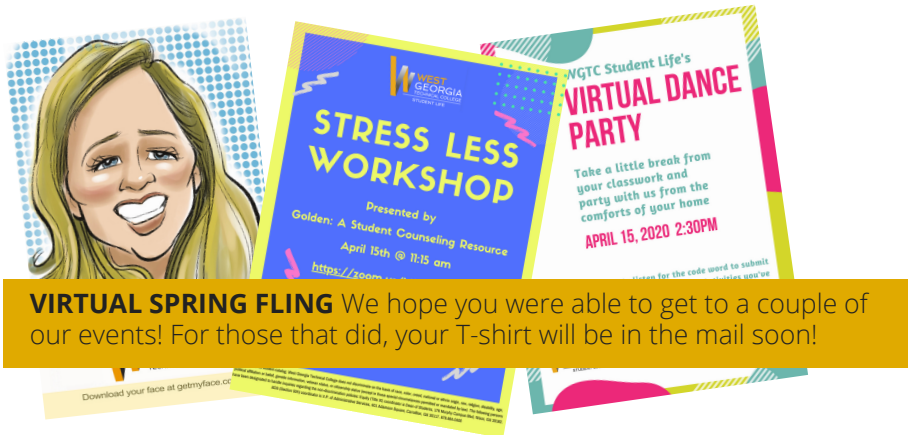


KNIGHT NEWS

YOUR WEEKLY STUDENT LIFE NEWSLETTER
FRIDAY, APRIL 17, 2020



VIRTUAL SPRING FLING We hope you were able to get to a couple of our events! For those that did, your T-shirt will be in the mail soon!

Download your face at getmyface.co

COMING SOON!

Student Life Virtual Programming!
We'll feature virtual programming from around the world on our new Student Life page!

REGISTER TO VOTE!

There's a big vote coming up! Don't forget to register yourself so your voice will be heard! Go here to register yourself online: vote.org

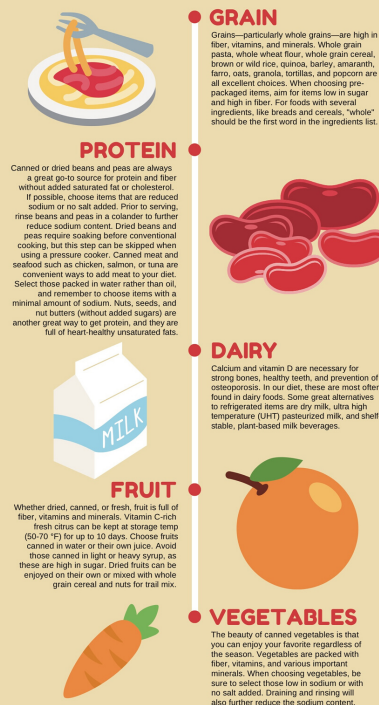


HEALTH AND WELLNESS:

USING NON-PERISHABLE ITEMS TO BUILD A HEALTHY PLATE

Barbara Worley, M.Ed. and Allison C. Berg, PhD, RDN, LD

In the current COVID-19 crisis, we find ourselves wondering how to eat healthily while staying at home. Making fewer trips to the grocery store means that our food needs to last us longer. Some are at a loss for what items they should stock up on. Using MyPlate as a guide, you can make nutritious choices by adding some of these non-perishable (unrefrigerated) food items to your diet.



