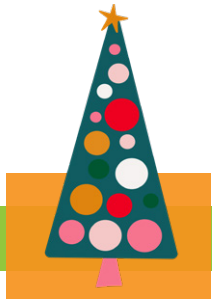


December 2022

BSBAC

Buzz



Protect Yourself & Others from the Flu

The Centers for Disease Control and Prevention (CDC) recognizes National Influenza Vaccination Week from December 5 to 11 to highlight the importance of flu vaccination.

National Influenza Vaccination Week is a call to all Americans 6 months and older to get their annual flu vaccine if they have not already. Flu remains a significant public health concern, and this week will serve to remind people that there is still time to get a flu vaccine—the only vaccine that protects against flu—to prevent flu illness and potentially serious complications.

For many people, the seasonal flu is a mild illness. But sometimes, the flu can be serious or even deadly.

The flu:

- Is linked to serious infections like pneumonia
- Can make existing health problems worse (for example, long-term heart or lung disease)
- Can lead to hospitalization or death

Flu vaccines can help prevent people from getting sick with the flu — and lower the risk of hospitalization and death caused by the flu.

The flu spreads easily from person to person. So when you get a flu vaccine, you don't just protect yourself. You also protect everyone around you.



Flu vaccines are safe and effective – and there's still time to get vaccinated.

Every year, flu vaccines are updated to better match the four flu viruses that research indicates will circulate during the season.

While it is ideal to get a flu vaccine before flu starts spreading in your community (usually in October each year), getting vaccinated later is beneficial anytime flu viruses are circulating. Getting vaccinated now can still provide protection against flu because flu activity is still elevated, and activity most commonly peaks in February, and significant flu activity can continue into May.

Go to your doctor or local pharmacy to get your flu vaccine, encourage your loved ones to get their flu vaccine, and learn more about the benefits of getting vaccinated against flu.

Learn more here: <https://www.cdc.gov/flu/prevent/vaccinations.htm>



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Upcoming Events

December 6 @ 11:00am
Silver & Secure Vendor Table

December 7 @ 10:00am
Brunch Bingo

December 7 @ 1:45pm
Book Club

December 8 @ 12:00pm
Arts & Crafts Series: DIY Christmas
Stockings

December 12 @ 12:35pm
Bunco

December 13 @ 12:00pm
Christmas Cookie Swap

December 13 @ 12:30pm
Ugly Sweater Bingo

December 14 @ 1:30pm
Arts & Crafts Series: Floral Arranging

December 16 @ 11:00am
Christmas Luncheon

December 21 @ 12:30pm
Cinema at the Center: The Polar
Express

December 26- January 2
Center Closed for Christmas
& New Year's



*December has the clarity, the simplicity, and the silence
you need for the best FRESH START of your life.*
~Vivian Swift



Note From the Center...

By DeLisa Leopold, Executive Director

It's a Wonderful Time of the Year

The holidays are upon us! There is hustle and bustle all around as many prepare for special gatherings, holiday guests and baking those oh so delicious Christmas cookies. In the mix of it all, it is a wonderful time to look back at the year we have had as a community. This time of year also brings in a spirit of giving. Our Angel Tree was once full of tags and is now becoming bare, which means our Meals on Wheels clients will also have a wonderful Christmas.

We have been blessed by the efforts and support of many to have successful fundraisers, in-house and community events

and outreach programs. Our dedicated volunteers have given us many hours of their time. Our members have enthusiastically participated in our social and health & wellness activities and we as an administrative team have settled into new roles/duties.

We are looking forward to celebrating the holidays with the BSBAC community and hope everyone joins in on the holiday themed events we have planned. We wish everyone a holiday season full of family, friends, and fun!

Thank you all for making this an amazing year! We appreciate you!



