

MSAD 13's Wellness Corner

March 2025
Nutrition

Your school's wellness policy says:

"MSAD 13 only serves low-fat (1%) and fat-free milk and nutritionally - equivalent non-dairy alternatives, whole grains, and include access to free drinking water."

The month of March produce is Beans: Black Beans

Prep Time: 20 Min. Cook Time: 15 Min. Yields: 16 pieces

Ingredients:

- 1/3 cup vegetable oil
- 2 eggs
- 1 teaspoon vanilla
- 1 can (15 ounces) black beans, drained and rinsed
- 1/3 cup brown sugar
- 1/3 cup all-purpose flour
- 1/3 cup unsweetened cocoa powder
- 1 teaspoon baking soda
- pinch of salt
- 1/2 cup chopped nuts (optional)
- 1 Tablespoon powdered sugar (optional)



Directions:

- Wash hands with soap and water.
- Preheat oven to 375 degrees F. Lightly grease an 8x8-inch or 9x9-inch baking dish.
- In a blender container or food processor, mix oil, eggs and vanilla. Add beans and blend until smooth. If using a blender, transfer mixture to a bowl.
- Stir in sugar, flour, cocoa, baking soda, salt and nuts, if desired.
- Pour the mixture into the baking pan. Bake until a knife inserted into the center of the brownies comes out clean, about 14 to 15 minutes.
- Let cool and cut into 16 squares. Sprinkle with powdered sugar, if desired.

Notes:

- Cook your own black beans. About 1 3/4 cups cooked and cooled beans can be used instead of 1 can (15 ounces) of beans.
- No blender? In a large bowl, mix the oil, eggs and vanilla with a fork. Add beans and mash with the fork until the beans are as smooth as possible, about 5 to 10 minutes. Stir in sugar, flour, cocoa, baking soda, salt and nuts, if desired. Continue with step 5.
- Try adding 1/2 teaspoon of spice such as cinnamon.



There are more than 20 Schools in Somerset County that participate in 100 Mile Club! Ask your Child how it's done in their school and see how many miles they have collected so far. There are also opportunities for youth to collect miles during school breaks and over the weekend! See how you can help your child step their way into some cool prizes.

Virtual Nutrition Class

Free \$10.00 Hannaford gift card

Thursday, March 6 @ 5:00 - 6:00 p.m.

Tuesday, March 18 @ 4:00- 5:00 p.m.

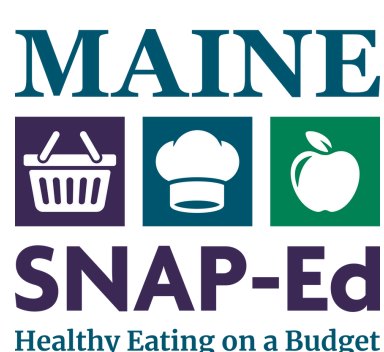


COOKING at the STORE



UNE UNIVERSITY OF NEW ENGLAND

<https://tinyurl.com/Virtual-Class-Enrollment-Form>





MAINE
QUITLINK.com
1-800-QUIT-NOW



Somerset
Public Health



MARCH 2025

RESPONSIBLE BEVERAGE SERVER/ SELLER TRAINING



Shaleigh

Sean

Somerset Public Health offers Responsible Beverage Server/ Seller (RBS) training for **FREE** to individuals who work at business that serve or sell alcohol.

SCAN



or visit
SomersetPublicHealth.org
to request a training.

No joke

April 1st is... **#TAKEDOWNTOBACCO DAY**

SAVE THE DATE!



**TAKE ⚡ DOWN
TOBACCO**

NATIONAL DAY OF ACTION

04.01.25

What Can YOU Do?

Know someone who vapes?
Let them know they can text
START MY QUIT to **36072**
to chat with a live coach.

MY LIFE MY QUIT™

What Can YOUR SCHOOL Do?

Have information about **My Life, My Quit**, which is a **FREE** and confidential way for teens to quit vaping, available for students.

Schools can connect with

Annie Dymarczyk

for **FREE** resources.

SCAN



or visit
SomersetPublicHealth.org
to request **FREE** resources.



Featuring updates from Tobacco and Substance Use Prevention grants
Prevention efforts supported by the Maine CDC

FLIP!