



**Q: What is STEP AHEAD? A: A program promoting healthy eating, physical activity and weight management at work**

Step Ahead is a new program for all high school employees. The Step Ahead philosophy is that small eating and activity choices made each day add up to make a significant impact on weight and health.

This month you will receive a copy of the Step Ahead employee resource book, with the information and tools you need to eat well, be physically active, and reach or maintain a healthy weight. Every few months we'll bring a new section of pages to add to your toolkit focusing on the season to come, from ideas for your New Year's resolutions to exercising safely in cold and hot weather to making the most of fresh local produce from farm stands, farmers' markets or your own garden.

In addition, every week you'll get an e-mail newsletter like this one with a spotlight article, the recipe of the week, and a tip or two for healthy living.

For more information, please visit us at [www.stepaheadprogram.com](http://www.stepaheadprogram.com). You'll find information, interactive tools and more!

Step Ahead is funded by a grant from the National Cancer Institute of NIH to researchers at UMass Medical School. Twelve public high schools in central and eastern Massachusetts were selected at random from among 35 who responded to an invitation to participate. Thank you for welcoming Step Ahead to your school!

## Recipe of the Week

### Spicy Black Bean, Corn and Chicken Salad

A one-dish meal, perfect for lunch the next day!

- 1 ½ cups corn kernels (cut from ears of cooked corn or use frozen or canned with no salt added)
- 1 large can black bean, drained and rinsed
- 4 scallions (green onions) thinly sliced (about ½ cup)
- 2 red peppers, cored, seeded and diced (about 1 cup)
- ¾ pound cooked skinless, white-meat chicken, cut into bite sized pieces (about 3 cups)
- 4 Tbsp. lime juice
- 3 Tbsp. olive oil
- 1 tsp. ground cumin, or more to taste

Makes 8 servings

In a large bowl, combine the corn, black beans, scallions, bell pepper, chicken, lime juice, olive oil cumin and pepper. Stir well. Cover and refrigerate for 30 minutes or up to 1 day ahead. Before serving, stir well.

Serving suggestion: baked tortilla chips and diced avocado.

Recipe adapted from Washington Post, Lean Plate Club

#### Nutrition information:

Calories: 333	Carbohydrates: 30g
Total Fat: 9g	Dietary Fiber: 7g
Saturated Fat: 2g	Protein: 29g

## Tip of the Week

For the best nutritional value, choose whole or cut-up fruit rather than juice. Whole fruit gives you the benefits of dietary fiber.

[http://www.mypyramid.gov/pyramid/fruits\\_tips.html](http://www.mypyramid.gov/pyramid/fruits_tips.html)