



Photo by Dr. Kenneth Luck



SUNY SULLIVAN

# WELLNESS PROGRAM

MINDFULNESS. WELLBEING. HEALTH

NOVEMBER 2021

Wellness is the state of being in good health, especially as an actively pursued goal. Let's pursue this goal together!

# Purpose



The purpose of the SUNY Sullivan Wellness Program is to enhance the physical, emotional, and intellectual health of our employees and students by developing awareness through education and voluntary onsite health related programming, as well as by connecting employees/students to external resources through our benefits programs out of Human Resources and Student Activities.

Our goal is to create a culture of health that increases individual self-efficacy around personal wellness. This will ultimately improve employee/student morale, well-being and happiness, while concurrently lowering overall health care costs and improving productivity for our entire college community.



# Goals & Objectives



The SUNY Sullivan Wellness Program has several goals,

1. To increase Health Awareness and Education through:

- o Disease Management Resources
- o Seminars and Classes
- o Blood pressure screenings
- o Biometric screenings

2. To increase nutritional knowledge through cooking and nutrition classes and by providing information on healthy eating options in the school cafeteria as well as nearby restaurants and through the promotion of our community gardens.

3. To provide wellness and fitness classes that encourage employees and students to be active

4. To promote a Tobacco-free Campus



# WELLNESS WHEEL

Wellness isn't just about eating healthy and exercising. There are many aspects of our lives that affect our overall health and wellness. Each month the SUNY Sullivan Wellness Program will highlight a category of the wellness wheel below that will include activities and information relative to the topic. This month's newsletter will highlight **Financial Wellness**.



# NOVEMBER IS THE MONTH OF GRATITUDE

## TAKE THE 30- DAY CHALLENGE!

<b>01.</b> Say 'thank you' to someone when they least expect it.	<b>02.</b> What skill are you grateful you have?	<b>03.</b> Send a quick text to a family member letting them know how thankful you are for them.	<b>04.</b> What are you thankful for regarding your job? Make a list.	<b>05.</b> Think of two challenges you're grateful for and what positive things you learned.	<b>06.</b> What foods are you most thankful for? If you can, donate whatever it is to a food bank.
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<b>07.</b> What moment in the last week are you most thankful for? Reflect on why.	<b>08.</b> Hold the door or smile at strangers each time you're out today.	<b>09.</b> If you had a really positive experience at a business, write a kind review.	<b>10.</b> Get your boss (or a client) a small gift (even a coffee will do!).	<b>11.</b> Call a friend and catch up.	<b>12.</b> What exercise are you most thankful you're able to do? Do it!
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<b>13.</b> Do something kind for yourself.	<b>14.</b> Send a letter thanking someone in your life	<b>15.</b> Think about the material comforts you're thankful for. Make the list as long as possible.	<b>16.</b> Wake up and let your first thought be something positive.	<b>17.</b> Volunteer to do something you wouldn't normally do.	<b>18.</b> Leave a note of encouragement in a public place.
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<b>19.</b> Every time you want to complain, swap it out for an affirmation.	<b>20.</b> Give someone a hug.	<b>21.</b> Think of three memories you're most thankful for. If it involves someone, share it with them.	<b>22.</b> Share positivity with someone	<b>23.</b> Spend some time taking care of yourself. Take a bath, stretch, nap. Do what your body or soul needs most.	<b>24.</b> Give someone a compliment.
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<b>25.</b> Bring baked goods to work or someone in need and tell everyone how thankful you are for them.	<b>26.</b> Get a friend a small bouquet of flowers from the grocery store. Remember to thank the flowers to for sharing their beauty!	<b>27.</b> Do a random act of kindness.	<b>28.</b> Treat someone to lunch or do a favor for someone without them having to ask.	<b>29.</b> Light your favorite candle. Fire is a cleansing tool so take a moment to thank it for purifying your energy and maybe even toss a worry or concern on a piece of paper into it.	<b>30.</b> Challenge yourself to start noticing what you're grateful for more often and spreading gratitude outside of this month!
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Gratitude is defined as "the quality of being thankful; readiness to show appreciation for and to return kindness" Scientific research has proven that consciously implementing an attitude of gratitude into our regular routine changes the molecular structure of our brain making us feel healthier and happier! Challenge yourself by practicing 30 days of gratitude! Read the Harvard Health Publishing article "Giving Thanks Can Make You Happier."