December Weekly Activity Schedule



MONDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Ride the Bus
10:00am Dominoes
9:00am Wood Carving
10:00am Men's
Fellowship

11:30am
Fellowship Meal

12:35pm Bunco
(2nd & 4th Mon)
1:00pm Bridge
Foursome
(1st & 3rd Mon)



TUESDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Open Games
9:00am Ride the Bus
10:00am Mexican
Train - (Dominoes)
11:00am Mah Jong

11:30am
Fellowship Meal

1:00pm Bingo



WEDNESDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Bridge
9:00am Ride the Bus
10:00am Brunch
Bingo (1st Wed)

11:30am
Fellowship Meal

12:00pm Knitting/
Crochet/Sewing
1:45pm Book Club
(1st Wed)
1:45pm Arts & Crafts
Class (2nd Wed)
2:00pm Spanish
2:00pm Caregiver
Support Group
(3rd Wed)



THURSDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Cards
9:00am Ride the Bus
10:00am Canasta HF
12:00pm Poker

11:30am
Fellowship Meal

1:00pm Mindful
Meditation
2:00pm Table Tennis



FRIDAY

9:00am Library
9:00am Visiting/
Socializing
9:00am Ride the Bus

11:00am
Fellowship Meal

12:10pm Bingo



Alfred Cordes
Andy Paul
Ashley Smith
Beckie Rhea
Bill Foster
Brian Meuth
Brian Reynolds
Carol Keith
Cindy Alsaleh
Connie Herd
Dagmor Fischer
David Halfhill
Daynelle Kimbrough
Debbie Hildebrandt
Debbie McNaul
Delores Piet
Diane Adams
Don Bishop

Don Carnes
Doris Hopkins
Fran Kirschbaum
Fran Tomsett
George Littleton
Gerri Woodward
Gloria Hawkins
Gloria Stringer
Guadalupe Flores
Guillermo Jimenez
Jan Wilson
Janet Dodd
Jay Lindsay
Jean Potter
Joan Gilbert
Joe McNaul
John Taylor
Johnny Mutz

Judy Sansom
Kathleen Shirey
Kathy Lucas
Kathy Sechrist
Kristy Smith
Larry Baldwin
Larry Loop
Leslie Deitch
Linda Coones
Linda Cozart
Linda McClain
Lolie Piet
Loretta Long
Lorna Adams
Lydia Munoz
Margie Loesch
Maria Orozco
Maria Simms

Martha Barrett
Mary Jane Hofheinz
Mary Starkman
Matthew Boaz
May Chism
Merinda Pigg
Michael Collini
Nancy Graham
Noelle Poss
Nora Benites
Otto Schwaben
Pat Matheny
Paulette Saenz
Phil Middlebrook
Ralph Pryor
Richard Burke
Richard Ferguson
Richard Walker

Rita Nyland
Robert Nash
Robin Lindeman-Watters
Sharon Knibbe
Sandra Fairley
Shauna Reynolds
Sheila Case
Sheron Antczak
Silvia McGee
Sonia Moore
Stacey Powell
Sylvia Ramirez
Terry Potter
Twyla Tenney





December 2022

Center Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			¹ Turkey Tetrazzini Green Salad Garlic Bread Dessert	² Bean & Cheese Chalupas Dessert
⁵ Turkey & Rice Soup Green Salad Cornbread Dessert	⁶ Egg Rolls Fried Rice Edamame Beans Dessert	⁷ Pizza Green Salad Dessert	⁸ Cheeseburger Soup Green Salad Brownies	⁹ Green Salad Potato Salad Chicken Salad Dessert
¹² Sub Sandwiches Chips Dessert	¹³ Spaghetti w/Meat Sauce Salad Garlic Bread Dessert	¹⁴ Frito Pie Fruit Dessert	¹⁵ Meatloaf Mashed Potatoes Green Beans Dessert	¹⁶ Holiday Potluck Luncheon
¹⁹ Beef Noodle Casserole Salad Dessert	²⁰ Chef's Choice Dessert	²¹ Ham & Cheese Sliders Cole Slaw Dessert	²² Turkey Chili Green Salad Cornbread Dessert	²³ Chicken Pot Pie Dessert
²⁶ CENTER CLOSED 	²⁷ CENTER CLOSED 	²⁸ CENTER CLOSED	²⁹ CENTER CLOSED 	³⁰ CENTER CLOSED 

Fellowship Meal is served Mon-Thurs@ 11:30am, Fri@11:00am
(LUNCH IS SERVED FOR A 1/2 HOUR IN THE CENTER)
Suggested Donation \$4 (Donations help make our fellowship meals possible)
Menus are subject to change



Mumbo Jumbo

Unscramble each of the clue words. Take the letters that appear in boxes and unscramble them for the final message.

