## Nourish to Flourish

HOLIDAY NEWSLETTER

## BOOZHOO, HELLO, BONJOUR

Please allow me to introduce myself, my name is Tara Rajala. I have worked for the Rainy River District School Board for several years in a variety of positions. As the Student Nutrition and Support Coordinator, I am working to enhance nutrition and healthy living resources to support student success. I am very excited to be working in this new position. My contact information is listed below.

## Happy Holidays!

Children who eat home-prepared meals are more likely to include more milk products, fruits, vegetables, and other fibre-rich foods; and fewer fried foods and soft drinks than children who eat out.

Try these tips for quick and easy family dinners:

- Plan ahead Spend some time planning your dinner meals for the week. Make your grocery list based on your menus.
- Make the most of your time Cook casseroles or rice in bulk and freeze extra portions to enjoy on days when you are in a hurry.
- Break a few rules Try foods you usually eat for breakfast or lunch such as pancakes, waffles, French toast, eggs, soup or sandwiches for dinner.
- Create family time Turn off the TV and enjoy time with your family.

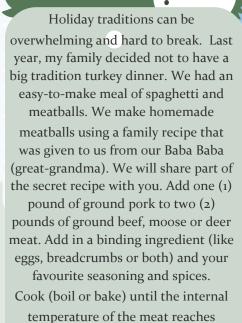
 $Source: www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/\\ Toddlers-and-School-Age/Eat-Well-Play-Well-AtHome.aspx$ 

## **Family Fun Holiday Activities:**

- \* Make snowman pancakes.
- \* Go on a winter scavenger hunt / hike.
- \* Do a good deed for your neighbour.
- \* Start an "air band", sing and dance together.
- \* Make New Year 2024 decorations using items around your house (reuse and recycle).

From: Tara Rajala (she/her),
Student Nutrition and
Support Coordinator
Contact information:

PH: 807-274-9855 ext.5006 Email: tara.rajala@rrdsb.com



STUDENTS...share your favorite recipe, holiday tradition or a fun activity you did on the holiday break. I will enter your name into a draw for a chance to win a \$25 gift card for groceries. You can draw me a picture or write me a story. Please bring your entry to the school secretary with your name, your grade and your school's name on it.

160 degrees Fahrenheit.

Drop your entry off to your school secretary by

January 15,2024.

