### June 2023

#### City of Racine Wellness Calendar

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**Notes**

*Summer Wellness Word Search - June 1 - June 30. Submit to HR no later than 7/7/2023 for one (1) raffle ticket*

*Q2 Step Challenge - Ends June 30th. Submission of step totals must be submitted to HR by 7/6/2023*

*Summer Scavenger Hunt - Find all items and submit to HR no later than 7/6/2023 for a chance to win an outside yard game (bonus item available)*

*All submissions can be sent to benefits@cityofracine.org*
WELLNESS WORD SEARCH

FIND THE WORDS THAT ARE **BOLDED** BELOW.

Once you find all of the words and participate in at least 5 of the activities, submit this to HR for one (1) raffle ticket! One (1) Word Search per employee*. Must take a picture of at least two (2) of the activities you participate in. June 1 - June 30 (Submit into HR no later than 7/7/2023)

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Eat 3 **fresh fruits** in one day
Make a **fruit salad**
Do 15 **crunches**
Do an **intense** workout for 10 minutes
Visit the **beach**

Drink a **smoothie**
Do 20 **lunges**
Hold a **plank** for 60 seconds
Play a game of **volleyball**
Wear **sunscreen**

Send pictures to: Benefits@cityofracine.org

*Employee must be full-time and on the City's health insurance to be entered into drawing
Summer Scavenger Hunt

June 1 - June 30

Find all items listed below, and submit to Human Resources with at least six (6) pictures of the items you find, no later than July 6th for a chance to win an outside yard game set!

Questions?
Contact HR at benefits@cityofracine.org or 262-636-9175

Have Fun!
Scavenger Hunt

Can you find all 12 items?

- Insect
- Umbrella
- Beach Ball
- Airplane
- Dog
- Boat
- Sunglasses
- Clouds
- Kite
- Bird
- Sun Hat
- Lawm Mower

Bonus! Write your name in the dirt or sand with a stick! Must submit photo.
*This will give you an extra entry into the drawing*
Q2 Step Challenge

**Dates:**
April 1st - June 30th 2023

**Requirements:**
Get at least 150,000 steps per month

**Tracking:**
Use your phone, tracking device, or tracking app

**Submission:**
At the end of June, submit your totals for April - June
*Submissions due to HR by 7/6/2023

For each month you meet requirements = one (1) raffle ticket

Submit all items to:
Benefits@cityofracine.org
ARE YOU THINKING ABOUT RETIREMENT?

Wisconsin Retirement System (WRS) has some helpful webinars coming up, that can help you plan for your retirement with WRS. These webinars are done online, live and interactive.

DATES AND TIMES:

- February 23rd @ 6pm
- March 7th @ 11am
- March 22nd @ 6pm
- April 12th @ 1pm
- April 26th @ 6pm
- May 11th @ 11am
- May 23rd @ 6pm
- June 7th @ 1pm
- June 22nd @ 6pm

CONTACT US

📞 262-636-9175
🌐 benefits@cityofracine.org
WRS WILL TALK ABOUT:

- The money you and your employer have put towards your retirement account.
- How your retirement account grows through investments.
- When you can retire.
- Options for receiving your retirement benefit.
- Rules you must follow if you return to work after retiring.
- What happens to your account after you die.
- Changes to your health and life insurance in retirement.

REGISTER HERE

WHAT’S YOUR PLAN FOR RETIREMENT?
Downtown Racine

FREE YOGA CLASS

Bend & Brew is back! Classes offered by Yoga Roots Racine! Followed by a free beverage at participating locations

WHEN?
Wednesdays @ 6pm @ Yoga Roots Racine
Check Facebook for updates!
SUMMER COOKBOOK

GREAT RECIPES SUBMITTED BY EMPLOYEES!

EASY TO MAKE!

