



By Jenn McCrea

Jennifer McCrea, a resident of the Mid-Shore since 1991, is a native Pennsylvanian with over two decades of experience in the food and restaurant industry. Jennifer owned Morsels, a popular mainstay in scenic St. Michaels before becoming a food sales representative with Sysco Foods, Inc., a post she held for 11 years. In 2011, Jennifer decided to return to the restaurant world and took over Hill's Soda Fountain Café, an iconic community gathering place set in historic downtown Easton. While Jennifer has been a longtime proponent of cooking with and eating healthy and organic foods, it was her own personal quest for health that led her to discover the healing power of juicing fruits and vegetables. Since starting her own juicing journey over a year ago, Jennifer has seen major changes in her own health – and has since started a local following of faithful customers who have seen health and wellness improvements in their own lives with juicing. Wondering what all the buzz is about? This month, Jenn talks about getting healthy for the upcoming back to school season.

BACK TO SCHOOL JUICING

The summer has flown by just as quickly as it arrived and suddenly we are surrounded by the official "back to school" season. That season delivers more than the smell of fresh notebooks and newly sharpened pencils – back to school can signify a new beginning, a fresh start and a chance to get back into a new routine. Whether you have kids in school or not, the pending return to shorter days and fall weather can signify a chance to reset your routines and habits into healthier ones. Can juicing be part of that education? I say absolutely! Whether you are an expert juicer or freshman to the many health benefits juicing can bring to your life, here are some study tips to keep in mind to help you make the grade when it comes to health and wellness this season!

Energy boosters: As the days begin to grown shorter, many of us find the cooler days and decreased sunlight to be a real energy zapper. If you find yourself running low on energy, a good serving of juice can give you an instant recharge – without the jitters and other side effects that caffeinated options often bring. Hill's Soda Fountain's two mainstays – JMX Green and JMX Red typically sell out daily because of the amazing energy boost they provide. We all need at least nine to 13 servings of vegetables a day and one serving of juice typically provides more than your daily dose. It is no secret that getting that daily dose is key to good health and vitality – not to mention reducing our risk for disease but when you drink juice you are drinking them in a form that is easy for your body to digest and in turn, send those nutrients and all their benefits directly into your bloodstream. The result – lots of energy, stable blood sugar levels and decreased cravings for the stuff that makes us so sleepy to begin with! We call that an A+!

Juices for Rookies: Freshman juicers – and many kids – are often a little intimidated by the typical green juices out there. The green color and flavor can take some getting used to – although most avid juicers agree it doesn't take long until your body actually craves the flavor! Want to begin garnering the benefits of juicing but are queasy about the greener and usually mostly vegetable-based juices. Try a good fruit based one with tasty fruits such as watermelon, pineapple and oranges. Add some cucumbers and you will still reap many health benefits! As you get more schooled in the world of juices, begin to experiment with more vegetables that you like – you will be well on your way! For kids, calling the juice something fun like "Monster Muscle Juice" or "Super Juice" will inspire finicky little ones to take a sip.

Grab and Go: Back to school often brings busy schedules – and with that, lots of grab and go meals that are typically less than healthy options. If you plan to be at the sport's field this fall, find some hearty juices such as our Salad juice. A popular tomato based juice, this

is a great option to keep your hunger at bay when fall schedules interfere with your traditional dinner schedule. Drinking any vegetable based juice will help tide you over until dinner – and prevent you from overeating when you get to the table!

Back to germ season: Back to school time also ushers in cold and flu season, making the need for healthy eating even more important. Juices are full of immunity building ingredients and help you fill you body full of those essential vitamins and minerals a lot more efficiently. Carrots, grapefruit, tomatoes, watermelon and kale are super foods full of vitamins that help your body fight off viruses and infections and keep your body healthy!

Come in and try our juices at 30 E Dover Street, Easton, MD or visit our website at www.hillsodafountain.com

Hill's Soda Fountain & Cafe
serving good food & Good For You Food!!



Friendly staff & quick service
Serving made to order breakfasts & lunches, six days a week
Located conveniently in historic downtown Easton

30 E Dover Street
Easton, MD 21601

410-822-9751
www.hillsodafountain.com



Hill's Soda Fountain and Cafe is the proud home of JMX our popular fresh fruit and vegetable juices made daily!



Follow Club JMX on Facebook for the JMX flavors of the day, health and wellness tips, plus coupons & other stuff!