan this QR Code or click [here](#) to watch the video!

Middle/High School Video:
Compliment Tag



Scan this QR Code or click [here](#) to watch the video!



Try this movement break with your class! Have students do as many star jumps as corresponds to the date. For example, on January 4th, have students do four star jumps. And, on January 5th, have students do five star jumps.

Access all of our movement break resources [here](#).

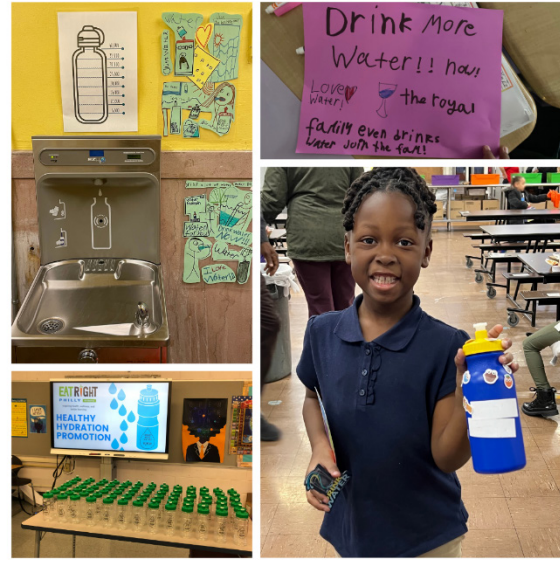


Eat Right Philly Helps Students Meet Healthy Hydration Goals

Eat Right Philly proudly supports the School District of Philadelphia in their commitment to provide students with access to hydration stations that supply safe, filtered drinking water in schools and buildings. The effects of improper hydration can cause cognitive impairment, light headedness, headaches, and other related symptoms that make it difficult for students to concentrate in school and perform to their fullest potential.



To help prevent the negative impacts of dehydration, Nutrition Coordinators at various school locations have organized the distribution of nearly 16,000 reusable water bottles and educated elementary, middle, and high school students and staff on the importance of hydrating well every day. Coordinators have also assembled student-led healthy hydration campaigns; infused water tastings and water bottle decorating events to improve acceptance of tap water and increase water consumption among students to encourage life-long healthy habits. Reach out to your Nutrition Coordinator to plan a hydration focused wellness event and start the new year off with a healthy goal of drinking more water.



Be Healthy PA

Now that 2022 has come to a close, it's time to focus on a new year and new YOU! Start your year off with a resource that's bound to support your health and wellness goals. The [Be Healthy PA website](#) encourages healthy habits by delivering tips, tricks, and guides that'll support you all year long! Learn more below:

1. **Healthy Food-** Want to learn how to make a mouthwatering and nutrient rich meal? Check out the "healthy food" section to sharpen your cooking skills and become an ingredient substitution guru. You'll also find tips for eating healthy with kids! Not to mention, it's full of helpful hints on how to fit recommendations from the dietary guidelines into your lifestyle.
2. **Healthy Moves–** Walking, biking, hiking, rock climbing and even kayaking are included in this section of the website titled "Healthy Moves". Not only are there tips for adding physical activity to your life, but the site also shares locations of local parks and other places to be active in the commonwealth area, making it easy to find a new activity or rekindle an old favorite.
3. **Healthy You-** This section of the website titled "Healthy You" is your resource hub. It has information on everything from understanding food and beverage product dates to using kitchen scraps to regrow vegetables. If you're looking for ways to access food or eat healthy on a budget, you will find that here as well.

Click on [this link](#) to access our website, resources, and social media pages or click on the icons below.

Feel free to reach out to your nutrition coordinator or to nep@drexel.edu.



Learn more below:

[Be Healthy PA](#)

[Be Healthy PA "Fun with Food" Videos](#)

[Be Healthy PA - Food Finder](#)

Stay Healthy!

The Drexel Eat Right Philly Team



Please email nep@drexel.edu to unsubscribe from future emails from Drexel Eat Right Philly.

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