



Work Hard, Play Harder

Did You Know?

You should fill your refrigerator with disease-fighting superfoods like berries, powerful proteins, grains, produce, and nuts and seeds.



Antioxidants are an important part of a healthy diet. Not only do they support a healthy immune system, but they may be able to protect your body's cells against free radicals, which are molecules generated by the body after breaking down food or from exposure to tobacco, pollution, and sunlight. At very high levels, they can damage your body's cells and genetic material, contributing to chronic conditions such as cancer, cognitive decline, and vision loss.

March is National Nutrition Month

20 Health Tips

1. Eat breakfast.
2. Make half of your plate fruits and veggies.
3. Watch your portion sizes.
4. Be active.
5. Get to know food labels.
6. Fix healthy snacks.
7. Consult an RDN.
8. Follow [food safety guidelines](#).
9. Drink more water.
10. Get cooking.
11. Order out without ditching goals.
12. Enact family meal time.
13. Banish brown bag boredom.
14. Reduce added sugars.
15. Eat seafood twice a week.
16. Explore new foods and flavors.
17. Experiment with plant-based meals.
18. Make an effort to reduce food waste.
19. Slow down at mealtime.
20. Supplement with caution.

For a referral to a RDN and for additional food and nutrition information, visit www.eatright.org.

In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month. This year's theme, Celebrate a World of Flavors, embraces global cultures, cuisines, and inclusivity, plus highlights the expertise of registered dietitian nutritionists.

During National Nutrition Month, the Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long. The Academy encourages seeking the advice of RDNs – the food and nutrition experts who can help develop individualized eating and activity plans to meet people's health goals.

RDNs help clients fine-tune traditional recipes, provide alternative cooking methods and other healthful advice for

incorporating family-favorite foods into everyday meals.

National Nutrition Month was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world.

Representing more than 112,000 credentialed nutrition and dietetics practitioners, the Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals.

For more information, visit the Academy at www.eatright.org.

Questions?

Visit Cigna's website at www.mycigna.com for more personalized information. For other questions, contact a Cigna representative at

1-800-244-6224.



Wellness BINGO Challenge Starts February 28th!

The Wellness BINGO Challenge began on February 28, 2022, and will run until April 1, 2022. During this challenge, participants will focus on healthy lifestyle changes. BINGO can be earned by completing trackers (provided in the challenge) horizontally, vertically, or diagonally. Good luck, and have fun tracking your progress for completing goals focused around your personal well-being!

Gardenuity Virtual Pepper Garden Workshop April 22nd – Earth Day

We are excited to welcome Spring and celebrate Earth Day with Gardenuity during a virtual pepper gardening workshop on Friday April 22, 2022, from 5-6 p.m. ET! If you are interested in this event, be sure to [register](#) by Friday, April 8th (6 p.m. ET). During this workshop, you will walk through how to assemble your very own complete container Pepper Garden, including seasonal herbs and a pepper plant matched to your location. As previously, we will also be raffling off some fun garden-inspired gifts during our live workshop as well! And as an added bonus, with each garden shipped out during March and April, Gardenuity will be donating a tree to be planted with the American Forest!

Cigna EAP Webcast Seminars

Cigna's Employee Assistance Program will host two one-hour webcast seminars in March. Each will begin at 2 p.m. EST. Visit www.cigna.com/EAPwebcasts to register.

- March 9th – Healthy Eating for Kids
- March 23rd – Conquering Compassion Fatigue

Spring Pea Pasta with Mint, Truffle & Lemon

A spring pea pasta with lemon, mint and truffle oil – Keep it vegan or add goat cheese. Serve warm as an entrée, or chill and serve as a salad. Either way, it's delicious!

Source: www.feastingathome.com

**Ingredients:**

- 1 lb. pasta
- 3-4 cups fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 cup chopped fresh mint
- 1 cup chopped Italian parsley
- ½ cup olive oil
- 2 lemons – zest and ¼ cup juice
- 2 cups fresh pea shoots, baby spinach, or arugula
- 1 tsp. salt, plus more to taste
- ½ tsp. pepper
- 1 tbsp. truffle oil
- Optional: goat cheese crumbles

Note: If making this as a salad, make sure to rinse pasta and peas in very cold water to stop the peas from cooking any longer. If making ahead of time, always taste it right before serving, it may need more seasoning. Add the goat cheese right before serving.

Directions:

- Boil pasta in salted water according to the package directions.
- During the last minute of cooking, if serving warm, add the peas to the pasta and lightly blanch.
- While the pasta is cooking, prep the rest of the ingredients.
- Chop the scallions, shallots, and herbs.
- Zest two lemons, and measure ¼ cup of juice.
- Once the pasta is just about done, add the peas to the boiling water and blanch for one minute, or just until bright green.
- Immediately drain, place pasta and peas in a large bowl, drizzle with olive oil, lemon juice, and season with 1 tsp. salt and ½ tsp. pepper.
- Toss in the pea shoots (or other greens) and add the scallions, shallot, herbs, and lemon zest. Stir.
- Taste, adjusting salt and lemon juice, adding more of both if necessary. (Note: sometimes pasta takes some time to absorb salt and lemon, so make sure to taste it again after a few minutes.)
- Drizzle with truffle oil and serve immediately.

This serves four (4) as a main course or (8) as a side salad. Enjoy!