

Newsletter

ThriveOn 4 for \$300

Now is the time to
discover where
your health stands

ThriveOn
Your Health and Wellness Program



4 for \$300

ThriveOn is excited to kick off another year of programming focused on your wellness!

Complete the following 4 things by **August 31, 2018** and earn \$300 as well as a reduced deductible for 2019:

- Health Assessment
- Health Screening
- Health Advisor Session
- Be Tobacco-Wise

Don't Wait

Receive **10 bonus points** in your Wellness Points Bank if you complete your online Health Assessment by **February 14, 2018**.

If you reach **100 Wellness points** by **November 30, 2018**, you will be entered into a drawing to win one of ten **\$1,000 cash prizes**.

Go to thriveon.staywell.com for more information and get started today!

Schedule Today

ThriveOn will be offering onsite Health Screenings and Health Advisor Sessions at most County buildings beginning February through May. The appointments are free, include both a Health Screening and a Health Advisor Session, and take approximately 30 minutes to complete.

Appointments are required. Schedule your appointment at: <https://bit.ly/fchealthscreening>.

Coming this Month

Cooking Demo:

Crunchy Cashew Thai Chicken Quinoa with Ginger Peanut Sauce



Explore Thai flavors with this delicious quinoa dish. Make it a meal by topping it with shredded rotisserie chicken—one of our favorite kitchen hacks!

[Click Here for This Month's Education Calendar](#)

[Click Here to REGISTER for This Month's Education Programs](#)



FEBRUARY COOKING DEMO



Plan Ahead and Prep: Easy Make-Ahead Snacks

No-Bake Energy Bites

Ingredients:

- 1 cup dry, old fashioned oats
- ½ cup unsweetened coconut flakes
- ½ cup natural peanut butter*
- ½ cup ground flax seeds
- ½ cup semisweet chocolate chips
- ¼ cup honey

Yield: 24, one inch balls
Serving Size: 3, one inch balls

Directions:

Thoroughly mix all ingredients in a medium bowl. Roll into balls (one inch in diameter). Refrigerate in an air-tight container for up to 1 week.

* Almond butter or sunflower butter is a good substitution

Tip: Make these ahead, pre-portion servings in a baggie or air-tight container and store in the freezer for up to 3 months.

Estimated cost per recipe: \$3.90 • Estimated cost per serving: 48¢

Nutrition Information:

Calories 314, Total fat 18 g, Saturated fat 5 g, Monounsaturated fat 5 g, Trans fat 0 g, Cholesterol 0 mg, Sodium 69 mg, Carbohydrate 34 g, Fiber 5 g, Sugars 17 g, Protein 7 g



Eat This, Not That – KFC®



Let's be honest, KFC's® popular slogan, "Finger Lickin' Good!" pretty much holds up, right? I mean who hasn't ordered a bucket of chicken for the family on a Friday night? Luckily, there are quite a few options on their menu that can still bring you the flavor, minus all the fat and calories.



EAT THIS
 Kentucky Grilled Chicken Breast + corn
 + plain mashed potatoes

Nutrition Info

Calories 370, Fat 10.5 g, Saturated Fat 2.5 g, Trans fat 0 g, Cholesterol 130 mg, Sodium 1030 mg, Carbohydrates 32 g, Dietary Fiber 3 g, Sugar 3 g, Protein 42 g

NOT THAT

Extra Crispy Chicken Breast + a side of macaroni and cheese + a biscuit



Nutrition Info

Calories 880, Fat 50 g, Saturated Fat 14.5 g, Trans fat 0 g, Cholesterol 105 mg, Sodium 2520 mg, Carbohydrates 62 g, Dietary Fiber 3 g, Sugar 4 g, Protein 44 g

As you can see, compared to the grilled chicken choices, the calories, fat, and sodium content are much higher in the breaded option. However, if you are still pining for KFC's® breaded chicken, choose the original recipe. This version is much lower in fat and calories than the extra crispy. Choose green beans and corn as your sides to complete your meal.

Please visit, <https://www.kfc.com/nutrition/full-nutrition-guide> to view KFC's® full nutritional information.