

Health and Well-Being

As 2015 ends and we begin this new year, we look to the upcoming months with hope and anticipation for a Healthy and Happy 2016.

As many of you have probably heard there is a newly formed committee here at TUMC, the Health and Well-Being Committee. The committee was formed from the desire to contribute to this hope for a healthier future by creating consistent, healthy eating options for both TUMC and the Bethlehem House of Bread. This summer, the committee helped with menu planning for the Youth Mission Trip and the Sunday School snack guidelines.

Thank you to all who contributed to our October 4th potluck. The vast array of delicious dishes was a perfect example of the types of healthful food options that will benefit the health and well-being of our TUMC community. With such a varied assortment of delicious ethnic dishes, everybody found something they could enjoy.

As we move forward into these next few months, our committee will be introducing 10 Steps to Well-Being; a list of healthful, easy to implement suggestions for guiding our church family into a healthier New Year.

We are also available to offer assistance if you have questions about healthier food options. For example, do you have a dish you love to share at gatherings, but would like to know how to make it GMO or Gluten-free? Are you looking for new brands of food that are preservative free or don't contain artificial colors and flavors? The Health and Well-Being Committee is happy to help.

We are excited to share with you that plans are being made to offer some wellness activities in the spring. Some thoughts being considered are small group discussions, workshops discussing various health and wellness issues and documentaries focused on specific health concerns.

Following the service on Sunday, January 10, from 10:45-11:30am, we will be offering an opportunity to introduce ourselves at a "Tasting" of various healthy food items. We'd love to have you join us to try this delicious menu:

Sweet Potato Soup
Vegetarian Chili
Baked Cinnamon Apples
Winter Kale Salad
Rosemary Crackers
Almond Brownies
Chocolate Oatmeal Bars

If there is something you are interested in sharing, or if you have ideas for subjects you might like to have addressed, please contact us at: TUMCHealthandWellBeing@gmail.com.

As always, your dedication towards making TUMC a healthy, vibrant community is sincerely appreciated!

May God bless us in 2016.

With much thanks,
The TUMC Health and Well-Being Committee
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