- GRAIN**
Grains—particularly whole grains—are high in fiber, vitamins, and minerals. Whole grain pasta, whole wheat flour, whole grain cereal, brown or wild rice, quinoa, barley, amaranth, farro, oats, granola, tortillas, and popcorn are all excellent choices. When choosing pre-packaged items, aim for items low in sugar and high in fiber. For foods with several ingredients, like breads and cereals, "whole" should be the first word in the ingredients list.
- PROTEIN**
Canned or dried beans and peas are always a great go-to source for protein and fiber without added saturated fat or cholesterol. If possible, choose items that are reduced sodium or no salt added. Prior to serving, rinse beans and peas in a colander to further reduce sodium content. Dried beans and peas require soaking before conventional cooking, but this step can be skipped when using a pressure cooker. Canned meat and seafood such as chicken, salmon, or tuna are convenient ways to add meat to your diet. Select those packed in water rather than oil, and remember to choose items with a minimal amount of sodium. Nuts, seeds, and nut butters (without added sugars) are another great way to get protein, and they are full of heart-healthy unsaturated fats.
- DAIRY**
Calcium and vitamin D are necessary for strong bones, healthy teeth, and prevention of osteoporosis. In our diet, these are most often found in dairy foods. Some great alternatives to refrigerated items are dry milk, ultra high temperature (UHT) pasteurized milk, and shelf-stable, plant-based milk beverages.
- FRUIT**
Whether dried, canned, or fresh, fruit is full of fiber, vitamins and minerals. Vitamin C-rich fresh citrus can be kept at storage temp (50-70 °F) for up to 10 days. Choose fruits canned in water or their own juice. Avoid those canned in light or heavy syrup, as these are high in sugar. Dried fruits can be enjoyed on their own or mixed with whole grain cereal and nuts for trail mix.
- VEGETABLES**
The beauty of canned vegetables is that you can enjoy your favorite regardless of the season. Vegetables are packed with fiber, vitamins, and various important minerals. When choosing vegetables, be sure to select those low in sodium or with no salt added. Draining and rinsing will also further reduce the sodium content.



extension.uga.edu

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WEEKLY WELLNESS TIP:

Learn Tai Chi While Sheltering at Home

Exercise your body, mind and spirit at home by learning the calming ancient martial art of tai chi. In this follow-along video series, Tanner's Get Healthy, Live Well community outreach coordinators take you through the fundamental movements of tai chi.

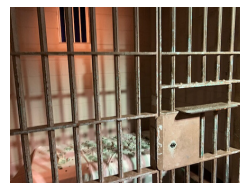


Click on the video below:

<https://www.youtube.com/playlist?list=PLTXSNWtEXL0mj1TvA2I1EceiA7FCJFY>

STUDENT LIFE SPOTLIGHT:

On February 27, the Student Life Department hosted its first Cultural Enrichment Experience. Twenty-four students met traveled 100 miles west to the Birmingham Civil Rights Institute. The experience started with the group watching a brief documentary describing the city of Birmingham's culture during the Civil Rights Era. When the film ended, the large projection screen lifted and provided the entrance to the interactive self-guided tour of the museum. Some attendees accidentally joined a guided tour in which the tour guide eloquently spoke about Martin Luther King Jr's time spent in the Birmingham jail cell where he wrote his famous Letter from Birmingham Jail in the margins of a newspaper. After leaving the museum, the group enjoyed lunch at the Pizitz Food Hall in Downtown Birmingham. The multicultural eatery allowed the group members to choose from a variety of cuisines including Hawaiian, Israeli, and Vietnamese to name a few. Shani Garrett, a Criminal Justice major and the President of WGTC's Georgia Student Government Association said she "liked that the college provided transportation to see historical things. The trip was inexpensive and everyone enjoyed themselves." Student Life looks forward to more of these experiences with WGTC students.



MLK Jr.'s Birmingham Jail Cell

Exhibit Photos



UPCOMING STUDENT ORGANIZATION MEETINGS :

None right now! But you can see more information <https://www.westgatech.edu/student-life/student-organizations/>

WGTC CULTURAL CORNER: Did YOU know that you can virtually travel around the world? This week we encourage you to stop by the GA Aquarium VIRTUALLY!

<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>



As set forth in its student catalog, West Georgia Technical College does not discriminate on the basis of race, color, creed, national or ethnic origin, sex, religion, disability, age, political affiliation or belief, genetic information, veteran status, or citizenship status (except in those special circumstances permitted or mandated by law). The following persons have been designated to handle inquiries regarding the non-discrimination policies: Equity (Title IX) coordinator is Dean of Students, 176 Murphy Campus Blvd, Waco, GA 30182. ADA (Section 504) coordinator is V.P. of Administrative Services, 401 Adamson Square, Carrollton, GA 30117. 678.664.0400