

Welcome!

Our September edition features resources available for individual Benefits plans, recipes, and Stress and Diet Tips.

Live Well, Work Well

Click the link below to find out more information regarding:

- *Choosing an Effective Hand Sanitizer*
- *Low-stress Diet Tips*
- *How to Make Better Decisions When Feeling Anxious*
- Spinach Salad with Apples and Raisins
- ...and more

Link to Flyer: [Live Well, Work Well Flyer](#)

[Announcement: Wellness Credit Update for 2021](#)

[Click here \(Reminder\)](#)



(216) 838- WELL

Your personal health and a securing a safe work and learning environment are our top priority - if you have a COVID-19 test result or concern regarding your health, please contact the CMSD COVID Support Hotline at 216-838-WELL. Our Hotline is staffed with trained school nurses who will guide you through next steps. In event of a positive test, school nurses will coordinate with local health departments and provide next steps to Facilities, Talent and Communications departments, while also keeping supervisors appropriately updated.

Baked Chicken Nuggets

Ingredients:

- 1.5 lb. boneless, skinless chicken breast*
- 1 c. cornflakes or other ready-to-eat cereal crumbs www.ag.ndsu.edu/eatsmart/magazine/07recipes.pdf
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning or seasoning of your choice
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Honey mustard sauce (optional, as dip)
- Barbecue sauce (optional, as dip)

* You can substituted chicken thighs, but you will need to remove the skin and bones.

Directions:

- Preheat oven to 400 F. Cut the chicken into bite sized pieces. Place cereal in a plastic bag and crush using a rolling pin or can. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture. Place chicken pieces on greased baking sheet so they are not touching. Bake until golden brown with an internal temperature of 165 F, or about 12 to 14 minutes.

Makes four servings. Per Serving: 320 calories, 40 grams (g) of carbohydrate, 8 g of fat, 8 g of fiber and 720 milligrams of sodium.

NDSU EXTENSION SERVICE

Additional Member Supports and Resources

(for Individual Benefits Plans):

[Medical Mutual](#)
[UH Choice](#)
[AETNA](#)

To view information regarding Benefits, please visit the Benefits Website via the links below. All information available in this newsletter and subsequent newsletters can be found via the Districts website.

Click here for the Benefits Website Link: [Employee Benefits Website](#)

Click here for the Monthly Newsletter Flyers provided by our Providers: [Monthly Newsletter Flyers](#)