*It's the little things in life...*

[Click here to download the 30 day challenge](#)

# Does Being More Conscientious Impact Your Income, Employment?

By Kenneth Luck, Ph.D.

Decades ago, research psychologists began to settle the question of personality. For a long time, different personality models competed for attention: Can you really narrow down human personality? If so, how many different personalities are there? And in around the 1980s, the “five-factor” model of personality emerged, or the “Big 5” personality traits, and that model has proved reliable ever since.

Researchers were able to narrow down five personality traits: agreeableness, conscientiousness, openness, neuroticism, and extraversion. Of these five, most research has focused on agreeableness, conscientiousness, and openness.

And interestingly, when it comes to employment and income, it appears that the 5-factor personality trait of conscientiousness appears to predict that individuals with this trait are likely to stay employed and have higher incomes.

According to one study, researchers found that, “Conscientious individuals are organized, responsive, hard-working, and ambitious,” the researchers note, adding: “all quintessentially desirable habits in employees.” Additionally, “Conscientiousness . . . encapsulates work-promoting tendencies such as being responsible and punctual, being orderly and organized, and preserving to achieve important goals.”

The same study noted above found that adolescent conscientiousness predicts lower lifetime unemployment.



The reason?

“Highly conscientious young people preform better academically and gain more advanced educational qualifications,” the researchers note. “More years of education are in turn linked with better labor market prospects in the form of higher earnings and unemployment rates.” Finally, the researchers note: “The close link between conscientiousness and educational attainment partially reflects the tendency of conscientious students to be highly academically motivated.”

The literature on the subject digs deeper, when one begins to look at how other personality traits may affect employment. According to another study published in *The Journal of Personality and Social Psychology*, the personality trait of agreeableness may also impact employment and income—negatively. Some of the traits of agreeableness include trust, altruism, modesty, and tender-mindedness. And although agreeable traits may be worth cultivating in other contexts, one study found that these traits tend not to be helpful in highly competitive work environments.

“There is evidence that, although agreeable people engage in more altruistic behaviors at work, they are less likely to enact or voice behaviors that constructively challenge existing practice,” the authors of one study write. Moreover, “Setting goals to build their reputation or advance their organizational position might be viewed by highly agreeable people as competitive behavior, undermining their desire to maintain social harmony.”

In closing, it is worth noting that being agreeable does necessarily mean that individuals will not be successful in the workplace as the opposite isn’t necessarily true, that conscientious individuals will always be successful. What it does suggest, however, is that having a conscience personality trait is indeed helpful in the workplace.

#### References:

- Judge, T. A., Livingston, B. A., and Hurst, C. (2012). Do Nice Guys—and Gals—Really Finish Last? The Joint Effects of Sex and Agreeableness on Income. *Journal of Personality and Social Psychology*, 102, 2, 390 – 407.
- Egan, M. et al. (2017). Adolescent Conscientiousness Predicts Lower Lifetime Unemployment. *Journal of Applied Psychology*, 102, 4, 700 – 709.

# Financial Wellness



When we think about wellness we often refer to physical, mental or emotional wellness. Many times people do not think about Financial Wellness and how it may be impacting their overall wellness.

Financial Wellness is your relationship with money and your ability to manage your resources and live within your means. Achieving good Financial Health is a constant journey that takes time and planning. Different variables effect your Financial Wellness throughout your life, but planning for them can help alleviate financial stress. High levels of financial stress have been linked to anxiety, high blood pressure, migraines, sleep loss and more.

