



Owen J. Roberts
Wellness
Council 10/09

Fighting the Flu...with Food

FLU KICKIN' CHILI

Current research is pretty conclusive; what we eat directly affects our immune system.

In a nutshell, brightly colored fruits and vegetables along with plenty of whole grains help build the kind of immunity that can better fight off germs.

And don't forget the beans! Beans have proven to be a major player in fighting illness and disease.

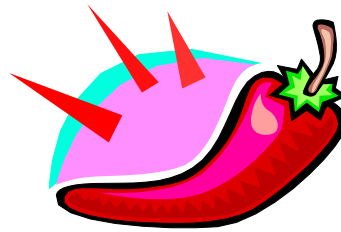
That's a good reason to get out this weekend to the [2nd Annual Education Foundation Chili Cook-Off!](#) Click [here](#) to purchase tickets.

Robin Olock shares a recipe for Joe's Chili. Although she is not sure of the origination, she has made it several times and her family loves it.

We love it because it is FULL of immune boosting ingredients: zucchini, red & green peppers, and THREE KINDS OF BEANS!

Our Wellness Intern, Lindsay Eddinger recommends Morningstar Soy Crumbles in place of the ground turkey. Replacing meat at least once a week is another way you can avoid stressing your immune system. Try it!

[Get the recipe](#)



[Purchase tickets for the Cook-off](#)



Great American Apple Crunch—a chance to celebrate the great taste of apples.

[Get some cool apple recipes](#)

Ways to increase intake of fruits and veggies

- Eat dried fruit/trail mix
- Keep fruit in the house in plain sight
- Add veggies to spaghetti sauce or chili
- Add shredded carrots or peas to tuna salad
- Make a fruit and vegetable with each meal rule



Volleyball and WeightWatchers for staff

In conjunction with HR and Blue Cross, **Weight Watchers at Work** has arrived at Owen. J. The 10-week program will begin this Thursday, Nov. 5 at the Administration Building.

There will be 2 class

times; 2:45 and 3:45.

Weight Watchers doesn't teach how to diet. They are dedicated to inspiring people to make healthy choices for life.

Volleyball Tournament:

We are looking for people

to create teams for a volleyball tournament to be held Jan. 17. Show your school spirit by competing with other schools. Contact Joan @ Jrechtin@oirsd.com to help organize this fun night of physical activity!

Healthy Video Contest K-12:

Get your classroom's creative juices flowing and submit a song, skit, TV commercial — anything that motivates students to stay healthy.

For instructions, contest rules, and prize information visit: www.teachertube.com/healthyinspirations

Middle School awarded \$15,000 to help students Move More...[learn more](#)