

# Wellness InSTALLments

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## Upcoming Events

5/6—Spring Commencement  
5/14— Summer A classes begin  
5/28—Memorial Day (no classes)



## Suggested Food Storage Refrigeration Times

**1-2 days:** Cooked ground meat

**3-4 days:** Cooked meats, fish, poultry; soups and stews

**5 days:** Cooked beans; hummus

**1 week:** Hard boiled eggs; chopped vegetables



## WELLNESS TIP

Find quality containers for your meals! Glass containers with multiple compartments are ideal for microwaving and keeping food separate.

## Question of the Month

How long is cooked and refrigerated chicken good for?

- A) 3-4 days
- B) 5 days
- C) 2 weeks

Email us at [pws@fgcu.edu](mailto:pws@fgcu.edu) with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

## It's Time to Prep!

After taking time for classes, work, student organizations, volunteering, and the many other commitments that college students have, there is often little time left to plan and cook healthy meals. Therefore, students opt for easier and less time consuming options, such as eating out at a restaurant, drive-thru windows or skipping meals altogether. This can lead to undesirable consequences; eating out regularly can be expensive and skipping meals can lead to fatigue and other health problems. Meal prepping can be a great alternative!

A study done by Harvard concluded that there are many benefits to meal prepping, including saving money and time, controlling weight due to portion control, reduced stress regarding uncertainty about what you will be eating next, and overall more nutritionally balanced diet. Taking a couple hours a week to prep your meals can lead to less stress and healthier eating.



## Healthy Tips



**Start Small:** Take baby steps as you venture into meal prepping by focusing on one meal (i.e. lunch) to prep. This way, you can get the hang of the process without feeling too overwhelmed with trying to prep every meal for the week.



**Determine where you need the most help:** Examine your eating habits to see which meals you typically eat out the most for or skip. Focusing on prepping for these meals first can help you change your habits in the most effective way.



**Find good planning tools:** Use a planner or spreadsheet to plan out your meals for the week. You can save any meals you find on recipe sites or Pinterest as well as your grocery list with your meal plans for easy access.

## Smoothie-in-a-Bag

- ◇ Fill a plastic freezer bag with 1 cup of leafy vegetables (i.e. spinach) and 2 cups of frozen fruits (i.e. mangos, bananas, berries)
- ◇ Fill an ice cube tray with Greek yogurt and place in freezer
- ◇ Once yogurt is frozen, place 2-3 cubes in each freezer bag, seal, and label with ingredients and the date
- ◇ When desired, put the contents of the bag in a blender with 1/2 cup of liquid (i.e. milk, apple juice) and blend
- ◇ Enjoy a nutritious smoothie in minutes!



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