

# LIVE WELL



# WORK WELL

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Presented by Holmes Murphy and Associates

## Remember to Get a Flu Shot

**E**ach year, thousands of people get sick, and some even die, because of the flu. People 65 years and older face the highest risk, but even generally healthy people can become very sick from the flu. That's why getting an annual flu vaccination is so important—it can greatly reduce your chances of getting sick and prevent you from spreading the flu to your family, friends and co-workers.

Flu season started in October and runs all the way through May, so the earlier you get vaccinated, the sooner you'll be protected. And remember, it can take up to two weeks after the vaccination for the antibodies that protect you to develop in your system, so the longer you wait, the longer you're at risk.

You can get vaccinated by your doctor, but many health care centers and pharmacies also offer the flu vaccine. Don't wait; make sure you get your flu vaccine as soon as possible!

## Simple Tips to Reduce Food Waste

According to the United Nations, Americans throw away 40 percent of their food. Considering rising food prices, food waste is an expensive habit. According to the American Chemistry Council, the average American throws away \$640 of wasted food every year.

Food waste also has a serious impact on the environment. According to the United Nations, food waste makes up 20 percent of landfill space in the United States, and it's estimated that 28 percent of the world's agricultural land is used to grow food that will never be eaten. That's why the United Nations began a new campaign to cut worldwide food waste in half by 2030.

Do your part to reduce food waste. Help save money and protect the environment by following these simple tips:

- **Plan Ahead:** Before heading to the grocery store, plan your meals for the entire week and make a list of everything you need. Stick to your list and avoid impulse purchases.
- **Take Stock:** Keep track of the food currently sitting on your kitchen shelves or in the refrigerator, and incorporate ingredients that are getting close to their expiration dates into your weekly meal plans.
- **Eat Leftovers:** This is one of the simplest and most effective ways to reduce wasted food and save money. Pack leftovers into a work lunch for the next day, or freeze them to be eaten at a later date.
- **Store Properly:** Store cereals and grains in airtight containers, and make sure lettuce and salad greens have been washed and dried to avoid becoming prematurely soggy.
- **Donate:** Give nonperishable food items you don't plan on using to a local charity or food kitchen. This ensures that foods get used before their expiration dates, and it will help others in need.



HOLMES MURPHY.

# Pack a Work Lunch to Stay Healthy and Save Money

Eating out can be a quick and easy lunchtime solution during busy workdays, but that convenience comes at a cost. Many fast food options are low in nutrients and high in empty calories. Luckily, a little planning goes a long way, and you don't need to spend a lot of extra time planning and packing healthy lunches for work.

A salad or sandwich can be prepared in just a few minutes the night before. When preparing a salad, be sure to pack the dressing separately so the lettuce doesn't get soggy! To make a healthy and filling sandwich, use hearty whole grain bread, and focus on combining a variety of vegetables with lean protein. And don't forget to bring a snack, such as an apple, in case you become hungry later.

## Build a Better Sandwich

### Healthy sandwiches

don't have to be bland. To build a better sandwich, skip the mayo, which packs 94 calories per tablespoon, and use a healthier spread in its place. Here are some delicious and creative sandwich spreads to try.

#### Avocado Spread



1 Tbsp. = 29 calories

#### Dijon Mustard



1 Tbsp. = 15 calories

#### Olive Tapenade



1 Tbsp. = 25 calories

## Vegetable Chili

This one-pot vegetarian chili is rich in healthy vegetables and protein.

- 2 Tbsp. vegetable oil
- 2 yellow onions, chopped
- 2 zucchini, cubed
- 2 sweet potatoes, cubed
- 3 cloves garlic, minced
- 2 tsp. ground cumin
- 2 Tbsp. chili powder
- 2 tsp. dried oregano
- 3 16 oz. cans kidney beans
- 1 28 oz. can diced tomatoes
- 2 cups frozen corn, thawed

Add oil to pot over medium heat.

Add onions, zucchini, sweet potatoes, garlic and spices and cook for 20 minutes.

Add kidney beans and tomatoes. Cook, covered, for 30 minutes.

Add corn and cook until warmed.

Serve right away or transfer to a container once cooled. Can be refrigerated up to five days.

Yield: 5 servings. Each serving provides 427 calories, 8 g of fat, 1 g of saturated fat, 480 mg of sodium, 20 g of protein and 21 g of fiber.

Source: USDA

