

## June 2022

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## SELF-CARE TIPS FOR PARENTS & CAREGIVERS:

Self-care is a holistic approach to caring for one's emotional AND physical wellness. As a parent, grandparent or caregiver, you may be juggling multiple roles while prioritizing your family's health and safety. But don't forget: your health matters, too! Prioritizing your own well-being can help you be a better caregiver for your children and family members.

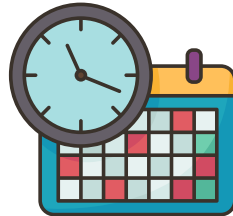
### TAKE CARE OF YOUR BODY

Take time to exercise, eat fruits and vegetables, and maintain a healthy sleep routine. Remember- its OK to take small steps!



### GIVE YOURSELF SOME SPACE

Choose one place within your environment to call your own. If you are working from home with other people, try using a sign or cue to indicate when you are available to interact.



### REWARD YOURSELF A JOB WELL DONE

Remind yourself that everything you are doing to support loved ones is making a difference and it is OK not to "do it all." Breathing and living one day at a time is a huge accomplishment!



### SCHEDULE A DAILY "WORRY WINDOW"

If you are having anxious thoughts regularly, try scheduling 15 minutes each day to focus on those thoughts or write them down. Outside of this scheduled time, practice focusing on the moment and reminding yourself to save your concerns for your next "worry window."

### FOCUS ON WHAT YOU CAN CONTROL

When overwhelmed, it can be easy to get stuck in a cycle of worry and stress. Practice identifying what you can control (e.g., making a list, calling a friend) and accepting what you can't (e.g., child's school assignments, the news).

## SUMMER SMOOTHIE:



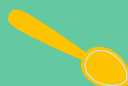
5 min



TOTAL TIME

8

SERVINGS



Meat Alt.  
& Fruit



COMPONENTS

3/4 cup



SERVING  
SIZE

- 2 cups peach yogurt
- 1 1/2 cups pineapple juice
- 23.5 oz. jar mandarin oranges, in 100% juice

Q: WHAT DID THE  
WINE DO WHEN  
IT GOT STEPPED  
ON?



# LET'S TALK ABOUT... *Whole Grain*

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## WHAT IS WG:

(Whole Grain)

Whole grains contain the entire grain kernel – the bran, germ, and endosperm. The bran (outer layer) contains the largest amount of fiber, the endosperm (middle layer) contains mostly protein and carbohydrates along with small amounts of B vitamins, and the germ (inner part) is a rich source of trace minerals, unsaturated fats, B vitamins, antioxidants and phytonutrients

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## BENEFITS:

- Can help reduce the risk of some chronic diseases including heart disease, diabetes, and some cancers.
- Supports healthy digestion by consuming whole grain foods that contain fiber.
- May help with weight management.
- Keep your skin glowing and your hair shiny.

## HOW TO IDENTIFY:

### #1: FOOD IS LABELED AS WHOLE WHEAT

Grain products specifically labeled "Whole Wheat" on the package are considered whole grain-rich. **Products listing only whole grain, multi-grain or made with whole wheat do not meet this criteria.**



### #2: RULE OF 3

A whole grain is listed as the first ingredient (or the second after water) and the next two grain ingredients, if present, are creditable which include whole grains, enriched grains, bran, and germ.

### #3: FDA STATEMENT

One of the following FDA statements are included on the labeling:

**"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."**

Or

**"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."**



## RESOURCES FROM:

[HTTPS://GRAINFOODSFOUNDATION.ORG/](https://grainfoodsfoundation.org/)

[HTTPS://WWW.CCMAINE.ORG/DOCS/CACFP/IDENTIFYING\\_WHOLE\\_GRAIN-RICH\\_CACFP-ORG\\_V12-7-17.PDF](https://www.ccmaine.org/docs/cacfp/identifying_whole_grain-rich_cacfp-org_v12-7-17.pdf)

**A: IT  
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