It's important to identify financial stressors and make a plan to reduce them. Write down ways in which you and your family can reduce spending. Small changes such as making coffee at home or bringing your lunch instead of purchasing it can add up and create lasting results.

There are several free apps that you can use to help track your spending. Mint is a free app that allows you to create a custom budget, track spending and manage your subscriptions, all for free! As we gear up for the holiday season and the additional expenses that come with purchasing gifts, hosting holiday dinners or even paying for heat, now is a good time to take a closer look at your expenses and see if there are ways to cut back before needing to spend more.

An important point to remember is that we have a society have commercialized the holiday season, your loved ones do not want you going into debt to buy them gifts. The most important thing is to spend time and/or connect with the ones you love!



## Planning for the Holiday Season

"Prepare your Finances for the Holidays" by Sarah Snider has some helpful tips to help you prepare for the holidays. [Click here](#) to read the full article!

- **Slash spending-** Tamp down on meals out, movie theater visits and non-gift-related shopping sprees
- **Get to work-** A seasonal job can help you make ends meet and pad your budget for the holidays. Consider retail gigs, which typically are available during the holiday rush.
- **Cash in on rewards-** If you've got cash rewards sitting dormant in your credit card account, now's the time to cash them in. You'll be able to spend more without going beyond your budget or running up against your credit limit.
- **Consider your credit score-** Before hitting your credit limit during a holiday shopping binge, consider the damage you might do your credit score. Opt for homemade and frugal gifts to stay within budget – and avoid damaging your financial health.
- **Sell your stuff-** If you're trying to pad your budget for holiday expenses, consider selling unwanted items for some extra cash. Sell gently worn clothing, electronics and unused gift cards online and in secondhand shops.
- **Make a budget-** It's tempting to close your eyes, whip out your credit card and start praying that you don't overspend during the holidays. Create a holiday budget to ensure you don't overdo it on your holiday spending.
- **Manage expectations-** No law says that each family member needs to receive a new iPhone for Christmas. If money is tight this year, approach the holiday with a frugal mindset and let family members know that you'll be scaling back. Consider a grab-bag gift exchange with adult family members or skipping gifts for adults altogether.
- **Start getting crafty-** Thoughtful homemade gifts are a great, frugal way to get in the giving spirit without busting your budget. Be ready to start as soon as possible if you're working on a long-term craft, such as knitting a blanket or making a quilt.



# Free Financial Workshops

SUNY Sullivan will be hosting two free Financial Literacy Workshops in partnership with CAP COM Federal Credit Union! These workshops are open to students and employees!

## Taking Control of Your Finances

Improve your financial situation and reduce money worries by following 4 easy steps.

- Follow the Money
- Make Choices
- Set Goals
- Make it Easy

Date: Nov 9, 2021

Time: 9:00 AM

[Click here to Register!](#)

## How to Buy a House

Learn how to afford one of the largest purchases you'll make.

Date: Dec 6, 2021

Time: 1:00 PM

[Click here to Register!](#)

After registering participants will receive a confirmation email containing information about joining the meeting.



# KICK THE HABIT!



SUNY Sullivan is a Tobacco & Vape Free Campus! Stop by the Health Services office or email Nurse Jones at [pjones@sunysullivan.edu](mailto:pjones@sunysullivan.edu) to get a free "quit kit" and information on smoking cessation!

November 19th is The Great American Smokeout!

Quitting smoking and vaping begins with committing to quitting one day. Commit to not smoking along with thousands of others on November 19th. Create a plan today to make The Great American Smokeout the last day you choose to smoke or vape.

Not only will this increase your physical health, but it can play a positive role in your **Financial Health**. The average American spends \$387 to \$5,082.50 per year on vaping and a pack of cigarettes a day can cost between \$2,087.80 to \$5,091.75 per year!  
[Click here](#) for more information!

