



- Since the start of the year, the Elder Meal Cards increased to \$100 per month for the purchase of fresh fruits, vegetables and other healthy foods to improve the well-being of NHBFP Tribal Elders.
- Please note: Elder Meal Cards have a maximum balance of \$500 and the monthly reload will not occur if the value on the card is \$400.01 or higher at the time of reload.
- Reloads will continue to occur by the third Wednesday of each month.
- Please contact Dietitian Lyndra Vander Hart at 888.662.2808 or lvanderhart@nhbp.org for more information.

News



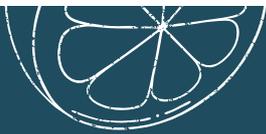
NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

1485 Mno-Bmadzewen Way, FULTON, MICHIGAN 49052

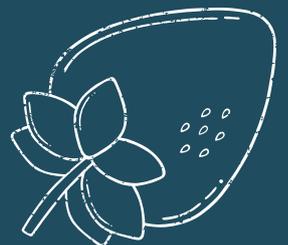
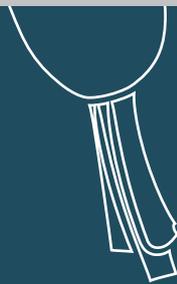
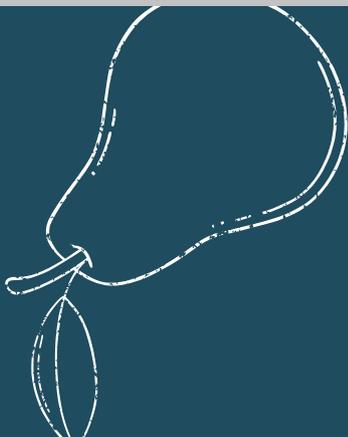
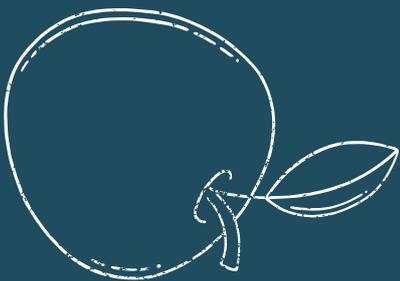
NHBPI.COM | 269.729.5151

PRSRT STD
U.S. POSTAGE
PAID
Battle Creek, MI
Permit #1840



Living in a Good Way | Volume 3 | March 2018

Mno-Bmadzewen



Recipe: Creamy Chicken and Wild Rice Soup

Servings: 8

Ingredients:

- 2 tablespoons olive oil
- 1½ pounds skinless, boneless chicken thighs
- 16 ounces mushrooms, sliced
- 32 ounces chicken or vegetable broth
- 2 cups water
- 1½ cups leeks, thinly sliced
- 1½ cups celery, diced
- 2 large carrots, diced
- ¾ cup uncooked Wild Rice, rinsed
- ¾ teaspoon salt
- 12 ounces silken tofu
- 1 cup milk
- ¼ cup flour
- 1 tablespoon fresh thyme



Nutrition Information (per serving)

- 270 calories
- 8 grams of fat
- 22 grams of carbs
- 25 grams of protein

Directions:

1. Heat oil over medium-high heat in a 12-inch skillet. Cook chicken 6 minutes or until browned, turning once.
2. In a 6 quart slow cooker, combine chicken, mushrooms, broth, water, leeks, celery, carrots, Wild Rice and salt. Cover and cook on low for 6 hours or high for 3 hours.
3. Remove chicken from cooker and shred. Return chicken to slow cooker and turn heat to high.
4. Blend tofu, milk, flour and thyme in a blender or food processor until smooth. Stir mixture into cooker. Cover and simmer for 30 minutes or until thick.

Recipe Tips:

For a vegetarian meal, eliminate chicken and add a can of light red kidney beans.

BOOST YOUR IMMUNITY!

Flu season has been extra tough this year with reports of the flu vaccine being less effective than usual. This means it is time to take additional action to help stay healthy during cold and flu season.

Being sick with a cold or flu can raise blood sugar, reduce healthy gut bacteria and increase overall inflammation in the body. Try these smart tips to stay healthy through the end of flu season and as the weather changes.

1. Get Quality Sleep

To get plenty of undisturbed sleep, avoid heavy foods, caffeine and alcohol before bed. Sleep somewhere that is dark, comfortable, cool and quiet. If any symptoms of illness start, be sure to go to bed early and get extra sleep. The body needs adequate rest to fight off illnesses.

2. Try Green Tea

Among the many health benefits, green tea contains a compound that can increase your number of regulatory T cells. Research suggests these cells might play a significant role in boosting immunity. Add a squeeze of fresh lemon juice to the tea to ensure an entire daily dose of antioxidant rich vitamin C.

3. Take Vitamin D

Lacking this essential vitamin may lower immunity. Choose a vitamin D supplement that is bioavailable and will pack 2000 to 5000 international units into one gel capsule. Consult your medical provider for more information.

4. Increase the Fruits and Vegetable Intake

Eat 9 to 12 servings of fruits and vegetables per day. More veggies than fruit are recommended. According to the American Journal of Clinical Nutrition, out of those who ate at least five servings of veggies per day, only 20 percent reported illnesses. The antioxidants and healthy fiber will help your gut stay healthy and boost immunity naturally.

5. Sweat It Out

Exercise has so many benefits, especially for those who have any type of chronic or autoimmune condition. Exercise can also reduce the symptoms and severity of respiratory illnesses. Stay active and continue a modified exercise routine when you start to feel ill.

6. Elderberry

Elderberries are an excellent general immune system booster, because the berries contain plant pigments which are known to help the immune system. Elderberry extract has been shown to be a safe, efficient and cost-effective prevention and treatment for cold and flu symptoms. Try an elderberry syrup at the onset of symptoms, before traveling or when exposed to cold or flu viruses.

Nutrition Notes

