Coconut Chia Pudding

Ingredients:

- 1/4 cup chia seeds
- 1 cup light or full-fat coconut milk
- 1/2 Tbsp honey
- Optional: 1/4 cup diced mango and pepita seeds (or your favorite fruit topping)

Directions:

1. Mix chia seeds, coconut milk, and honey together in a small bowl or glass mason jar. Let it set in the refrigerator overnight.

2. Remove it from the fridge, and make sure your pudding looks thick and the chia seeds have gelled. Top with fresh fruit and nuts, and enjoy!

3. Makes a great breakfast (fast and filling).

https://www.popsugar.com/fitness/Chia-Pudding-Recipe-34333463
Salem Red Sox Baseball!

Baseball season is in full swing! If you haven’t gotten out to a game yet this year, head to the ballpark soon! Don’t forget, VTCSOM will be taking its annual trip to the stadium on July 27th to welcome the Class of 2021! If you haven’t already responded to Jellie Stovall’s email request for your attendance numbers, please get in touch with her soon!

For a complete game schedule, check out the Sox on the web.

New River Tubing Trip

Mark your calendars!

VTCSOM students are heading to the river for an afternoon of tubing fun!

Saturday, August 5th at 12:00 we will be meeting at New River Junction to go tubing together.

It will be a great way to relax, get some sun (wear your sunscreen), and meet the new class of students!

Contact your class Wellness Advocacy Committee representative for more details!
Wellness Weekly Challenge

Plan ahead!

We are already at the end of July and fall will be here soon. With the fall comes a flurry of academic and personal events. Get a jump on the calendar and look ahead to what you need to be accomplishing. Are there things you can start doing now that will make your life a whole lot easier in November and December? Is there a trip you need to be scheduling flights, rental cars and/or hotel reservations? Is there gift shopping you can do early to catch things on sale? Looking ahead may initially feel a bit stressful, but breaking tasks into smaller pieces will help reduce anxiety overall.

Zucchini Bread Oatmeal

Ingredients:
- 1/2 cup oats
- 1 cup zucchini, shredded
- 1 cup water
- Pinch of sea salt
- 1 Tbsp flax meal
- 1/2 banana, mashed
- 1/2 tsp cinnamon
- 1/2 cup fresh fruit
- 1 Tbsp sliced almonds
- 1/2 scoop protein powder (optional)

Directions:
1. Place oats, zucchini, water, and salt in a saucepan and simmer until most of the liquid is absorbed (about 10 minutes).
2. Stir in flax meal, protein powder, mashed banana, and cinnamon. Cook a few more minutes.
3. Place cooked oats in a bowl, top with the fresh berries and almonds. Enjoy!

https://www.popsugar.com/fitness/Zoats-Recipe-37420114