

# COMMUNITY WELLNESS NEWSLETTER

From Healthy YOUba

## Grow Salad Greens

Lettuce is a quick growing crop, that is easy to grow in containers, and has a long season. Check out growing tips [here](#).



## Re-usable Bags

Re-usable bags are a great way to reduce waste but following sanitary practices is essential for food safety and Covid-19 prevention. Follow the guidelines on this [link](#). Clean, separate and store!

## Stand Up

Encourage your kids with the [Stand Up Challenge](#)! Join them in moving around for 5 minutes every hour.

## Tasty Recipe Corner

Don't forget breakfast! Cook up multiple meals worth of oatmeal in the slow cooker. Click here for the [recipe](#).

Winter squash is here! Try this hearty [Three Sisters Succotash](#) with butternut squash.



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