



Being Present

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In this issue, we look at staying well during cold and flu season with healthy habits and good nutrition. Consider the ideas for preparing ahead, and try a few activities that show compassion and gratitude, especially when someone is feeling under the weather. We also provide a recipe for chicken soup.

EAT

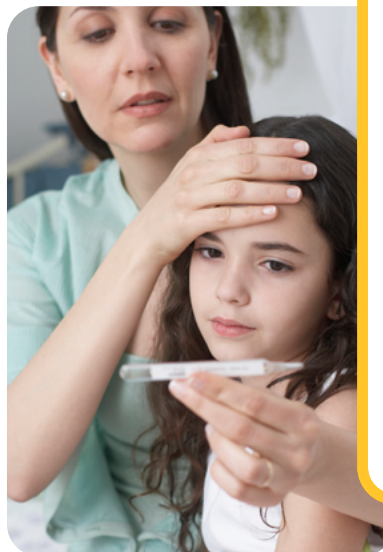
Stay Well This Fall and Winter

As we move indoors during cold months, we are closer together and may share cold or flu germs. Colds and flu are a little different, according to the Centers for Disease Control and Prevention (CDC). Although both are caused by viruses, the flu tends to have more severe symptoms, such as a fever. While having a stuffy nose is frustrating, colds usually do not become life-threatening cases of pneumonia.

Getting the flu can lead to serious complications, including pneumonia, which can result in hospitalization or even death, especially among older adults. Infectious flu viruses can survive on the hands for 15 minutes and on hard surfaces for 24 hours. Flu viruses also can survive as air droplets for several hours. Cold viruses can survive on indoor surfaces for up to seven days. Some infectious cold viruses can survive on hands for up to one hour.

How can we stay well?

- The Centers for Disease Control and Prevention encourages everyone 6 months or older to have a flu vaccine, unless advised against it by a healthcare provider due to other health issues.
- Remind family members to wash their hands with soap and warm water and scrub for at least 20 seconds. If alcohol-based hand sanitizers are used, be sure they contain at least 60% alcohol.
- Stay home when ill.
- Teach kids to cough and sneeze into their elbows or cover coughs and sneezes with tissues.
- Eat healthfully. Consider soup to stay hydrated and provide your body with vitamins, minerals and protein to promote healing. See www.ChooseMyPlate.gov for nutrition recommendations for all five food groups.
- Get enough sleep. Kids need more sleep than adults. See the **Sleep Foundation** website recommendations for the amount needed.



Chicken Soup

- 2 (15-ounce) cans fat-free chicken broth (or use homemade)
- 2 (15-ounce) cans water (or more depending on preference)
- ¼ cup chopped celery
- ½ cup chopped carrots
- 1 tablespoon onion, finely chopped
- ½ teaspoon dried parsley
- ⅛ teaspoon poultry seasoning (optional)
- ⅛ teaspoon dried thyme leaves, crushed
- 2 cups chicken, cooked and diced
- 1 cup medium egg noodles

In a 3-quart saucepan, combine broth, water, celery, carrots, onion, parsley, poultry seasoning and thyme. Over medium heat, heat to boiling while stirring occasionally. Reduce heat to low. Cover and cook for 20 minutes or until vegetables are tender, stirring occasionally. Add the chicken and noodles; heat through, stirring occasionally until noodles are tender.

Makes four main dish servings. Each serving has about 180 calories, 3.5 grams (g) of fat and 9 g carbohydrate.

CONNECT

Illness can happen at any time. Are you prepared for cold and flu season? Being ready can mean so many different things. You may have medications, home test kits, tissues and hot water bottles ready, but what about the other types of care one needs?

Is your pantry stocked with foods that are easy to eat with a sore throat, easy to make if the cook is the person with the illness and nutritious enough to boost everyone's immune systems? Teaching children age-appropriate skills to work in the kitchen can empower them to help when needed.



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Showing **compassion** when there is illness in the house might include:

- Helping a sick sibling get their homework turned in to the teacher.
- Making cards and sending art to friends and relatives who are feeling poorly.
- Volunteering for extra chores and pitching in wherever needed.
- Sitting with the ill person or checking on them at regular intervals.
- Reading stories aloud to the patient.
- Keeping young children entertained if the parent is ill.

Consider your family's readiness for the inevitable sickness that will befall most people in the coming months. As a family, make a list of what needs to be done daily, weekly and monthly to keep your family going. Fill in who will do what and then practice those chores while healthy.

Gratitude also can be a part of illness. Write notes to let someone know the many ways you are grateful to have them in your life. Talk to your kids about being grateful that they are well and have the ability to help others.

Savor (the Soup)

Use the "7 Steps to Creating a Soup" from NDSU Extension for do-it-yourself soup directions based on what you like and the ingredients you have on hand. Try making chicken and rice soup, beef and vegetable soup, black bean and corn soup, or cream of potato soup.



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November 2023

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