Download the QuitNow app on your phone to track your progress, how many days you've been smoke/vape free, how much money you've saved and how many cigarettes you've avoided!

# Wellness Wednesdays!

Each month we will be hosting an event with our community partners that will highlight different aspects of wellness. This month we are excited to invite Onward Recovery!

**HELP US HELP OUR  
NEIGHBORS, FRIENDS  
AND FAMILY.**

**JOIN US FOR A  
FREE NARCAN TRAINING!**



The opioid crisis in Sullivan County and beyond has been exacerbated by the COVID-19 pandemic. This life saving training teaches you to recognize, prevent and respond to an opioid overdose. Naloxone (Narcan) access and training is a key tool for preventing overdose deaths. Narcan can reverse and block the effects of an opioid overdose.

Participants will receive a free kit at the end of the training!

**Date: Wednesday, November 17th**

**Time: 3:00 p.m. to 4:00 p.m.**

**Location: Upper Hermann Conference Room (Upper E)**

Registration is required!

Email [studentactivities@sunysullivan.edu](mailto:studentactivities@sunysullivan.edu) to Register!

**COSPONSORED BY STUDENT ACTIVITIES, ONWARD RECOVERY &  
SULLIVAN 180'S EMPOWERING A HEALTHIER GENERATION GRANT**



# Exercise in the Paul Gerry Field House!

The Cardio Room, Fitness Room & Indoor Track are  
available to current  
Students, Faculty and Staff!

Sunday: 2:00pm-10:00pm

Monday: 8:30am-10:00pm

Tuesday: 8:30am-10:00pm

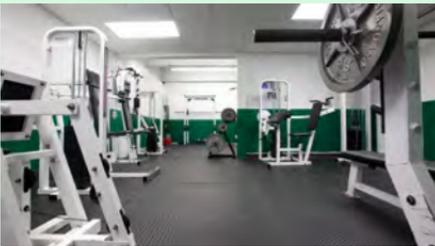
Wednesday: 8:30am-10:00pm

Thursday: 8:30am- 10:00pm

Friday: 8:30am- 10:00pm

Saturday: 1:00pm- 8:00pm

\*Days and Hours are subject to change





## Free Suicide Prevention Training!

### QPR Training – Question, Persuade, Refer

Question, Persuade and Refer, or QPR, is an evidence-based emergency mental health intervention for people at risk of suicide. The goal of QPR is to recognize a suicide crisis, interrupt it and direct the person to appropriate care.

Like CPR, QPR works to increase an at-risk individual's chance of survival. People trained in QPR are taught to recognize the warning signs of suicide, which include depression, expressions of hopelessness, and talk of suicide. They are then taught how to respond.

The course takes only an hour. You just may save a life one day.

