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January 2024



Issue 1

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## The scoop of the day

### January is National Sunday Supper Month

Each year in January, National Sunday Supper Month kicks off the new year with new and old traditions. The month encourages families and friends to gather every Sunday for a homecooked meal, companionship and rejuvenate connections to the ones we love.



Though the Sunday Supper is a waning tradition, it was once an opportunity after a hectic week for families to gather to spend time together and share stories about their week. National Sunday Supper Month and the Sunday Supper Movement resolve to bring back this family tradition.

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After the glutinous seasons of Thanksgiving and Christmas – a break with temptations is in order! I've researched healthy snacks that can even help promote weight loss by substituting a nutritious snack for a fatty, high car one. While there are NO snacks that can reduce our calorie intake, there are a few "better" choices.

**NUTS:** They're great tasting, rich in protein and fiber. And they're very filling.

**RED BELL PEPPER WITH GUACAMOLE:** All bell peppers are nutritious – but the red varieties are high in antioxidants. Add guacamole and you've got a low calorie, high energy snack.

**GREEK YOGURT & MIXED BERRIES:** Again, this delicious snack gives us high protein content and is loaded with antioxidants.

**APPLE SLICES WITH PEANUT BUTTER:** My personal favorite. It's creamy, sweet and filling.

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Snack away without the guilt! And as an extra bonus – join us every Saturday at Esterre Davis Park at 9:00 where we help keep our community clean. Contact your Green Your Routine representative, Jane Kish, for details.

It's only an hour – from 9:00 to 10:00. Not only will you make friends with neighbors, but the city gives us money to put back into our community.

## Building Resilient Communities at the Neighborhood Scale

A sustainable neighborhood is a healthy, safe and resilient place to live, work and play. Sustainable neighborhoods:

- Have accessible, diverse and healthy green spaces
- Encourage water and energy efficiency
- Manage rain where it falls
- Promote healthy living and active transportation
- Foster a connected community engaged in stewardship and climate action

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See you at our next General Meeting – 3<sup>rd</sup> Thursday of every month at Church of the Nazarene.

Thank you for visiting our website: [www.riveroakscivicasociation.com](http://www.riveroakscivicasociation.com)