

Recipe ^{for} Health

Each quarter of 2018, GatorCare and the UF and UF Health Wellness Committee will focus on a different wellness topic. This quarter's focus is on nutrition, diabetes and prediabetes.



Bring your lunch to the UF HR Building (903 West University Ave.) or join us online the first Wednesday of each month from noon to 1 p.m. for presentations on a range of wellness topics provided by UF and UF Health experts.

To register, login to myTraining.hr.ufl.edu and search for "Wellness Wednesday." To sign up for the live stream, email hws-wellness@ufl.edu.

■ OCTOBER 3 | Mindless Versus Mindful Eating

Jessie Furman, MS, RDN, LD/N, Registered Dietitian & Coordinator of Nutrition, UF Recreational Sports

Where do you fall on the mindless versus mindful eating margin? We make more than 200 food choices in a day, and mindlessness can easily become a trait associated with overeating and reduced contentment with food. Mindful eating is not a diet; it involves a heightened sense of consciousness and awareness to promote greater satisfaction.

■ NOVEMBER 7 | Florida Vegetable Gardening 101

Melissa DeSa, Community Programs Director, Working Food

Learn the basics for getting started on growing some of your own edibles in Florida. Here, our climate and soils are vastly different than the rest of the country's, so we'll review some of the tips, tricks and resources to get you off to a good start! We'll cover garden planning, variety selection, soil building and more.

■ DECEMBER 5 | Seasons Eating: Fresh from the Farm

Anna Prizzia, MS, Program Director and Campus Food Systems Coordinator, and Dina Liebowitz, Ph.D., Program Coordinator, Field & Fork Campus Food Program

Learn what's growing in winter farms and gardens. Check out the UF/IFAS Field and Fork Farm and get tips, tricks and great new recipes to eat fresh all season long.



Fall Walking Challenge: Transylvania Trek, starts October 8th

'Walktober' is back and things are getting a little spooky! This year's fall walking challenge, Transylvania Trek, will take teams through haunted and historic locations across Eastern Europe over the course of four weeks. **New this year: teams will use a platform called Walker Tracker to manage their team's steps.** Walker Tracker syncs with all devices, including phone apps, so no pedometer is necessary! Form your team (4-20 employees), designate your team captain, decide which division you will compete in (divisions range from 'light to 'ultra competitive') and get registered! All team members will need to create an account with Walker Tracker.

Register early to secure your team name! The challenge begins Monday, October 8 and runs through Sunday, November 4.

Learn more and get registration instructions at GatorCare.org/walkingchallenge.



Flour Power Recipe Challenge

Make peace with dessert for a healthy relationship with food in the new Flour Power Recipe Challenge!

The Challenge: Create a dessert with NO white (all-purpose) flour! Why? While white flour based desserts make up some of our favorite sweet treats, there are so many other nutritious ingredients, which contain fiber, antioxidants, and vitamins, that can be used to make delicious desserts to support heart health and maintain steady blood sugar levels. So what are you waiting for? Start brainstorming what your ideal healthy dessert would look like! Experiment in the kitchen and make that last course one worth waiting for.

Challenge begins October 1. Check out GatorCare.org/flourpower for more details.



Ask the Dietitian

Do you have a nutrition question? Do you need help sorting through various food advertising claims? Are you confused about what it means to eat healthy? Submit your question to the GatorCare dietitian and view frequently asked questions at GatorCare.org/nutrition.

Ask the Dietitian: A Facebook Live Event, December 12

Join GatorCare dietitian Bridget Besoner as she answers your questions about nutrition and healthy eating throughout the holidays. **Subscribe to the Wellness listserv and follow @UFatWork on Facebook and Twitter for more details about these and other upcoming events.**



Sign up for the **Wellness Email List** to stay up to date.

Email HRS-WELLNESS@UFL.EDU



Alan and Cathy Hitchcock Pantry

The UF Pantry is committed to eradicating food insecurity. Food insecurity is not having a reliable access to nutritious foods for yourself on a regular basis. If you or

anyone you know is experiencing food insecurity, the Pantry offers non-perishable food, toiletries and fresh vegetables grown at the Field and Fork Gardens to provide a well-balanced diet. Guests do not need any proof of need; all that is needed is a Gator 1 ID.

You and/or your department can also help support the Pantry by volunteering or coordinating food drives or donations to the Pantry. **To learn more, visit pantry.fieldandfork.ufl.edu.**

GREAT AMERICAN SMOKEOUT NOVEMBER 15

If you or someone you care about uses nicotine in any form, consider this date to take an important step toward a healthier life by making a plan to quit, or by planning in advance to quit smoking that day. **Find support at TobaccoFreeFlorida.com.**

GatorCare members should visit GatorCare.org/tobacco for additional resources like financial incentives to help members quit.