### Take the Free Training

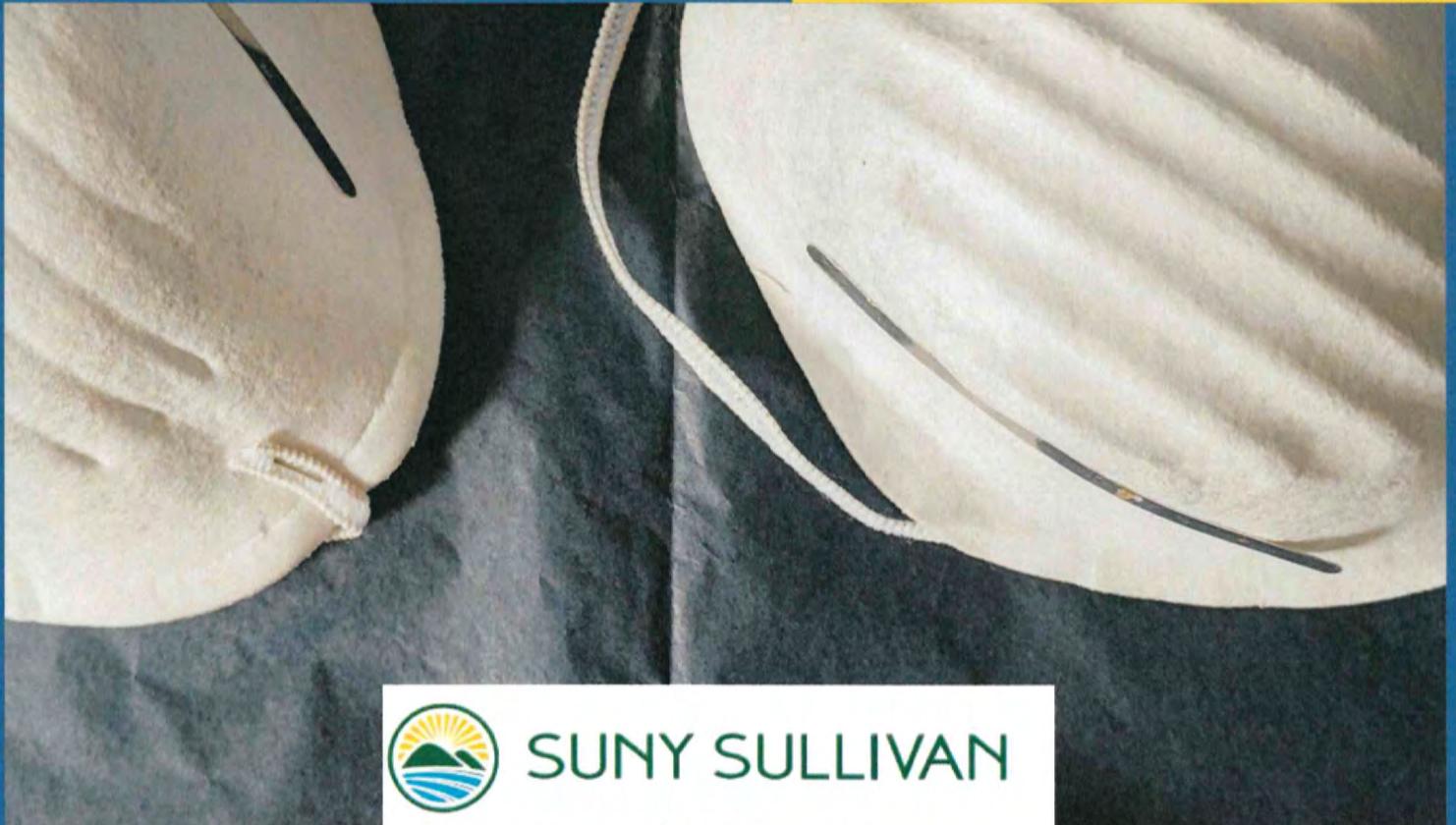
The 1-hour QPR training is free to all SUNY students, faculty, and staff. To sign up [click here](#):

1. Enter "SUNY" in the "Organization Code" field.
2. Create an account using your @ suny.edu email address.
3. Follow the instructions to complete the training.

**FLU CLINIC**  
**WEDNESDAY**  
**NOVEMBER 10**  
**10AM-3PM**  
**STUDENT UNION**

**You Must Have Your Insurance  
Information With You!  
See Health Services to preregister!**

**Please wear a mask.**



**SUNY SULLIVAN**



SUNY SULLIVAN

COMMUNITY LEARNING  
FREE ONLINE SERIES

In partnership with



Presents

## Legal Document Training Series

Sullivan 180 Community Health Champion, Attorney and Registered Nurse, Roberta Chambers Esq., will offer free classes on various topics to help people prepare for medical and estate planning. These trainings will help people to better understand the necessary documentation needed in order to ensure your final wishes can be carried out. These classes will provide a general overview and general templates for participants.

