

VULCAN COUNTY WELLNESS CHALLENGE

June 2023

Sharing
SUNDAY

Mindful
MONDAY

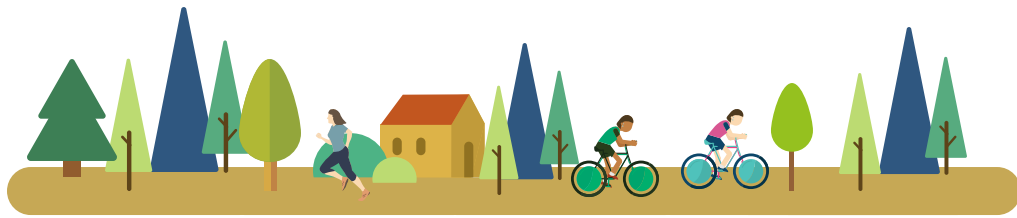
Timesaving
TUESDAY

No Waste
WEDNESDAY

Fun Fact
THURSDAY

Meatless
FRIDAY

Swap It
SATURDAY



Access online calendar at:
<http://bit.ly/VCWC2023>

4 **Host a potluck** and ask guests to bring a traditional family meal. Share recipes with Wellness Challenge participants.

5 Good nutrition isn't just about what you eat, it's also about how you eat! Watch this **video** to learn about mindful eating!

6 Want to eat healthy but short on time? Making healthy meals can be quick and easy with this **guide!**

7 Leftovers can be used in many different ways! Try these **tips** to make the most out of your leftovers.

1 Can we get enough vitamin D from the sun in Canada? Find out **here.**

2 Not sure how to cook without meat? Checkout **Cookspiration** and make 1 meatless meal this week.

3 Swap to healthier choices when eating out using these **10 tips!**

11 Let's celebrate Vulcan County Wellness Challenge by cooking one of these dietitian approved **recipes.**

12 **Spice up family meals** by adding one new herb or spice today! Notice how this changes the taste of your food.

13 Learn how to cook in batches and more, in this **video** about tips for saving time in the kitchen!

14 Reduce food waste by keeping the odds and ends of vegetables to make your own **vegetable broth!**

8 Calcium is important to have strong and healthy bones. Learn more **here.**

9 Check out this meatless recipe for **3 sisters tacos.** This is a budget friendly and flavourful meal.

10 Be kind to your heart and swap out deep-fried foods for oven baked alternatives. Start with these **crunchy turkey fingers with oven fries!**

18 Share your favourite healthy recipe with friends and challenge them to do the same.

19 Is stress or boredom driving your eating? Listen to your **hunger cues** to help you decide when and how much to eat.

20 Need a quick and easy lunch idea for work or school? Give these tasty **tuna salad wraps** a try!

21 Do you have leftover tomato sauce? Use it up in this indulgent **cheesy vegetable pasta bake** recipe!

15 Are tomatoes a vegetable or a fruit? Let's get this straight once and for all **here.**

16 Become a bean-believer with these 20 tips on how to **eat more beans!**

17 Looking for new ways to enjoy water? Watch this **video** and learn how to swap sweet drinks for fruit-infused water.

25 **Cooking with kids** is a great way to pass on family recipes and food skills. Share your favourite food memory with children.

26 It's time to unplug! Make mealtimes a screen free zone to avoid distractions while eating.

27 Get the whole family involved in making these quick, crispy, and fun **flatbread pizzas.**

28 Freezers can reduce waste, and save time and money! Revisit your freezer's potential with these **nifty ideas.**

22 Did you know: it takes 20 minutes for the stomach to tell your brain you're **full after a meal?** Slow down and enjoy your meals.

23 **Sweet chili tofu stir-fry** is a yummy way to give tofu a try.

24 Keep the healthy swaps coming with these **7 tips!**

30 Try making **lentil salsa.** It's easy, tasty, and has added protein boost from heart-healthy lentils!

Developed by
Calgary Zone Public Health Dietitians

