

# 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](http://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),  
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Holiday traditions can be overwhelming and hard to break. Last year, my family decided not to have a big tradition turkey dinner. We had an easy-to-make meal of spaghetti and meatballs. We make homemade meatballs using a family recipe that was given to us from our Baba Baba (great-grandma). We will share part of the secret recipe with you. Add one (1) pound of ground pork to two (2) pounds of ground beef, moose or deer meat. Add in a binding ingredient (like eggs, breadcrumbs or both) and your favourite seasoning and spices. Cook (boil or bake) until the internal temperature of the meat reaches 160 degrees Fahrenheit.

*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.*

**Drop your entry off to your school secretary by  
January 15, 2024.**

