



# Nutrition Times

South Zone Healthy Eating Newsletter

April 2025 Nutrition Services

## Spring Refresh



Open the windows, put the sheets on the clothesline, and dust off the picnic basket, spring is here. Daylight is getting more plentiful, and it's a great time to crawl out of hibernation and refresh our healthy lifestyle. As the buds start to appear on trees and tulips erupt from the ground, spring brings with it a sense of renewal in nature and in our health.

Let's look at some of the things we can do to help our health thrive this spring.

### Refresh your menu

During winter many of us reach for comforting foods in soups, stews, and anything warm to nourish our bodies. With the changing of the **season**, seasonal foods offer a fresh opportunity to change up our meals with vibrant produce. They can be more cost effective and provide variety to our meals. Some spring produce to look for are:

Carrots	Fiddleheads	Cabbage
Potatoes	Sweet potatoes	Mushrooms
Asparagus	Strawberries	Rhubarb

### Spring Menu Planning

Another menu refresh idea is to pull everything out of fridge and freezer for a spring cleaning.

Figure out what is still good and what needs to be thrown out with these [food safety tips](#). Make a list of what you have left and use those items from your fridge and freezer to help build your menu planning. *Explore recipe options [here](#).*

### Refresh your garden

You don't need a big patch of land, large patio, or a paycheck worth of gardening gear to grow some of your own produce. **Leafy greens, peas, beans, peas, tomatoes, peppers, herbs and strawberries,** are all examples of plants that do not need a lot of space to grow.



Fancy and expensive equipment are not needed to start a home garden. Some plants can be started as seedlings with egg cartons, recycled yogurt and milk containers, take out containers, or paper cups.

### [How to start a vegetable garden.](#)

Gardening has many advantages beyond providing nutritious foods for less cost, it is also a great way to get the body moving and provide positive mental health benefits. Don't want to garden alone? Gardening can be a way to bond with friends and family. Look for a community garden to join or start one with friends or neighbours. Teaching your children about gardening is a way to build connection. "Hey kids, want to plant a pizza garden? Yes please!".

## Refresh your steps

The colder months can impact how much we move our bodies. Ice is melting, the sidewalks, paths and parks are drying up, creating a great opportunity to get outside, get fresh air and do some physical activity. Keeping our bodies active has benefits for bone health, heart health, mental health and much more.



How much activity do you need? Check out what getting active can do for you and how much we need at every age:

[Getting Active - prescription for healthy living.](#)

Physical activity can be a lot of different things, such as stretching, walking, playing sports, biking, bowling, and more. Build activity into your routine in small ways, for example:

- Walk to the mailbox, instead of stopping in your vehicle on the way home.
- Walk outside during your break throughout the day. Add in some stairs if you can.
- Pack a picnic and explore a new path or park.
- Try a stretching or yoga video at home, on your patio or yard.



Being active can help to **Refresh your mind.**

## Upcoming Events & Classes

We offer classes on a variety of nutrition topics:

- Healthy Eating for Pregnancy
- Feeding Babies
- Mealtime Struggles (Picky Eating)
- Preventing or managing chronic disease
- Registration details [here](#).
- For a complete list of workshops that are available anywhere in the province click [here](#).

## To learn more, check out these additional resources:

- [Zone 3 Vegetable Gardening](#)
- [Indoor Herb Gardening](#)
- [Where and how you can become a healthy eater](#)

## Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat	403-502-8200
Brooks	403-501-3300
Lethbridge	403-388-6666

For more information on this or other nutrition topics, go to [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)



Questions? Email us at [publichealthnutrition.southzone@ahs.ca](mailto:publichealthnutrition.southzone@ahs.ca)