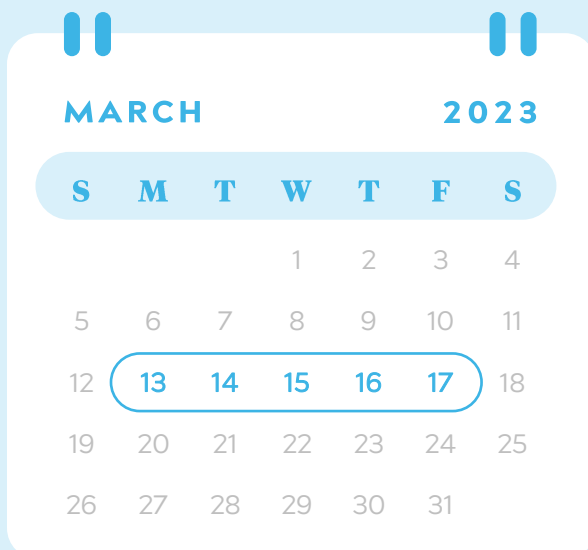




GBS HEALTH & WELLNESS

Intention in the Kitchen

Focus on bringing awareness and mindfulness into the kitchen this month. Allow shopping, prepping and eating to be an enjoyable experience by slowing down and focusing on these simple everyday tasks. Continue reading this month's resources for tips on being intentional in the kitchen.



Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.



March Mini Challenge

March 13th

Create a meal plan and shopping list. Review the upcoming week's schedule and aim for dinners that take 30 minutes or less on weeknights and save your slow-cooker recipes or leftovers for evenings you anticipate being extra hectic.

March 14th

Thoughtfully prepare your food. Cut fruits and veggies ahead of time for quick grab and go snacks!

March 15th

Complete a pantry and fridge review. Where does your eye go first? Consider organizing things in a way that makes it easier to make healthy choices.

March 16th

What's on your counter? Be intentional about keeping your space fresh and clean. Maybe swap the cookie jar for a bowl of oranges to prompt more whole food consumption!

March 17th

Practice presence when you eat. Intentionally sit down at the table as a family or set a goal to put your phone down during lunch.

Movement of the Month

Dance- do it while you are cooking, cleaning or during any other mundane activity. Crank up the music and enjoy the experience!