

LET'S FEEL BETTER

NTIC Newsletter



Dirty Dozen & Clean 15

Each year, a wide range of vegetables and fruits are tested for over 250 different pesticides. The Environmental Working Group (EWG) analyzes the data gathered by the US Department of Agriculture (USDA) and the US Food and Drug Administration (FDA). This year, 46 fruits and vegetables were tested and the spotlight was on the 209 most harmful chemicals. From there, those produce items with the highest levels of toxic pesticides were placed on the “Dirty Dozen” list and those with the lowest levels of pesticide made the “Clean 15.”

15 MIN. NECK, SHOULDER AND BACK STRETCH

We live in a hunch world. Take time to stretch your head, neck and back.

PESTO CHICKEN QUINOA BOWLS

Quinoa (KEEN-wah) is often considered a whole grain, but it technically seed. Regardless, it is high in fiber and protein making it a great addition to your menu.

VEGAN GREEK SHEET PAN

Even if you're not vegan, this sheet pan is simple and flavorful. Feel free to exclude the tofu if it scares you.

Dirty Dozen

These items had the highest levels of pesticides. It does not mean we should stop eating these fruits and vegetables, but rather buy organic, grow your own, buy from farmer's markets, consider peeling them (apples, pears, peaches), and take extra caution to clean them well.

- Strawberries
- Spinach
- Kale, Collard & Mustard Greens
- Grapes
- Peaches
- Pears
- Nectarines
- Apples
- Bell & Hot Peppers
- Cherries
- Blueberries
- Green Beans

Clean 15

These items had the lowest levels of pesticides. It's still important to clean/rinse all produce before consuming.

- Avocado
- Sweetcorn
- Pineapple
- Onion
- Papaya
- Sweet Peas (frozen)
- Asparagus
- Honeydew
- Kiwi
- Cabbage
- Mushrooms
- Mango
- Sweet Potato
- Watermelon
- Carrots

Clean All Produce!

- **Always wash your produce, even if you don't plan to eat the exterior!**
- Scrub firm produces like melons and potatoes with a cleaning brush
- Discard the outer leaves of lettuce and cabbage
- Rinse your bagged salad even if it says it says "pre-washed"

These methods have been shown to reduce pesticides:

- Soak them in salt water for 20 minutes then rinse with water.
- Use 1 teaspoon of baking soda per 2 cups of water and soak for 15 minutes then rinse with water.
- Add 1 part vinegar (any kind) with 4 parts water for 20 minutes then rinse with water. (Not the best option for porous fruits like berries since they become soggy.)

To read more about the Dirty Dozen and Clean 15, check out [EWG's website](#).

To learn more about cleaning produce, click [here](#) and [here](#).

MIRANDA KELLEY
NTIC Wellness Coordinator

Email: mkelley@iu17.org

Website: www.NTIC.IU17.org

Phone: (570) 673-6001 ex: 2020

Free
to all
Employees



COOKING WITH CARNIE

With Chef and Business Owner:

Carnie Datres



Thursday, February 6
6 pm - 7 pm
Live on Zoom

Join us from your kitchen
for a live cooking
demonstration!

The ingredient list will be sent out
the weekend beforehand.

Scan to Sign Up
Last day to sign up: 1/31



Health Advocate

NTIC is committed to helping our employees focus on their well-being. We've partnered with Health Advocate to offer you expert tools, resources and a reward to help you thrive!



Start date:
June 1, 2023



Complete activities
that will help you thrive



Deadline to earn points:
May 31, 2024



Feel good knowing you've
earned a reward

Well-Being Reward Details

The NTIC Health & Wellness Program can help you take charge of your health and improve your well-being.

There are two award levels:

Silver: Earn 350 points to receive a \$175 reward

Gold: Earn 550 points for the maximum \$275 reward

Well-Being Reward & Program Eligibility

NTIC Wellness Program incentive reward is available to all employees and spouses enrolled in the school district's health insurance. Dependents age 18+ can utilize the wellness program features, but are not eligible for the reward.

No matter your goals, Health Advocate can help guide you toward increased well-being through our four pillars.



866.695.8622

answers@HealthAdvocate.com

HealthAdvocate.com/members

Call • Email • Message • Live Chat

HealthAdvocateSM

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Your EAP Benefit Summary

Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. Your EAP is here to help.

The following free benefits are available for Employees and Family Members.

➤ COUNSELING BENEFITS

Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/family, depression/anxiety, grief and more.

➤ PEAK PERFORMANCE COACHING

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

➤ TRAINING AND PERSONAL DEVELOPMENT BENEFITS

Access to our extensive library of online personal and professional development trainings in a variety of easy to use formats. Some of the topics covered are: debt, budgeting, communication, working remotely, stress management and emotional intelligence.

➤ SELF-HELP RESOURCES

Self-help Resources give you access to a collection of thousands of tools, videos, financial calculators and informative articles covering virtually every issue you might face, including adoption, relationships, legal, financial, cancer and more.

➤ WORK/LIFE BENEFITS

Assistance for financial, legal, and child & elder care.

➤ PERSONAL ASSISTANT

Help for everyday issues, including finding a local medical or dental provider, summer camp options and more.

➤ WELLNESS BENEFITS

Videos and resources to improve you and your family's overall health, including fitness, diet and tobacco cessation.

➤ LIFESTYLE SAVINGS BENEFIT

Includes thousands of discounts, rewards and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Available benefits are accessible from ESI's Member website.

Scan the QR code to explore your EAP benefits!



Contact the EAP toll-free at **1.800.252.4555**. All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to www.EducatorsEAP.com and create a username and password.



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