

We want to feature you in the 2023 TBRHSC Health and Wellness Calendar!

What do you need to do?

Participate in one of two ways:

- 1 Send in your favourite healthy recipe.
- 2 Tell us how you stay healthy and well. This could be any form of physical, emotional, social, spiritual, occupational, financial or environmental wellness activity.

If you are interested, contact Caitlund Davidson at Caitlund.Davidson@tbh.net for more information.



Thunder Bay Regional Health Sciences Centre

Prevention and Screening Clinical Services



THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE

Fuel Each Day

High-quality carbohydrates, healthy fats, and protein-rich foods are the key to a well-balanced, nutritious, and energizing diet. These types of foods are packed with micronutrients (i.e. vitamins and minerals) that offer endless benefits such as enhancing your bodily functioning, immune system and bone health. Remember, eating well does not only fuel your body, but fuels your brain too.

Here are some tools to help you fuel:

- Keep a food journal.
- Jotting down what you eat each day can help you be accountable and more mindful of what you are eating.
- Choose beverages that are lower in sugar, salt and fat. This will help reduce your daily caloric intake and, most importantly, will be more effective at keeping you hydrated.
- Rethink your drink.
- Stay full by choosing whole grains.
- Eating minimally processed whole grains such as flour, rye, or barley will not only make you feel full for a longer period, but have benefits to your health such as lowering risk of many chronic diseases.

Although meal prepping can seem time-consuming, in the long run, it can reduce the time you spend cooking meals and improve your eating habits.

Healthy Eating Tip
Tofu can be a rich source of calcium.

Tofu Tahini Salad

Ingredients
For the dressing:
1 cup tahini paste
1 cup apple cider vinegar
2 tbsp lemon juice
2 tbsp low sodium soy sauce
1 tsp paprika
1 tsp garlic powder
1 tsp salt
1 tsp pepper

For the salad
1 bowl of spring mix
1/2 cup of cucumber, chopped
1/2 cup of pepper, chopped
1/4 cup tomatoes, sliced
1 block of tofu (consistency of choice)
1 tbsp olive oil
1 tbsp cornstarch
1/2 tsp garlic powder

Instructions
1. Slice tofu into three 1-inch thick slabs and lay side by side on flat surface with top towel underneath. Cover top of tofu with additional layer of tea towels. Place a cutting board on top of covered tofu and add a heavy item such as a pot or cans on top of cutting board. Drain excess water from tofu. Leave for 15-30 minutes.
2. Preheat oven to 400 F.
3. To make salad dressing, add tahini, apple cider vinegar, lemon juice, and soy sauce into a jar. Screw lid on tight and shake contents for 2 minutes. Reopen jar and add pepper, garlic powder, salt and pepper. Once thoroughly mixed, place jar in fridge.
4. Slice cucumber, pepper, and tomatoes. Add vegetables to large bowl, along with spring mix.
5. Once tofu has drained, cut tofu into 3/4 inch cubes and add to spring mix bowl. Add olive oil and mix until pieces are evenly coated. Add cornstarch and garlic powder and mix until evenly dispersed.
6. Once oven is heated, add coated tofu onto baking sheet over a layer of parchment paper and bake for 15 minutes. Remove from oven and top with dressing and spring mix. Cook for additional 15 minutes or until crispy.
7. Once cooled, add tofu to large bowl filled with vegetables. Pour dressing over salad and mix.
8. Serve, and enjoy!

Natasha Scavarelli
Volunteer

of the Month
Nutrition
Inachikewin
(in a chekay win)

MARCH

Your Monthly Inspiration
Enjoy the little things in life for one day you'll look back and realize they were the big things.
- Robert Brault

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February
SUNDAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

April
SUNDAY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

March Events:
1 Pharmacy Awareness Month
8 International Women's Day
9 World Kidney Day
10 World Wildlife Day
11 Employee Appreciation Day
12 Weir Blue Day
16 National Dietitians Day
17 St. Patrick's Day
18 Pay Day
21 Pi Day
23 National Dietitians Day
24 Pay Day
28 Pay Day

Vanessa Romick (Ward Clerk, Adult Mental Health) has been serving for 6 years. Whether seeing an outfit, placements, or making gifts for friends, she finds enjoyment in melting fabric in the background. Her favourite place to see is at a friend's house, where they gather in front of the fireplace, spending the weekend being creative, spending around and relaxing. I really enjoy seeing friends, family and co-workers' faces when they comment on something and I get to tell them "I made that".

With a busy family of 6: Dawn Jacobson (Registered Cardiac Technologist, Pediatric Clinic) and Paulette Jacobson (Registered Speech Therapist, Cardio Respiratory Services) both get up before their children and go to their daily workouts. They include weight lifting and cardio. They each maintain a healthy and healthy weight and always keep active with their kids.