Eat Your Stress Away – The Healthy Way
The following foods naturally help reduce stress and have great health benefits.

**Oranges** contain vitamin C which helps lower cortisol levels.

**Oatmeal** provides complex carbohydrates that releases a “feel-good” chemical called serotonin.

**Dark Chocolate** helps lower blood pressure which helps add a calming feeling.

**Chamomile Tea** helps soothe the mind and promote restful sleep.

**Asparagus** is full of folic acid that’s a mood-enhancing nutrient.

And Boost Your Brain Power! Certain foods can fuel your mind, help your memory and attention span. Some examples of these foods include fatty fish - like salmon or albacore tuna, leafy greens – like kale and spinach, broccoli, cauliflower, cabbage, nuts, seeds and even chocolate (yay)!

For more information, please contact:
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Layered Farro Salad with Kale, Feta, and Grapes

**Serving:** 8 servings

**Ingredients**
- 1 cup farro
- 1 1/4 cups walnut pieces
- 1/4 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3 cups shredded kale leaves
- 1/2 cup finely diced red onion
- 1/4 cup finely chopped fresh Italian parsley leaves
- 1 1/4 cups crumbled feta cheese (6 ounces)
- 2 cups quartered red or black grapes

**Instructions**
1. Cook the farro according to the directions on the package. Drain well, then place in the refrigerator to cool completely.
2. Toast the walnuts in a dry skillet over medium-high heat, stirring frequently, until fragrant and lightly browned, 3 to 5 minutes. Set aside to cool, then chop.
3. In a small bowl, whisk together the oil, lemon juice, salt, and pepper. Place the kale in a medium bowl, add half of the dressing, and toss to combine. Add the onion, parsley, and remaining dressing to the farro and toss to combine.
4. To assemble the salad, place the farro in the bottom of a large glass bowl, patting down slightly. Add the kale on top. Sprinkle with the feta cheese. Then layer with the grapes and finally the walnuts. Alternatively, make individual salads by layering the ingredients in wide-mouthed 12-ounce jars.

**Recipe by:** Ellie Krieger mindful.sodexo.com

**Nutrition Information:**
- Serving: 1 1/4 cups
- Calories: 370
- Carbs: 30g
- Protein: 11g
- Fat: 24g
- Sat. Fat: 5.6
- Cholesterol: 20mg
- Sodium: 300mg

Excellent source of: Fiber, Copper, Manganese, Protein, Vitamin A, Vitamin C, Vitamin K; Good source of: Calcium, Chloride, Folate, Iron, Magnesium, Molybdenum, Phosphorus, Riboflavin, Thiamin, Vitamin B6

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**Shop at Farmers’ Markets This Summer!**

Farmers’ Markets are great places to do your shopping for delicious, nutritious and local foods. Here are five great reasons to visit your community farmers’ market this summer:

**Fresh, Ripe and Nutritious:** Farmers’ markets produce is being picked at it’s peak ripeness and going directly to you. This means you are getting produce that is fresh, ripe and at it’s optimal nutritional value.

**Support your Local Farmers and Community:** Great way to support your local economy!

**Seasonal Produce:** Farmers’ markets offers foods which are in season, which allows you to enjoy the true flavors of the season.

**Know Where Your Food is Coming From:** By shopping at a farmers’ market, you can talk directly to the farmer and get details on where and how your food was grown and produced.

**Good for the Environment:** Because the food isn’t traveling far, the environment benefits in many ways.

To find a farmer’s market near you visit:
https://www.ams.usda.gov/local-food-directories/farmersmarkets