LYLHO	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">L</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">Y</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">L</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">H</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">O</div>
DICER	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">D</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">I</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">C</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">E</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">R</div>
SESRPNET	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">S</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">E</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">S</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">R</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">P</div>
SOTLEIMET	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">S</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">O</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">T</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">L</div>	<div style="border: 1px solid black; width: 20px; height: 20px; display: flex; align-items: center; justify-content: center;">E</div>

A

Bamboozles

The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent. (Solutions below)

1,3,5... WHELMING	Al v A v R R	Y R web
25,25 25,25	MY SKIN He's getting	TI ME JOB

Commonyms

- Raisin - White - Rye
- Eiffel - Water - Watch
- Surfing Waves - TV's - Toothpaste
- Calendar - Stone Fruit - Tombstones
- The Scale - The Legend - The Key
- Shepherd - Sheet Music - White House
- Turkey - Teddy Bear - Xmas Stocking
- Porkey - Wilber - Arnold
- Volleyball - Office with Computers - Fisherman
- Tapestry - Braided - Area



CHRISTMAS WORD SEARCH



O P R I N L I G G Q Q R G L U N H Z E F
 C H Z Q E J A O R E I N D E E R I R L Q
 M B M O L S Z T V W U P O B N D T T V V
 N H N J O L L Y N U Y E N M I H C C E U
 X P M N P P S F I A G K A C L Y V H S Z
 D L A E H X C E L B S F P G C E T Q E G
 Z O M N T H E D A Y S G N I T E E R G M
 S D Z I R V T Q P S G S B W C C P W V Q
 P U I Z O V A J A E O R U A C F S O G S
 G R E H N X R L B P Y N N N H R S O I L
 B N Z C S T B H J O M D P I M O A B V M
 Y M I S T L E T O E Y R D E E S M C I U
 G O C N O R L D K C O Q O N R T T W N B
 W K Y Q C Z E J A G O V T D R Y S D G Q
 L O R T K L C N I C G P N R Y L I N X S
 J N X J I R E F B A V A P J E H R D C Z
 X L W O N H T A E R W V I I L E H A Y E
 W L R D G Z G Y L D J C G N X E C M B O
 M Y A D I L O H L S U H J A W N Z A M J
 I X P D B T V H S K M W S E L D N A C U

BELLS	RUDOLPH	ELVES	JOY
CANDLES	SANTA	FROSTY	MERRY
CANDY CANE	SEASON	GIFT	MISTLETOE
CARDS	SLEIGH	GIVING	NOEL
CELEBRATE	STOCKING	GREETINGS	NORTH POLE
CHIMNEY	TREE	HOLIDAY	REINDEER
CHRISTMAS	WREATH	JOLLY	

Nov. Answers

- Things you raise
- Sticks
- Chairs
- Dogs
- Purples
- Boats
- They are stuffed
- Shells
- Boxes
- Bombs

HOMETOWN CARE **Alamo Hospice**
a member of the Hospice Foundation








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December Health & Wellness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	2 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
5 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	6 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	7 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	8 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	9 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
12 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	13 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	14 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	15 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	16 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
19 8:30am Easy Pace 10:00am Line Dancing 11:00am Active Aging Strength 12:30pm Balance & Strength* 1:30pm Balance & Strength* 4:00pm Yoga	20 9:30am Zumba Gold 10:30am Ballet Barre 12:00pm Zumba Gold Seated 5:30pm Zumba	21 8:30am Zumba Toning 10:00am Active Aging Strength 11:00am Balance & Strength* 12:15pm Balance & Strength* 3:30pm Line Dancing 5:00pm Yoga	22 8:30am Easy Pace 9:30am Zumba Gold 10:30am Ballet Barre 11:45am Chair Yoga 4:00pm Restorative Yoga 5:30pm Zumba	23 9:30am Line Dancing 11:00am Balance & Strength* 12:15pm Balance & Strength*
26 CENTER CLOSED 	27 CENTER CLOSED 	28 CENTER CLOSED 	29 CENTER CLOSED 	30 CENTER CLOSED 

GYM HOURS

Mon-Thurs: 9:00am - 6:00pm

Fri: 9:00am - 3:00pm

*Class is FREE for all BSBAC Membes



It's important to keep working out during the holidays in order to burn calories and to boost your sluggish circulation during the winter months.

