



December 2024 Soup Menu



SUNDAY

MEATLESS MONDAY

TUESDAY

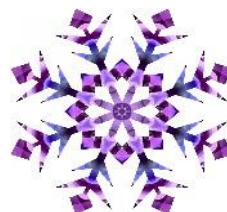
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Chef's Choice	2 Broccoli Cheddar Vegan Cream of Fennel	3 Turkey Noodle Roasted Carrot	4 Chicken Tortilla Vegan Spinach Soup	5 Egg Drop Vegan Minestrone	6 Beef Vegetable Vegan Black Bean	7 Chef's Choice
8 Chef's Choice	9 African Peanut Soup Hearty Tomato	10 Beef Barley Mushroom Barley	11 Chicken and Rice Mushroom Garlic	12 Sweet and Sour Soup Garden Vegetable	13 Kielbasa and Kale Wild Rice Soup	14 Chef's Choice
15 Chef's Choice	16 French Onion Curried Cauliflower	17 Potato Soup Roasted Carrot	18 Italian Wedding Roasted Red Pepper	19 Turkey Chili Quinoa Chili	20 Chicken Noodle Miso	21 Chef's Choice
22 Chef's Choice	23 Tortellini Soup Tomato Basil	24 Corned Beef & Cabbage Coconut Curry Lentil	25 Navy Beans and Ham Fresh Pea Soup	26 Jambalaya Butternut Squash	27 Clam Chowder Vegan Corn	28 Chef's Choice
29 Chef's Choice	30 Egg Drop French Lentil	31 Pork Green Chili Vegan Green Chili	The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite! Soups in Green are Vegan!			



Emphasizing Health vs Weight for Body-Positive Thinking

Contributors: Jill Weisenberger, MS, RDN, CDE, FAND



undefined undefined/iStock/Thinkstock

If meal time discussions center on weight management, it's time to drop negative talk in favor of something more positive. Focusing on weight often backfires, leading both young children and teens to feelings of guilt, insecurities about their bodies, sneaking food and disordered eating. Instead, it's more effective to talk about the taste and healthfulness of foods. A healthy diet and lifestyle affects mood, energy levels, athletic performance and school performance and reduces the risk of illness. Build everyday eating habits around foods that contribute to health so an occasional less-nutritious food can fit in without being labeled cheating.

Here are a few ways to help your kids develop body-positive attitudes and healthful behaviors.

Teach What Healthy Eating Is and Isn't Obsessing about calories, carbs, fats or any nutrient is not healthy eating. It makes meals stressful and unpleasant, the opposite of what every kid and adult deserves. Teach children that a healthful meal means half of the plate is filled with fruits and vegetables and eat meals as a family as often as possible. Offering a variety of foods at regular meal and snack times is another positive step.

Make Food Fun Get kids of all ages into the kitchen. From washing apples to slicing veggies and stirring hot pots, there are food preparation and cooking chores suitable for every child. For fun, have nights when your children get to choose a new food. Or have themed nights such as Meatless Mondays or a trip around the globe. Get little kids excited by giving foods fun names, such as green monster juice and ants on a log.

Be a Role Model If your eating habits are not the ones you want your children to copy, now is a great time to make some improvements. Model a healthy attitude about your body image, too. If you always complain about your weight or call certain foods bad foods, your children will learn to do the same. If you follow fad diets, they'll learn that restrictive eating is more important than balanced, healthful eating.

Put Weight into Perspective You cannot get the full picture of a child's health by looking at weight or a single point on a growth chart. Remember that children's bodies change as they grow. Behaviors including regular meals and snacks, drinking plenty of fluids, eating a variety of vegetables and fruits and getting at least an hour of active play every day are much better markers of health than weight.

Take Your Concerns to a Professional If you're concerned about your child's weight, diet or body image, talk with your child's healthcare provider. Also schedule an appointment with a registered dietitian nutritionist who will assess your family's diet and help you make appropriate changes that will meet the needs of all family members.