Each session will focus on one of the following topics:

- Health Care Proxy and Do Not Resuscitate Instructions (DNR).
- Powers of Attorney and Living Will
- Will
- Trusts
- Medicaid Planning

Dates offered: Monthly on the 3rd Wednesday

10/20, 11/17, 12/15, 1/19

Where: Via Zoom

Time: 5:00- 6:00pm

[Click here to register!](#)

Participants who attend every session will be entered in a raffle to win a free Legal Document Package prepared by Attorney Roberta Chambers!



SUNY SULLIVAN

## COMMUNITY LEARNING FREE ONLINE SERIES

In partnership with



Presents

### Nutrition and Wellness in the Catskills

Yes, we all "know" what we should do to be healthier--like eat more vegetables, drink more water, eat less junk food, and exercise on a regular basis. Yet for many of us, there is a big difference between knowing what is good for us and actually incorporating these behaviors into our daily lives. For some people, a dose of inspiration and motivation can help change our state of mind and build the willpower to begin to make healthier personal choices.

This class aims to be a catalyst for you to start or continue taking positive action in your own life, no matter where you might be in the journey. Eugene will present both conceptual knowledge and also practical life hacks that will help make those healthful changes incrementally more doable.

This class will also help you learn how "food can be medicine," discover our bodies' innate and extraordinary healing abilities, develop a healthful reverence toward an allopathic medical system, and open your eyes to some of the intricate nuances of food and our food system. It will also provide you with easy, straightforward solutions that can increase your general well-being.

The class will be guided by you and other participants, with the advice, guidance and insight based on the emails and questions sent in by the group members. Remember that this class is not intended to treat, prevent or diagnose any illness-- rather we aim to help you make general changes to help you along your health and wellness journey.

Date: Monthly on the 2nd Wednesday

Where: Via Zoom

Time: 5:00pm-5:45pm

[Click here to register!](#)

Questions? Email [wellness@sunysullivan.edu](mailto:wellness@sunysullivan.edu)



## Take control of your holiday season before it controls you!

The holidays can be stressful! People cite financial pressures and family dynamics as top stressors. Plus, this year is our second pandemic holiday, so add loss and loneliness to the mix of potential problems. As with any other big events, advance planning and prepping for potential problems can keep you in control. **Here's advice from our counseling team:**

- Set a realistic budget and stick to it. Budget your time, too. Prioritize the most important activities.
- Stick to your routine. Holidays offer many temptations to overindulge in food and drink and ignore sleep and exercise.
- Spend time with the people who mean the most. Prioritize time with your loved ones and limit your exposure to toxic people.
- Be generous with yourself and with others. Forgive yourself and forgive others. Perform random acts of unexpected kindness for strangers.
- Relax. Plan healthy ways to de-stress in advance: Spending time alone, exercising, reading or meditation can help slow the pace.
- Have a lifeline. Remember, if things get to be too much during the season, keep the number to your EAP handy. We're available 24-7-365!

Here are resources that your EAP offers for help with some of the most common stressors. Login to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) to explore self-help tools and resources:

- Financial planning – Click on the **Personal Finance and Education Center** tile for hundreds of tools to help make the best financial choices.
- Saving money – Check out **Lifestyle Savings Benefits** for saving on thousands of products and services ranging from clothing to food items and entertainment.
- Family dynamics – For help with parenting, relationships, or family issues, click on **Work Life**.
- Emotional issues – For help with grief, loss, anxiety, stress, depression, or addiction, click on **Emotional Wellbeing**.
- Wellness – Click on the **Wellness Center** to get your diet, fitness, or sobriety back on track.

## Practice Thankfulness!



When times are tough, it's easy to be consumed by the bad things in life. But there's an antidote to being overwhelmed by the negative: Cultivating gratitude and thanks. Being grateful helps you focus on the good things in life, in the people around you, and in you, yourself. Practicing gratitude helps reduce anxiety and increase resilience. But how do you "practice" gratitude? You train yourself to see the positive, even in tough times. **Here are a few ways to start:**

- **Make gratitude a habit.** Start each day by jotting down someone or something you are grateful for on your calendar or to-do list.
- **Use your senses.** Stop to notice and savor the details around you. A pet's tail wag. A flower's bloom. The smell of your coffee.
- **Make gratitude contagious.** Compliment or thank someone sincerely every day. Not just a quick "thanks," a real one. You'll improve their day and yours.
- **Smile more.** Smiling is a way to show appreciation and connect to others. It releases endorphins.

