

# C-SH2FT

The Health and Wellness Division Newsletter

## HEALTHY EATING HABITS: THROUGH THE HOLIDAYS

Holiday time is here again! With the joy of the season, it can be tempting to indulge. You can still practice healthy eating habits while enjoying the festivities! Below are some helpful tips to get you through this season!



1

### Balance your plate

Half a plate of veggies, quarter of lean protein, and quarter of starch.

2

### Watch Liquid Calories

Eggnog can set you back 360 calories! An alternative could be water with mint leaves.

3

### Get Active

Make a plan to fit activity into each day! Go for a walk, dance, or games with family.

4

### Focus on Socialization

Spend more time talking and less time eating. Conversation is calorie-free!

5

### Make Substitutions

Substitute unsweetened applesauce for butter when baking.



#### Works Cited

1. Healthy Eating Through the Holidays by Katherine D. McManus, MS, RD, LDN
2. Celebrations and Gatherings by the USDA Food and Nutrition Service
3. Tips for Eating Healthy During the Holidays by Julia Zumpano, RD, LD

## In This Edition:

- Healthy Eating Habits: Through the Holidays
- Events & Resources
- Native American Heritage Month
- Chaplain Services
- OKNG Assistance

## Upcoming Events

Fresh Food Market  
@ 137 SOW  
Food Pantry  
November 2



Diabetes Prevention Month

November 1 - 30



Veteran's Day

November 11



Scan the QR Code for additional resources and information!



## RELIGIOUS SERVICES

## NATIVE AMERICAN HERITAGE MONTH: CONNECTION & CULTURE

Native American Heritage Month celebrates the diverse cultures, histories, and identities of the indigenous community. For the non-Native individuals, this month provides a chance to thoughtfully and respectfully strength connections and foster mutual understanding for the Native cultures.



In Oklahoma, 14.2% of the population is Native American (United States Census Bureau). This means we have a vast community rich in traditions and stories! Some ways you could get involved include exploring Native-owned businesses, studying educational materials, visiting historical sites, and attending Native art galleries.

This month is not just about observing from a distance. Engage, listen, and participate! By connecting with various cultures, we learn how to foster deeper relationships that celebrate our identities and those around us.

To learn more about Native American Heritage Month, events, history, exhibits, and more, scan the QR Code!



Did you know that each armory/training site provides chapel services during drill weekend? Each drill weekend, Chaplains provide a chapel service for their units and subordinate units. Chaplains are Battalion or higher-level assets so you may have to go outside of your Company/Battery to find them. Ask someone in your Battalion or Brigade about Chapel Service times!

Currently, in the Oklahoma Army National Guard all of our Chaplains are Protestant Christian. If you have a different faith background, your Chaplain can help work with your unit to get you to a service.



Image: 45 FAB Protestant Chapel Service in a pavilion on Fort Sill

During Annual Training, Chaplains advocate and coordinate with the Battalion or Brigade staff to make sure people of different faiths can attend their desired worship service. Chaplains and Religious Affairs can even drive you to the nearest service depending on the unit's mission.

Reach out to your Chaplain to ask about Religious Services. They would love to help you increase your spiritual readiness by getting you to chapel.

If you would like to learn more about how to improve your spiritual readiness, scan the QR Code!



### RESOURCE

DO YOU OR A FAMILY MEMBER HAVE A GENERAL WELLNESS ISSUE AND NEED ASSISTANCE? SCAN THE QR CODE!



### OSU - FUELING YOUNG HEROES

INTERACTIVE 4-WEEK NUTRITION PROGRAM FOR CHILDREN AGES 5 TO 7! FOR MORE INFORMATION SCAN THE QR CODE!