Sleep helps your body heal and fight infection, and also boosts your immune system to help fight off germs before you fall ill.



Health & Wellness Class Descriptions



ACTIVE AGING STRENGTH

This class helps improve strength. The instructor will take you through a variety of exercises for a complete workout. Get comfortable using circuit equipment as well as resistance bands, medicine balls, free weights, etc.



BALANCE & STRENGTH

This class is recommended for members with concerns about balance and loss of upper and lower body strength. Focus will be on functional fitness as well as balance and strength. ***Free to all members***



BALLET BARRE

The exercises build gradually, are safe and can be performed by anyone. Muscles become toned and lengthened, posture is improved, and movement becomes more graceful as the student becomes more aware of his/her body.



CHAIR YOGA

Chair yoga is a gentle practice in which yoga postures are performed while seated and/or with the aid of a chair. Benefits include improved strength & energy, improved flexibility & balance, and improved concentration.



EASY PACE

Beginner to intermediate aerobics that includes cardio, marching in place, and basic arm and leg movement patterns. Improves muscle strength, flexibility, endurance, coordination, and balance.



LINE DANCING

Line Dancing is choreographed to a variety of music with repeating series of steps that are performed in unison. Learn some fancy footwork while challenging your mind to memorize these fun sequences.



RESTORATIVE YOGA

A therapeutic style of yoga which utilizes props to make it easier for the body to get into certain poses. The focus of this class is relaxation, renewal, effortlessness, ease and a completely supportive environment.



YOGA/YOGA MIXED

Slow flowing class of gentle stretching and physical postures using breath to connect mind and body. This is an excellent way for improving flexibility, balance and great for de-stressing.



ZUMBA/ZUMBA GOLD/SEATED

Zumba is a dance-fitness class that is set to zesty Latin music like salsa, merengue, mambo, etc. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant.



ZUMBA TONING

Zumba Toning is perfect for those who like Zumba, but want to put extra emphasis on toning and sculpting to define those muscles. The challenge of adding resistance by using toning sticks (or light weights), helps you focus on specific muscle groups, so your muscles stay engaged.



“Exercise not only changes your body, it changes your mind, your attitude, and your mood.”





Activity Center Happenings



Our **2nd Annual Clay Shoot** is in the books. Thank you to all our shooters, sponsors, donors, and Good Bull Ranch for helping us to have a fantastic event! We had a record number 23 shooting teams, which included veteran, EMS, and youth teams.



Be sure to join us in November 2023 for next year's shoot!



THANK YOU

**GILMAN
SUBARU OF
SAN ANTONIO**

16048 INTERSTATE 35 NORTH
SELMA, TX 78154



Thank you to Gilman Subaru of San Antonio for lending one of their Subarus for our Stuff the Trunk Event and Meals on Wheels delivery. We collected so many items for our Meals on Wheels clients and area seniors. Thank you to the community for their generous donations. We truly appreciate your support! #SubaruShareTheLove



