



MARCH 2021

NATIONAL NUTRITION MONTH

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What's On Your Plate?

National Nutrition Month is about making informed food choices and developing healthy food eating and physical activity habits.



This year's theme is *Personalize Your Plate*. We're all different in so many ways. So, how can we expect a certain diet and workout regime to work for us in the same ways as it does for someone else? Get to know yourself, your body, what you like, and what works best for *YOU*.

If you're interested in learning more about National Nutrition month click [here](#).

FACT **OR** **FICTION**

1. Only people with medical conditions, such as diabetes or high blood pressure, need to eat healthfully.

FICTION

2. Added sugars and naturally occurring sugars are the same.

FICTION

3. A vegetarian diet can provide the recommended amount of protein for people of all ages.

FACT

4. Foods that contain carbohydrates should be avoided.

FICTION

5. All types of dietary fat are the same

FICTION

6. Frozen and canned fruits and vegetables can be nutritious choices.

FACT

7. A gluten-free diet is recommended for weight loss.

FICTION

8. Some processed foods can be healthful.

FACT

9. Adding salt at the table is the main source of sodium in the U.S.

FICTION

10. Three servings from the Dairy Group are recommended daily for adolescents and adults.

FACT

Find further explanation to each answer [here](#).

LAURA BAASLAND

WATER WORKS

Hobbies:

various types of crafting,
reading, activism

Music:

"indie music is probably
my favorite genre"

Food:

*"Oof, I love food. I'm
vegetarian. If I had to pick
one cuisine forever it
would have to be
Mexican."*



THIS OR THAT

Marvel or DC Comics

Zoo or Aquarium

Ice Cream or Snow Cone

Truth or Dare

Italian Food or Mexican Food

Comedy or Drama

Invisibility or Super Strength

Beach Home or Log Cabin



TACO TUESDAY AT THE PANTRY

WWTP

Match the Dogs with their Owners



FIELD OPERATIONS

provided their staff members with Extra Gum, juice of their choice, and bagels from Olde Towne Deli.



Remember to email pictures and details of your department's fun activities and events that promote teamwork, improve moral, or show appreciation!

Contact Jessica Budd, Donna Haag, or Diane Carter with your photos and details.



6th Annual "SOUPER" BOWL



1st place – Meg Lindekens

Red beans, Sausage & Rice soup

2nd place – Kasey Lingle

Italian Wedding Soup

3rd place – Amber Eure

Buffalo Chicken Chili

2

1

3

Baked Salmon in Foil

For a printable copy click [here](#)

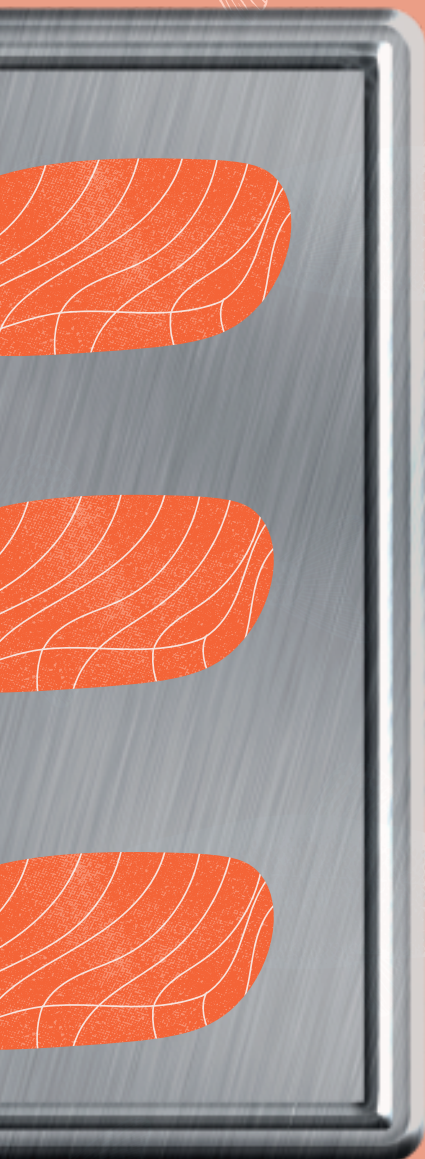
Ingredients

- 1 1/2 lbs whole salmon fillet boneless (skin on or off)
- 1 tbsp olive oil extra virgin
- 1/2 tsp salt
- Ground black pepper to taste
- 2 tbsp butter
- 1 large garlic clove grated
- 1 tbsp lemon juice
- 2 tbsp parsley finely chopped