MAKE MODIFICATIONS WHERE NEEDED!
SPRING SALAD
Submitted by: R. Von Haden

Ingredients in the following order:

- Spring salad greens (about 1 ½ cups)
- Micro greens (about ¼ cup)
- Cherry tomatoes (about 4 diced)
- Sliced Kalamata olives
- One sliced hard-boiled egg
- Sprinkle with a mix of pine nuts and pumpkin seeds
- Sprinkle with a few craisins

Instead of salad dressing, sprinkle with fresh feta cheese, blue cheese or a tablespoon of low fat cottage cheese.

TIP:
Feel free to add a protein of your choice to this salad to make it more filling.
CHICKEN RAGOUT
Submitted by: C. Chabron

Ingredients:
- 1 pound boneless skinless chicken breasts
- ½ cup flour
- Salt
- ¼ teaspoon pepper
- ½ teaspoon paprika
- 2 tablespoons parmesan cheese
- 4 tablespoons olive oil
- 3 diced garlic cloves
- 1 cup chicken broth
- 1 large onion sliced into medium pieces
- 1 small package of sliced mushrooms
- 2 zucchini / yellow squash cut into medium pieces

Instructions:
- Cut chicken into 1 inch chunks
- Combine flour, spices and cheese in bowl & coat chicken
- Heat oil in skillet add garlic and chicken, brown
- Add broth and vegetables
- Cover and simmer for 10 minutes
- Serve with rice

TIP:
Add other vegetables to this meal that you enjoy eating!
LOW CARB SPAGHETTI SQUASH LASAGNA CASSEROLE
Submitted by: C. Moratto

Ingredients
- 1.5 pounds Spaghetti Squash (was 3 pounds with shell) halved lengthwise, seeded

Meat Layer
- 2 pounds ground beef
- 1 tablespoon extra virgin olive oil
- 1 clove garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 24 ounces marinara sauce divided
- 24 ounces ricotta cheese part skim
- 2 cups mozzarella shredded, divided
- 2 eggs
- 1/2 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 1 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper

Cheese Layer
- 24 ounces ricotta cheese part skim
- 2 cups mozzarella shredded, divided
- 1/4 cup grated Parmesan

Instructions
- Preheat the oven to 400 degrees and bake the squash on a baking sheet for 1 hour.
- In a large skillet combine the ingredients for the meat layer except sauce and cook until browned and no longer pink. Once cooked add 12 ounces of sauce to meat. Reserve the rest.
- Combine all the ingredients together in a bowl for the cheese layer but reserve 1 cup shredded mozzarella. Set aside.
- Scrape the cooled squash with a fork and evenly add spaghetti squash to a greased 9 by 13 baking pan.
- Top with the meat layer.
- Spread the cheese layer.
- Add the remaining sauce over the cheese layer.
- Top with the remaining mozzarella cheese.
- Cover and bake for 30 minutes at 350 degrees.

TIP:
This meal makes great leftovers!
LOW CARB EGG ROLL IN A BOWL
Submitted by: M. Horn

Ingredients:
- 1 pound ground sausage
- 7 cups Coleslaw mix
- 2 tbsp low sodium soy sauce or coconut aminos
- 1 tbsp ginger
- 1 tsp garlic powder
- 1/2 cup green onions
- Optional:
  - 1 tbsp Red pepper flakes

Instructions:
- Cook sausage stirring and crumbling until cooked through.
- Stir in Coleslaw mix, garlic, ginger, soy sauce, and stir.
- Top with green onions and drizzle with more soy sauce (or coconut amino) or sweet and sour sauce.

TIP:
If you don’t care for ground beef, you can substitute a different protein of your choice!
SLOPPY JOES
Submitted by: D. Aiello

Ingredients:
- Three lbs. ground hamburger
- One small onion chopped
- Five celery ribs chopped
- Two tsp. garlic
- One tsp. salt
- One tsp. pepper
- One 32oz bottle ketchup
- One tsp. vinegar
- Half cup of brown sugar (or less)

Instructions:
- Brown hamburger, onion and celery
- Drain grease
- Add remaining ingredients
- Simmer at least 30 minutes
- Serve on buns.