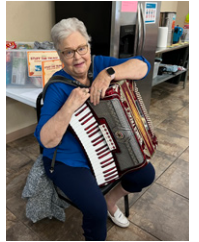


Activity Center Happenings

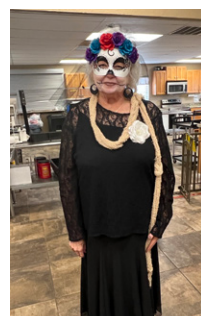


ANNUAL THANKSGIVING LUNCHEON

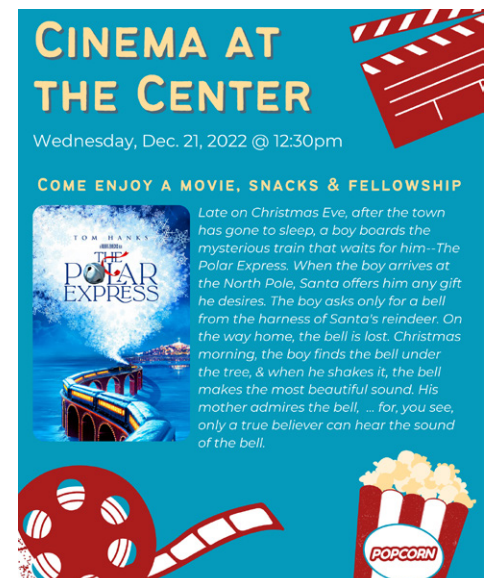
Thank you to everyone that joined us for our Thanksgiving Luncheon last Friday. It was a great day of fellowship and tasty food. Thank you to the students from Bracken Christian School and Living Rock Academy for helping out in the kitchen and serving, and Japke Gosselin for playing the accordion.



We had such a great time at our Halloween Potluck luncheon and our Halloween Bingo! There were so many great costumes!



December Event Flyers



Upcoming Special Events

BULVERDE SPRING BRANCH ACTIVITY CENTER PRESENTS



BULVERDE BBQ BATTLE

**COMPETITION BBQ COOK-OFF
FEBRUARY 24-25, 2023**

TITLE SPONSOR
Vulcan
Materials Company

1747 EAST AMMANN ROAD, BULVERDE, TX 78163

\$200 team registration includes:

- Entry into chicken, ribs & brisket.

\$250 team registration includes:

- Team Space (RVs welcome)
- Entry into chicken, ribs & brisket.

Jackpot categories/\$25 each:

- Beans
- Dutch Oven Dessert
- Margarita
- Kid's Cook
- Salsa
- Cook's Choice

Not a cooker, but want to join the fun?
\$10 wristbands, good for Friday and Saturday.
Wristbands include parking, BBQ tastings, music, vendor shopping and a great time with friends!

Open to the Public
Friday, February 24 at 5pm - 10pm and
Saturday, February 25, 10am - 8pm

Scan for:
Team registration
Sponsorship Opportunities
Event wristbands.



Team Information
DeLisa Leopold
dleopold@bsbac.com

Sponsorship & Vendor Information
Reghan Swenson
rswenson@bsbac.com

BULVERDE SPRING BRANCH ACTIVITY CENTER
est. 1998




SUBARU
share the love®
EVENT

MEALS ON WHEELS

This holiday season, we hope you'll *Share the Love* by supporting vulnerable seniors nationwide.

TOO MANY SENIORS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.



1 IN 8 SENIORS
WAS THREATENED BY OR
EXPERIENCED HUNGER

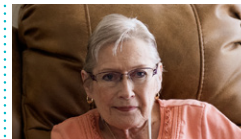


1 IN 4 SENIORS
LIVES ALONE



1 IN 10
EXPERIENCED
POVERTY

MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR HOMES, WHERE THEY WANT TO BE.



"I am so grateful for the volunteers – people who have it in their heart to help. They don't have to do it, but they do."

MARTHA
MEALS ON WHEELS CLIENT

Over the last 14 years, Subaru and its retailers have helped the Meals on Wheels network deliver **NEARLY 4 MILLION MEALS** to seniors in need across the country.

You can help that number grow. **WHEN YOU BUY OR LEASE A NEW VEHICLE** during the 2022 Subaru Share the Love® Event, **SUBARU OF AMERICA WILL DONATE \$250** to the purchaser's choice of participating charities from November 17, 2022 through January 3, 2023. We hope you'll choose Meals on Wheels!



LEARN MORE AT WWW.MEALSONWHEELSAMERICA.ORG/SHARETHELOVE.

Based on data available in 2021 – Information data sources available at www.MealsOnWheelsAmerica.org/Facts





cold *or* flu?

SIGNS AND SYMPTOMS



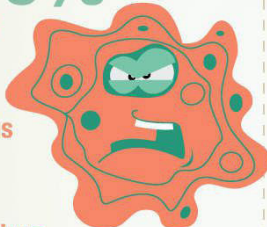
IS IT *a* COLD?

WHAT CAUSES THE COMMON COLD?

● **10%-40%**
by the rhinovirus

● **20%**
by the coronavirus

● **10%**
by the syncytial virus



More than 200
viruses can
cause the
common cold.