Instructions

1. Preheat oven to 375 degrees F. Line large baking sheet with 2 overlapping each other pieces of aluminum foil wider than the baking sheet. On top, place a piece of unbleached parchment paper the length of a salmon fillet.
2. Place salmon fillet skin side down (if any) on top of parchment paper. Rub with olive oil, then sprinkle with salt and pepper.
3. Now you have to seal salmon completely in foil to ensure proper cooking. First enclose salmon in parchment paper - this ensures no harmful chemicals from aluminum are leaching into your food. Then fold the sides of the foil over the salmon to cover and seal it completely. Bake for 20 minutes.
4. Five minutes before salmon is ready, in a small saucepan melt butter on low heat. Add garlic and lemon juice, stir. Remove salmon from the oven. Carefully open the packet wearing oven mitts and brush baked salmon fillet with garlic butter. Sprinkle with parsley, cut into 5 pieces and serve as you wish.



This March we're *kicking butts* ...that is, of course, *cigarette butts*.

With **March 20th** being **National Kick Butts Day**, the SBY Thrive Wellness Committee has centered the month of March around Smoking Cessation.

#sbykickbutts

The Series

Effects of Cigarettes and
Black Lungs • March 3rd

Death to E-Cigarettes and
Vaping • March 10th

Craving to Quit Program •
March 17th

ShareCare Demo by
Ashley Fried • March 24th

Each **Wednesday** an infographic and short video will be sent out, based on the topic for the week. It is our hope that we encourage at least **one** person to kick butts.



coming soon...

SALISBURY'S GOT SKILLZ

**Do you or a fellow
coworker have any talents,
skills, or hobbies?**

We are looking to showcase a variety of skills in our newest section of the newsletter! Whether you can play an instrument, perform magic tricks, sew, bake, play or coach a sport, write poems or short stories, make jewelry, or are good at photography, we want to feature you here!

**Please share your skills with Donna Haag
(dhaag@salisbury.md)**



A top-down view of various baking ingredients and tools on a white wooden plank surface. In the top left, a glass jar is filled with white flour. To its right, a wooden spoon holds a small amount of white powder. Further right, two cracked eggshells are visible. In the bottom left, a wooden rolling pin lies horizontally. Next to it, a block of butter is partially unwrapped from its paper. In the bottom center, a glass bowl contains a white substance. In the bottom right, a small nest of straw contains two whole eggs (one brown, one white) and a cracked eggshell with a bright yellow yolk. A wooden bowl rim is visible on the right side.

GET READY GET SET BAKE!

**WE ARE GEARING UP FOR A
SPRING BAKE-OFF!**

The category for this
year's bake-off will be
Classic Cakes.

So, start thinking about
your favorite cake
recipe to enter into the
Bake-off.

*More details will be coming later in
March and the Bake-off will be in
April.*

REMINDERS



MARCH "KICK BUTT" PROGRAM: keep an eye out for educational infographics and videos to help city employee's learn about smoking cessation

SHAMROCK N' ROLL NIGHT: March 16th, 3-5pm at the Pantry -see attached flyer below for more information



COFFEE BREAK: 20 Questions with Bill Cannon on March 18th

MARCH EMPLOYEE OF THE MONTH: nominations are due March 31st. Click [here](#) for the form.



DAY FAMILY EASTER BASKET: supplies are due to Christine Chestnutt by April 1st



APRIL BAKE-OFF: the theme is "Classic Cakes" - see page 11 for more details



SALISBURY'S GOT SKILLZ: The Newsletter is looking to feature city employees with various skills, talents, and hobbies, email Donna Haag with details - see page 8 for more information



SOUL YOGA: is offering free virtual yoga classes to city employees - see attached flyer below for details

