



WELLNESS LETTER

HOW TO STAY SAFE AND AVOID COVID-19

Below are some tips to stay safe:

1. Wash your hands often
2. Use hand sanitizer when you are not able to wash your hands
3. Sneeze or cough away from other people
4. Be sure to cover your mouth and nose when you sneeze or cough
5. Stay at least 6 feet away from other people
6. Try to stay home as much as possible
7. Wear a mask

Proper Handwashing

1. Wet hands with warm water.
2. Lather up with soap, preferably use anti-bacterial hand soap.
3. Rub your hands together for at least 20 seconds, be sure to include your wrists, palms and between your fingers. A handy tip is to sing the Happy Birthday song twice since that is about 20 seconds.
4. Rinse your hands thoroughly with warm running water.
5. Dry your hands completely with a clean towel or paper towel. Use the towel to turn off the water faucet.

The Wellness Recipe

Pasta Primavera

Pasta Primavera is the perfect dish for spring and summer since fresh seasonal vegetables are used. For a healthier alternative you can use whole wheat pasta, add more vegetables or chicken or shrimp.



Ingredients:

- 16 oz Penne Pasta (reg. or whole wheat)
- 1 TBSP Olive Oil
- 1 small Yellow Onion, Cut 1/2" dice
- 1 ea Yellow Bell Pepper, cut 1/2" dice
- 1 ea Red Bell Pepper, cut 1/2" dice
- 1 ea Green Zucchini, cut 1/2" dice
- 1 ea Yellow (Crookneck) squash, cut 1/2" dice
- 1 cup Broccoli Florets
- 2 large Garlic Cloves, minced
- 1/4 cup Fresh Basil, chiffonade
- 1/2 cup Parmesan Cheese, freshly grated

1. Bring a pot of salted water to a boil and prepare pasta according to manufacturer's directions.
2. Heat a saute pan and add oil. Add onion and bell pepper and saute over low heat for 2 minutes. Add zucchini and squash and saute for another 2 minutes.
3. Add broccoli and saute for 1 minute, add garlic and saute until aromatic.
4. Add pasta, fresh basil and season with salt and pepper.
5. Plate and garnish with Parmesan cheese.