

Moda Wellbeing Newsletter

Seasonal recipes, resources and tips to build
Happier, healthier, workplaces



Mindset Matters: A Healthier Spring Starts in Your Fridge

As spring arrives, many of us feel inspired to declutter our homes and refresh our routines. One often-overlooked space that deserves the same attention is the refrigerator. A clean, organized fridge not only looks better but also helps produce last longer, reduces food waste, and makes healthy choices easier to grab.

Start by giving your fridge a true reset. Remove everything, check dates, compost what's beyond saving, and wipe down shelves and drawers with warm, soapy water. A clean surface helps slow bacterial growth and keeps fruits and vegetables fresher.

Next, rethink how foods are arranged. Create a “use first” zone at eye level for items nearing their peak such as leftovers, open dairy, herbs, and tender greens. Keeping these visible makes it more likely you'll use them before they spoil.

Use your [crisper drawer](#) strategically. Store leafy greens, carrots, and broccoli in the high-humidity drawer, and place produce that prefers more airflow like bell peppers, mushrooms, squash, cucumbers, and eggplant in the low-humidity drawer. Lining drawers with paper towels helps absorb excess moisture and protect delicate items. To prevent premature spoilage, keep [ethylene producing foods](#) such as apples, avocados, and peaches away from ethylene-sensitive produce like greens and cucumbers.

A little spring cleaning goes a long way. With a refreshed fridge and smarter storage habits, you'll enjoy longer-lasting produce, less waste, and easier meal prep all season long.

Additional resources: [Tips and Tools to Reduce Plastic Usage and Food Waste - Zoom](#)



Health Coaching Hub

Now That the Dust Has Settled: Reflecting and Renewing Goals This Spring

By the time March and April arrive, the energy of the new year has usually settled into something more honest. January's optimism is valuable, but it often doesn't reflect the realities of our routines, responsibilities, and capacity. That's why early spring is an ideal moment to revisit the goals you set at the start of the year. With a couple of months of lived experience behind you, you can see not just what you hoped for—but what actually happened.

Before rushing ahead, the most meaningful progress begins with reflection. Looking back on the past few months allows you to understand what truly worked, what didn't, and why. Reflection is more than reviewing achievements or shortcomings about awareness. Which goals energized you? Which felt forced or draining? What habits supported your growth, and which quietly held you back? By answering these questions honestly, you gain clarity about what deserves your attention moving forward. Reflection transforms experience into wisdom, helping you make choices that align with who you are now, not who you imagined you'd be on January 1st.

Once you've reflected, renewal becomes intentional rather than reactive. Renewing goals doesn't mean discarding everything from the past. Instead, it means refining your focus based on what the last two months have taught you. Some goals may simply need adjustment—smaller steps, clearer boundaries, or a different timeline. Others may need to be released altogether, creating space for priorities that better reflect your current values and circumstances.

As you renew your goals, consider shifting from outcome-based thinking to process-based growth. Rather than focusing solely on results, ask yourself who you want to become and what daily actions support that vision. This approach builds consistency and resilience, even when motivation fades. Progress becomes something you practice, not something you chase. This spring check-in is also an opportunity to practice compassion toward yourself. Growth is rarely linear, and setbacks are not failures; they are feedback. By setting goals rooted in self-awareness and flexibility, you create space for learning and adaptation throughout the year. Ultimately, reflecting and renewing goals is an act of self-respect. It honors where you've been while intentionally shaping where you're going. When reflection guides renewal, the new year doesn't remain a moment—it becomes an ongoing, purposeful continuation of your journey.

For Moda Health Members

Eligible Moda Health members have access to one-on-one condition management health coaching at no cost. To enroll or be contacted by a health coach to learn more, please fill out this form: [Disease Management Health Coaching Interest Form](#).

Contact us for more information!

Call 800-913-4957 Monday through Friday from 8:00 a.m. to 5:00 p.m. PT, or email healthcoachteam@modahealth.com.

Better Bites: Stock From Scraps

Before you toss your vegetable peels in the compost (or regrow like below) consider using your trimmings to make a delicious, nutritious stock. As you cook, take your onion ends, carrot tops, and celery leaves and store them in a large Ziploc bag in the freezer. When stock day comes, use this recipe to bring new life to old leftovers.



- 1 tbs olive oil
- 1 onion, chopped
- 3 gloves garlic, minced
- 1 freezer bag of veggie scraps
- 10-12 cups of water
- 2-3 tsps of herbs of your choice (peppercorn, bay leaves, rosemary, thyme)

Sauté onion and garlic in olive oil for around 5 min until soft. Add in remaining ingredients and bring to a simmer. Cook for 45 minutes, strain, and serve.

Stock can be put in a freezer safe container or frozen into cubes for easy use later. Freezer safe for 2-3 months.

