In Just Five...Family Resolutions for Healthy Eating

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Welcome to the New Year. With visions of "sugarplums" and other winter holiday treats now past, many families are resolving to integrate healthier ways to eat, a meal at a time. Busy with work, school, homework and weekend activities, and in need of fast and practical tips? Here are family ideas to get started:

The Academy of Nutrition and Dietetics
(formerly known as The American Dietetic Association) can assist from morning 'til night:

- **In the Morning:** Bringing Breakfast Back into Focus addresses everything from picky eaters to the A.M. time crunch

- **In the Middle of the Day:** Lunches for School provides suggestions on tasty and nutritious choices for the mid-day meal

- **Night Time is the Right Time:** Dinners in a Flash offers guidelines for eating well together as a family

Remember, our very own UA Life & Work Connections' colleagues in Employee Wellness and Health Promotion are here in support of your health and wellness. Need a new and fresh approach to eating well? Registered Dieticians, Nancy Rogers and Jodi Charvoz offer personalized fitness and nutritional coaching, a Healthy Recipe of the Month and more.

From assistance with child and elder care, to flexible work arrangements options, to counseling and wellness services...LWC is here for you.

Visit UA Life & Work Connections for resources in support of your family care responsibilities. Learn more about child care and work/life support information by contacting Caryn Jung, MS, Senior Coordinator by email or call (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email or call (520) 626-4770.

"In Just Five" was developed especially for UA faculty, staff, and students with busy work, school, home and family lives. Designed to be quickly read in about 5 minutes, rotating topics and strategies highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.
Click to read previous "In Just Five" features.