TIP:
Instead of using a hamburger bun, try using sandwich thins/skinneys!
TIP:

This salad is refreshing on a hot summer day!
BUFFALO CAULIFLOWER
Submitted by: A. Eschmann

Ingredients:
- ¾ cup all-purpose flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ cup milk or milk alternative
- 1 head cauliflower
- ¾ cup buffalo sauce or hot sauce
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey

Instructions:
- Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
- In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk, and stir until well-combined.
- Break the head of cauliflower into florets, about 1½-inches wide. Add the cauliflower florets to the batter, making sure each piece is evenly coated. Arrange the coated cauliflower on the baking sheet. Bake for 20 minutes, flipping halfway.
- Meanwhile, in a small bowl, combine the buffalo sauce, coconut oil, and honey and stir until evenly combined. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.
- Enjoy!

TIP:
This is a healthier alternative to regular chicken wings!
Ingredients:
Homemade Pizza Dough:
- 2½ cups (300 g) unbleached all-purpose flour
- 1 teaspoon granulated sugar
- ½ teaspoon active dry yeast
- ¾ teaspoon Diamond Crystal kosher salt
- 7 ounces (105°F to 115°F) warm water
- 1 tablespoon extra virgin olive oil
- All-purpose flour for dusting the pizza peel

Pizza Sauce:
- 1 cup pureed or crushed canned San Marzano tomatoes
- 2-3 fresh garlic cloves grated
- 1 teaspoon extra virgin olive oil plus more for drizzling
- 2-3 large pinches of kosher salt to taste
- ¼ teaspoon freshly ground black pepper

Toppings:
- 2-3 tablespoons finely grated Parmigiano-Reggiano cheese plus more for serving
- 7 ounces fresh mozzarella cheese (not packed in water) cut into ½-inch cubes
- 5-6 large fresh basil leaves plus more for garnishing
- Dried red pepper flakes optional

TIP:
You can use this recipe for other homemade pizzas, minus the toppings section!
HONEY BLACKBERRY MINT MOCKTAIL
Submitted by: E. Ross

Ingredients:
- 8 fresh blackberries plus more for garnish
- 1/4 cup honey
- a handful fresh mint leaves about 10, plus more for garnish
- juice of 1 lemon
- 1/2 cup water
- 2 cups seltzer

Instructions:
- In a cocktail shaker, use the wooden spoon to mush together the blackberries, honey, and mint until very well mixed.
- Add the lemon juice and water, cover, and shake to mix.
- Strain the mixture into two glasses with ice.
- Top each glass with 1 cup of seltzer.
- Garnish with blackberries and mint leaves.

TIP:
Mocktails are great for a hot summer day, that won't increase your risk of getting dehydrated like alcohol drinks can do!
REFRESHING GINGER LEMONADE

Submitted by: E. Ross

Ingredients:
- 3 ½ cups water (DIVIDED)
- 1/2 cup agave syrup (plus more to taste)
- 2/3 cup chopped fresh ginger, peeling optional
- 1 cup lemon juice (5 lemons yield ~1 cup of juice)

Instructions:
- In a small saucepan, combine 1/2 cup (120 ml) water, the agave, and the chopped fresh ginger. Bring to a simmer over medium heat. Once simmering, cook for 10 minutes to extract the ginger flavor. Remove from the heat.
- Meanwhile, to a glass jar or pitcher add lemon juice and remaining water. Place a strainer over the jar/lemon mixture and pass the ginger syrup through it, removing any small pieces of ginger. Whisk the lemonade well to mix in the ginger syrup, and serve it over ice. Optionally, garnish with fresh mint leaves. Serve on its own or as a mixer with tequila, gin, or vodka.

• Lemonade will keep in a sealed container in the refrigerator up to 5 days, or freeze in popsicle molds for a sweet, cold treat! Can also be frozen into ice cubes and added to summer beverages.

Mocktails are great for a hot summer day, that won't increase your risk of getting dehydrated like alcohol drinks can do!
Eat 3 fresh fruits in one day
Make a fruit salad
Do 15 crunches
Do an intense workout for 10 minutes
Visit the beach

Drink a green smoothie
Do 20 lunges
Hold a plank for 60 seconds
Play a game of volleyball
Wear sunscreen