## E-Learning Popular Picks

Check out a few popular picks from our 9,000+ E-Learning courses and trainings. Simply login at [www.HigherEdEAP.com](http://www.HigherEdEAP.com), click the "Training Center" icon and choose the "New & Improved Trainings" icon.

- **NEW! Sparking the Customer Experience: Introduction | Course ID: SVL\_1021229**  
4 minute video introducing a series about embracing customer service as a mindset to create happy and loyal customers, both internally and externally.
- **NEW! Empathy ADA: Promoting Understanding and Accessibility | Course ID: SVL\_1021153**  
31 minute video focused on fostering empathy among people with differing abilities and promoting accessibility for all. Learn about accommodating and communicating with people who have disabilities.
- **Cultivating a Respectful Workplace | Course ID: SVL\_1027590**  
9 minute video with easy tips for treating others with respect and making the workplace one characterized by civility.



*From your EAP*

# Introducing **Certified Financial Coaching**

If you need help with budgeting, debt, money management issues or savings, your EAP can help. You and your family members have unlimited access to Certified Financial Coaches, as well as more than 200 new Personal Finance and Investing courses! Our Coaches can also help you address any related stress that so often accompanies financial problems.



*Start today with a simple, confidential phone call or login to your EAP.*



TotalCare EAP  
Public Safety EAP  
Educators' EAP  
Higher Ed EAP  
HealthCare EAP  
Union AP

**800.252.4555**  
**800-225-2527**  
**www.theEAP.com**

## The 3 components of your **Financial Coaching Benefit:**

### *Certified Financial Coaches*

- Financial assessments
- Goal setting structure and support
- Determining strategies for problem resolution
- Establishing focus on financial wellbeing
- Recommending services, tools, and resources

### *Financial Assessments*

- Calculate net worth
- Analyze budgets
- Verify debt to income ratios and credit scores
- Profile habits and obstacles to success
- Assess family dynamics around money

### *Financial Education*

- Taking control of finances
- Changing habits and attitudes about money
- Understanding and dealing with debt
- Understanding consumer credit
- Saving for the future

## **How to access website resources**

1. Log on to [www.theEAP.com](http://www.theEAP.com)
2. Click on **Employee & Family Login**
3. If you have already created a Username and Password, simply enter that info in the appropriate boxes. If you have not registered, complete steps 4-7.
4. Click on **REGISTER HERE**
5. Enter your Employer's name and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your Username and Password, then click Continue.  
**You only need to register once.**
8. Click on **Personal Finance Education Center** and explore!

# Introducing your Personal Finance & Education Center

You and your family members have unlimited access to **200 new Personal Finance and Investing tutorials.**



## Just some of the tutorial titles include:

### Personal Finance Basics

- Building an Emergency Fund
- How to Rebuild Bad Credit
- Managing Your Debt
- Responding to Identity Theft



### Retirement

- Introduction to 401 (k) Plans
- Determining Retirement Needs
- Budgeting for Retirement
- Introduction to 403 (b) Plans

### Saving & Investing

- Using Financial Services Wisely
- Investment Goals
- Creating a Portfolio
- Introduction to Taxes and Investments



## How to access the Personal Finance & Education Center

1. Log on to **www.HigherEdEAP.com**.
2. Click on **Employee & Family Login**.
3. If you have already created a Username and Password, simply enter that info in the appropriate boxes.  
**If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**.
5. Enter your Employer's name and click **Continue**.
6. Your employer's name will appear; select the button and click **Continue**.
7. Fill out the Registration Form and create your Username and Password, then click Continue.  
**You only need to register once.**
8. Click on **Personal Finance Education Center**.
9. Click on **Finance & Investing Courses** to explore!