Protein Power: Adding beef or chicken bones, trimmings, or skin to your stock will add a burst of flavor, plus a boost of collagen and amino acids.

Beyond the Bite: From Scraps to Sprouts

Don't toss those veggie and herb ends yet! Many everyday kitchen scraps can be reused to grow new plants at home, helping reduce food waste and creating a family-friendly activity. Some easy scraps to try include green onions, celery, romaine lettuce, bok choy, basil, mint, and potatoes. These foods can regrow with just a little water, sunlight, and patience. Growing food from scraps is a great way to involve the whole family. Even a small windowsill garden can help families reconnect with where food comes from—beyond the bite.

Try this at home: Green Onions

- Use greens in your cooking and save the white root ends (about 1–2 inches).
- Place them root-side down in a small jar with enough water to cover the roots.
- Set near a sunny window.
- Change the water every few days.
- Snip the green tops as they grow—or plant in soil for longer-lasting regrowth



Let's Learn! Resource Spotlight

Breathe Easier This Spring:

Asthma Wellness Tips



Spring allergies can trigger asthma symptoms, making this a good time to refresh your asthma management plan. Asthma affects about 26.8 million people in the U.S., or 8.2% of the population.

Common symptoms include wheezing, coughing, shortness of breath, and chest tightness. Seasonal pollen and weather shifts can make these symptoms worse.

To prepare for allergy season:

1. Check-in with your primary care provider to help ensure your medication plan is working effectively and you have your prescription on hand.
 - CDC data shows that consistent use of asthma controller medications helps prevent attacks and reduces emergency visits.
2. Talk to your doctor if you notice any warning signs that your medication may not be working well
 - Common signs include difficulty sleeping, trouble being active, new cough or cold symptoms, chest tightness, or needing your reliever inhaler more often.
3. When picking up your medications, ask your pharmacist which inhaler is your daily maintenance inhaler, and which is your reliever.
 - Knowing the difference—and using them correctly—helps keep your asthma under control so you can enjoy the spring season with fewer symptoms.

Create or update your or your child's Asthma Management Plan using: [Asthma Action Plan](#) provided by Asthma and Allergy Foundation of America.

Additionally, you can take a FREE self-paced course about asthma management here: [Education Programs - Asthma & Allergy Foundation of America](#)

The Path to Sustainability Challenge

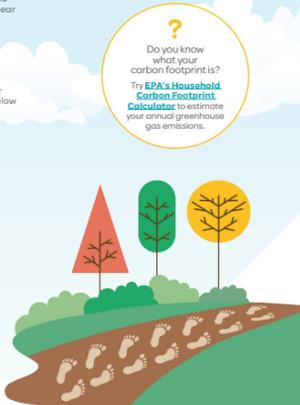
Did you know that the typical U.S. adult has a carbon footprint of 16 tons (nearly four adult elephants in weight) a year? Even with such an enormous statistic, there are a lot of "steps" you can take to reduce your carbon footprint by several tons a year and help leave the Earth a little better than before. Carbon footprints are the imprints that shape our planet's future.

Directions:

The goal of this challenge is to walk through Leafy Lane Park by completing Earth-friendly activities to help keep our environment clean and reduce your waste. Use the ideas below or create your own! When you complete an activity, fill in a footprint, and continue your stroll through Leafy Lane Park.

Activity ideas to help reduce your carbon footprint:

- Try a plant-based recipe
- Reuse or repurpose bags and jars for shopping or storage
- Collect rainwater for outdoor use
- Wash laundry in cold water
- Shop at farmer's market or second-hand store
- Change your commute (walk, bike, carpool, public transit)
- Turn off computer, screens and other electronics when not in use
- Opt for reusable straws, cups or cloth napkins
- Print double-sided
- Collect 10 pieces of trash
- Participate in a tree-planting initiative or plant one in your yard
- Cook more meals at home vs. takeout
- Make your own earth-friendly cleaners or detergent
- Shorten your shower by five minutes or reduce the water temperature



Connect with a health coach — just for you!

Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You'll better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. For more information, contact healthcoachteam@modahealth.com or call 800-913-4957.

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Moda Health Monthly Mini Challenges

Mini Challenges are a wonderful way to encourage a healthier way of living! They are designed to create lasting change through small, simple steps, while also providing a fun activity that fosters friendly competition, teambuilding, and a supportive workplace culture.

- **Play the Stress Away Challenge:** Play isn't just for kids- it is a powerful stress reliever! This challenge encourages you to try easy, enjoyable activities that spark joy, sharpen focus, and brighten your week. Whether it's a quick game, a creative activity, or time outdoors, each playful action earns points on your gameboard. [Click here](#) to access the challenge.
- **Path to Sustainability Challenge:** Discover ways to live greener with our Path to Sustainability Challenge. You will try easy, eco-friendly actions that reduce your carbon footprint while building long-lasting habits that help you and the environment. [Click here](#) to access the challenge.