TREATING COLD SYMPTOMS

- REST
- OVER-THE-COUNTER MEDICATIONS
- DRINKING CLEAR FLUIDS



IS IT *the* FLU?

WHAT CAUSES THE FLU?

● **influenza virus**
Type A, Type B, Type C

● **highly contagious**
spread by air or coming
in contact with another
infected person



Lingering
symptoms
may signal
pneumonia.

TREATING THE FLU SYMPTOMS

- REST
- DOCTOR PRESCRIBED ANTIVIRAL MEDICATIONS
- DRINKING CLEAR FLUIDS





Flu in Adults Age 65 Years and Older What Are the Risks?

Adults **65+** are at increased risk of flu-related complications

**Pneumococcal
Pneumonia**
kills more than

18,000

older adults in the US
each year

Heart Attack risk
is increased by

3 to 5x

in the first 2 weeks
of infection

Stroke risk is
increased by

2 to 3x

in the first 2 weeks
of infection



High rates
of related
deaths and
hospitalizations
in adults 65+

78%

of all flu-related
hospitalizations

(more than 750,000 in US
2014-2015 flu season alone)

6x

more deaths from flu and
related complications

compared to all other age
groups combined

Annual vaccination is the best way to protect
yourself against the flu

Vaccines are safe and
effective and reduce
the risk of flu and
related complications



Immune systems decline as adults age. Certain
vaccines are available to help boost immune
response, specifically in adults 65+:



High-dose vaccines
contain **4X more
antigen** than
standard-dose
vaccines



Adjuvanted flu
vaccines contain an
ingredient that **helps
create a stronger
immune response**

If a specific flu vaccine is not available in your area,
don't delay! Vaccination with any available influenza
vaccine is recommended and will still provide protection.



What's Cooking



10 Health Benefits of BEETROOT!

BROUGHT TO YOU BY



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High in **NITRATES** to provide us with long-lasting energy for enhanced cardiovascular health & exercise performance

High in **FIBRE** for a healthy digestive system, helping to prevent constipation, diarrhea, IBS, & reduces risk of colon disease



Loaded with **IRON** for proper oxygen transport in the blood (reduce fatigue) and prevention of iron-deficiency anemia

Great source of plant-based **PROTEIN** which is essential for the growth and development of all bodily tissues!



Contains an antioxidant called **BETALAIN** which protects our cells from damage and prevents cancer

High in **POTASSIUM** which helps properly transmit nerve impulses and keeps our memory sharp and thinking clear!



VITAMIN A infused beetroot is necessary for proper eyesight and to prevent night blindness. It also promotes integrity of healthy skin cells

Loaded with **FOLIC ACID**, required during the growth and development of embryos to prevent neural tube defects like spina bifida



High in **VITAMIN C** which is essential in wound healing, protecting against infection, and keeping our immune system strong!



Rich in **CALCIUM** a mineral necessary for developing and maintaining strong bones and preventing osteoporosis



Beets

- ✓ Cholesterol-Free
- ✓ Gluten-Free
- ✓ Low-Sodium
- ✓ Fat-Free
- ✓ Good Source of Fiber

Contains phytonutrients and antioxidants which may help to reduce inflammation in the body

58 CALORIES

3.8G FIBER

2.2G PROTEIN

13G CARBS

0.2G FAT

(per cup slices, raw)

Beet, Goat Cheese and Walnut Salad

Step out of your usual salad rotation with this elegant, tasty salad topped with beets, goat cheese and walnuts.

INGREDIENTS

- 1 10 oz. package arugula
- 2 small beets cooked, sliced
- 4 ounces goat cheese
- 4 tablespoons chopped walnuts
- 4 tablespoons balsamic dressing



INSTRUCTIONS

1. Top arugula with beets, cheese, walnuts and dressing. Mix well.

NUTRITION

Calories: 141kcal
Saturated Fat: 1g
Sodium: 171mg
Vitamin A: 38IU

Carbohydrates: 6g
Polyunsaturated Fat: 5g
Potassium: 179mg
Vitamin C: 2mg

Protein: 2g
Monounsaturated Fat: 1g
Fiber: 2g
Calcium: 20mg

Fat: 12g
Cholesterol: 0.5mg
Sugar: 4g
Iron: 1mg

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