

Employee Fitness Challenge – Strive to Thrive – High Five Friday message:

Happy Friday everyone. I hope you had a great week and have some exciting plans for the weekend.

EASTER FUN

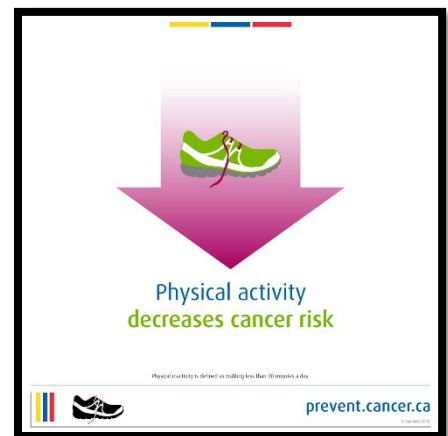


The HR team had a lot of fun on April 2 "hopping" into several departments to spread a little springtime cheer. While sharing colorful eggs filled with chocolate treats, we also took the opportunity to offer friendly reminders and encouragement to support employees on their wellness journey. The visits were a small but meaningful way to connect, celebrate the season, and reinforce our shared commitment to well-being.

MAY HEALTH THEME

Our health theme for May is Cancer Prevention. If you would like to share a personal experience about steps you or a loved one has taken to reduce cancer risk, prioritize screening, lifestyle changes, or advocating for early detection, we would love to hear from you. These experiences can be powerful reminders that prevention, awareness, and small proactive choices truly matter.

Hearing how others have taken action can be reassuring, motivating, and empowering for those thinking about their own health. We understand this is a personal topic, so there is absolutely no pressure to contribute. However, if you feel comfortable sharing your experience or insights, please email them to stacie.dixon@ufv.ca.



RECIPE ALERT

We get regular newsletters from Teladoc Health with tons of great information and resources. <https://www.teladochealth.ca/medical-experts>

This recipe is from their latest edition which focuses on Mental Self-Care – Calm Your Mind with Foods.

Mushroom and Spinach Frittata

Makes: 6 servings | Prep: 10 min | Cook: 18 min

A frittata is easy to make and can be packed with nutrients, depending on the vegetables you add. This version has antioxidants and fibre from the spinach, and vitamin D from the mushrooms.



Ingredients:

- 5 eggs
- 1 cup unflavoured, unsweetened almond milk (or other milk of your choice)
- ½ tsp sea salt
- ¼ tsp ground black pepper
- 1½ tsp dried parsley
- 1 Tbsp olive oil
- 1 cup spinach, fresh or frozen (thawed and drained)
- 1 cup mushrooms, chopped

Preparation:

- Preheat the oven to 350°F and line a casserole dish with parchment paper. In a medium-sized bowl, whisk the eggs with the milk, salt, pepper and parsley and set aside.
- Heat the olive oil in a frying pan over medium heat.
- Sauté the spinach and mushrooms in the oil until the mushrooms are lightly brown, about 3 minutes. Allow to cool.
- Place the cooled mushroom-spinach mixture in the casserole dish. Pour the egg mixture over the vegetables, cover with foil and bake until the eggs are just set, 15–18 minutes. The frittata is cooked when it's just firm to the touch.
- Cut into 6 pieces and serve.