

healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #4 ✨ DECEMBER 2009

IDEAS FOR
HEALTHY
HOME-COOKED
FOODS

Chicken Soup

THE SAYING ABOUT chicken soup healing colds and souls is true. According to Hanna Kroeger, "...chicken soup has a natural ingredient which feeds, repairs and calms the mucous lining in the small intestine... Chicken soup... heals the nerves, improves digestion, reduces allergies, relaxes and gives strength." (*Ageless Remedies from Mother's Kitchen*, Hanna Kroeger.)



Research has shown that the ingredients in chicken soup stop the movement of white blood cells called neutrophils that get released when you have an infection or a cold. Neutrophils stimulate the release of mucous, so slowing down the movement of neutrophils will reduce many cold symptoms. Taking the time to sit and enjoy a warm bowl of chicken soup made with care is healing for the soul too. During this time of colds and holiday stress, make sure to enjoy a bowl of chicken soup every now and again.

"And Tom brought him chicken soup until he wanted to kill him. The lore has not died out of the world, and you will still find people who believe that soup will cure any hurt or illness and is no bad thing to have for the funeral either."

— JOHN STEINBECK, *EAST OF EDEN*

Recommended Reading and DVDs:

- *The Unhealthy Truth*, Robyn O'Brien is great for kids and adults alike)
- *In Defense of Food*, Michael Pollan
- *The Omnivore's Dilemma*, Michael Pollan (there is also a kid's version of this book which
- Food Inc.
- The Future of Food
- Two Angry Moms
- King Corn

Recipe for Chicken Soup

- 2 onions, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 free-range organic chicken
- parsnips, potatoes, turnips or other root vegetables (optional)
- parsley, chopped
- thyme sprigs

1. Sauté onions in olive oil or butter until golden. Add carrots and celery and sauté until they have some color.
2. Add other vegetables, if using.
3. Add whole chicken, parsley and thyme sprigs, and cover chicken with water.
4. Bring to a boil, lower heat and simmer until chicken is fully cooked. Take chicken out, remove bones and return meat to pot. Season with salt and pepper.
5. If desired, add noodles or rice.

THE HOLIDAY SEASON IS NOW UPON US

IT'S EASY TO get sucked into the tornado of activities we feel we need to accomplish. It's important to remember that the most important thing that children want during the holidays is time. In fact, there are four basic needs children have during the holidays:

1. A peaceful and loving time with the family
2. Realistic expectations about gifts
3. An evenly paced holiday season
4. Family traditions that children can rely on and take comfort in

So, be sure to make time for yourself and your family.

(Adapted from *Unplug the Christmas Machine*, Jo Robinson & Jean Coppock Staeheli)



Raising Awareness on Eating for Optimal Health

Rachel Khanna is a Certified Health Counselor and a passionate advocate of organic and local food and a healthy lifestyle. She decided to become a health counselor to fulfill her passion of working with children and parents to improve their health and family life.

With a Master's Degree from Columbia University, she subsequently completed a diploma in Culinary Arts from the Institute of Culinary Education in New York, and received

her training as a Health Counselor at the Institute of Integrative Nutrition in New York City. Rachel owned and operated Tiffin Organic Dinner Delivery Service in Greenwich, CT. Currently, she teaches cooking classes and holds workshops on eating for optimal health. She also offers individual health and nutrition coaching to parents and families.

Rachel is the mother of four daughters and has lived in Greenwich since 2000.

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IDEAS FOR
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How to Stay Healthy in Winter

Below are some natural remedies that will help fight infection and keep you healthy this winter.

- Chicken soup is soothing and repairing..
- Raw garlic cloves have anti-microbial and anti-bacterial properties.
- Ginger helps with circulation and relaxes muscles.
- Hot lemon juice with honey and a pinch of cayenne pepper. Lemon is rich in vitamin C; honey helps soothe an irritated throat; cayenne helps promote circulation of the lungs, bloodstream and bowels.
- Foods high in vitamin C, such as:
 - Citrus fruits (grapefruit, oranges, lemons)
 - Kiwi
 - Guava
 - Papaya
 - Black currants
 - Acerola Cherries
 - Alfalfa seeds, sprouted
 - Bell Peppers
 - Tomatoes
 - Broccoli
 - Brussel sprouts
 - Cabbage
 - Cauliflower
 - Kale
 - Peas
- Echinacea is an herb which helps boost the immune system and helps the body fight infection.
- Oscillococcinum is a great homeopathic remedy for the flu.
- Probiotics are sometimes helpful in keeping beneficial bacteria in your gut, which is where your immune system is.
- Make sure you get out in the sunlight every day. This provides vitamin D, which helps protect the immune system by turning on the genes that boost the production of antimicrobial substances which kill viruses and bacteria.
- Rest.



UPCOMING EVENTS

A TASTE OF INDIA: COOKING CLASS

(Hands-On Cooking Class)
December 10, 10am-1pm

Are you looking for some variety in your meals? Join me for a hands-on cooking class to learn some tasty and quick Indian recipes that you and your family will love. You'll learn how to make Indian Chicken Kebabs with Cucumber Raita, Cabbage with Peas, Dal, Turmeric Rice, and Carrot Halva.

Fee \$50/per person
Limit 8 people
RSVP to Rachel@
healthytiffin.net

HEALTHY SNACKS FOR YOU AND YOUR KIDS

(Hands-On Cooking Class)
January 14, 2010,
10am-1pm

The New Year is here and it's time to turn over a new leaf! Join me for a hands-on cooking class where you'll learn how to make some healthy snacks for you and your children.

You'll learn how to make Maple Bars, Fig-Oat Bars, and Raisin-Dark Chocolate Granola Bars, and get some ideas of other healthy snacks to make for you and your kids. Workshop includes lunch.

Fee: \$50/per person
Limit 8 people, RSVP to
Rachel@healthytiffin.net

HEALTHIER FOOD, HEALTHIER FAMILIES

(Lecture)
January 28, 2010,
10:00am-12pm

Did you know that since the 1970s, the obesity rate in the U.S. has soared among adults and children, and that the majority of us have detectable concentrations of multiple chemical pesticide residues in our bodies?

In this lecture, we will: explore some of the myths surrounding our food supply and discuss alternative choices to make; discover what it means to eat local, organic and seasonal and why these are important for our health; learn how to choose healthier food and improve your health and well-being. Lecture includes lunch.

Fee: \$30/per person
RSVP to Rachel@
healthytiffin.net

CHECK OUT:

Concerned about your child's school lunches? Check out www.angrymoms.org to see how you can make an impact in your child's school.

FORWARD TO A FRIEND

It's such a pleasure to help those closest to us to become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

SPECIAL OFFER:

Free Initial Consultation with Rachel Khanna, Health Counselor

This free 45 minute to 1 hour session includes a full discussion of your health history and health goals, a chance to get your questions answered and the opportunity to find out more about a personalized health program, completely catered toward your busy lifestyle and needs.