800.252.4555  
800-225-2527  
[www.HigherEdEAP.com](http://www.HigherEdEAP.com)



NOW OPEN



LOCATED IN B105  
WEDNESDAYS &  
THURSDAYS  
12:00PM- 3:00PM

For more info:  
[foodpantry@sunsullivan.edu](mailto:foodpantry@sunsullivan.edu)

## Open to the entire SUNY Sullivan Community!

SUNY Sullivan and the Episcopal Diocese of New York are honored to announce the creation of our newly expanded Pantry.

We welcome ALL members of our SUNY Sullivan community as hunger has NO boundaries.

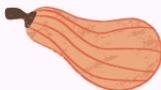
Our mission is to reduce hunger in our campus community by providing food, offering nutrition education, sharing access to critical resources, and instilling hope.

Through a network of partner agencies, we will provide access to quality and nutritious food and related supplies.

Stop by for all of your food and toiletry needs!

# LET'S GET COOKING WITH HAILEY!

## HEALTHY SEASONAL RECIPES



### *Butternut Squash and Spinach Pasta*

Butternut squash is a fall staple. This recipe is from Healthy Little Vittles and is glutenfree, vegan, and plant-based. It can also be made non-vegan by swapping vegetable broth for chicken broth and vegan parmesan for regular parmesan.

#### Ingredients:

3-4 cups butternut squash, cubed

2 Tbsp. olive oil

1 Tbsp. minced garlic

8 oz. gluten-free pasta

1 onion, diced

5 oz. fresh, organic spinach

½ cup vegetable broth

¼ cup & more for toppings of vegan parmesan cheese

Red pepper flakes, to taste

Salt, to taste

Pepper, to taste

Toasted pine nuts, optional garnish

## Instructions:

1. Preheat the oven to 400°F
2. Arrange the cubed butternut squash pieces on a baking sheet and drizzle with olive oil and sprinkle with salt and pepper. Roast in the oven until the squash starts to turn golden, about 15-20 minutes.
3. Meanwhile, cook the pasta according to package directions.
4. In a large skillet, heat 2 tablespoons of olive oil, the minced garlic, and salt over medium heat. Add the diced onion and sauté until translucent.
5. Next, add the broth, vegan parmesan cheese, and red pepper flakes. Simmer over low heat to combine the flavors.
6. Drain the pasta, then add it to the skillet.
7. Finally, add the butternut squash and spinach to the skillet, cooking for a few more minutes until the spinach begins to wilt.
8. Serve with more parmesan cheese, toasted pine nuts, and red pepper flakes if desired.

### To make Vegan Parmesan Cheese

- 1 ½ cup raw cashews
- 6 Tbsp. nutritional yeast
- 1 ½ tsp. salt
- ½ tsp. garlic powder



Blend all ingredients together until well combined and obtain a parmesan cheese consistency.



## ***SUNY SULLIVAN FOOD PANTRY***

Here are the non-food items we seek:

Soap (liquid and bars)

Full size toothpaste

Full size shampoo

Full size conditioner

Toothbrushes

Razors

Diapers (any size)

Feminine hygiene products

Paper towels and toilet paper

Laundry detergent and dryer sheets

Other non-food items



Located in B105

Stop in!

Wednesdays and Thursdays 12:00 p.m - 3:00p.m.



For more information, please contact Deb  
at [dwaller-frederick@sunysullivan.edu](mailto:dwaller-frederick@sunysullivan.edu)

## JOIN OUR COMMITTEE!!

We are always looking for members to join our committee!! Students and employees are welcome!

If you are interested in helping us expand our wellness program and offerings, email us at [wellness@sunysullivan.edu](mailto:wellness@sunysullivan.edu)!!

If you have ideas or suggestions we want to hear from you!