

The summer always goes by so quickly - time flies when you're having fun! The good thing about school starting again is that everyone (even if you don't have children going back to school) can use this time of year to make some changes that lead to healthier eating habits.

Start the Day with Breakfast ...it doesn't have to be the old-fashioned eggs, bacon, pancakes - type meal but it should be nourishing and quick. Here are

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some ideas to get you started...

- **Fruit and Cheese:** an apple, a few cubes of cheese and a handful of walnuts or almonds
- **Frozen Whole Grain Waffle:** toast your waffle, spread peanut butter or almond butter on and add some slices of banana
- **Cheesy Toast:** toast a whole grain English muffin with a slice of cheddar cheese on top or add some cottage cheese and sprinkle with cinnamon when it comes out of the toaster.
- **On-the-Go Cereal:** add some cereal to a carton of greek yogurt instead of milk, stir in some dried fruit and nuts for crunch

BYOL...Bring Your Own Lunch...you'll save time and money and most likely will have a healthier meal than if you eat out. Use your imagination and have fun with leftovers. Plan for a week ahead and pack your lunch the night before if at possible. Then grab it and go enjoy the next day.

- **Pimento cheese** sandwich on toasted wheat bread, sugar snap peas, peaches and cracker crisps.
- **Egg salad** in a pita with carrots and cucumbers on the side, fresh fruit for dessert.
- **Stir-fried vegetables** over rice, sliced oranges and a few ginger snaps for something sweet.
- **Pasta salad** with veggie chips and a muffin.

Snack Smart... don't just depend on chips, crackers and candy bars to get you through to the next meal! Plan your snacks for mid-morning and mid-afternoon. You'll have something to look forward to and you won't pick unhealthy foods to snack on.

- **Fresh fruit** or frozen grapes
- **Low-fat granola** bars
- **Cottage cheese** and fruit or rice cakes
- **Bananas** with cinnamon and honey drizzled on top
- **Celery** with hummus
- **Cherry tomatoes** with low fat mozzarella

Involve everyone in planning...different ideas from kids and parents or spouses keep meals from becoming routine and boring. Assign a day or work together to plan a checklist of favorite meals and snacks. Let older children help make salads, boil pasta and other kitchen chores. Children are more likely to eat what they help make! (A sure-fire cure for picky eaters!)

Eat more meals together...whether it's as a family of five or a couple, sharing meals is sharing time and conversation. Studies show that children from homes where families eat together have higher grades and lower rates of substance abuse and depression. If you can't be together for an evening meal, at least enjoy a before-bedtime snack together.

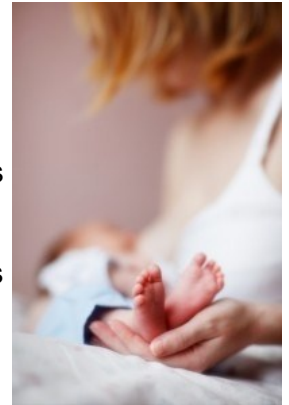
Is there a health topic you want to know more about? For more information contact Grace Keith, Health Educator, 850.926.0400 x. 215 or Grace_Keith@doh.state.fl.us

August is National Breastfeeding Month...Did you know the following facts about breastfeeding?

- Breast milk is known to protect babies from certain illnesses.
- Breastfeeding a baby reduces his risk of becoming overweight or obese in later life.
- Breastfeeding reduces the risk of the mother developing breast cancer.
- Breastfeeding reduces the risk of Sudden Infant Death Syndrome.
- Breast milk changes to meet the needs of a growing baby.

If you know a mother who breastfeeding, offer your support by:

- Providing emotional and practical support - run errands, send a meal, take care of older children, listen and tell her what a great thing she is doing for her baby.
- Encourage your colleague to keep breastfeeding after she returns to work, acknowledge the importance of continuing to breastfeeding her baby. Help create a quiet, private place for her to express milk for later use.
- Encourage pregnant friends and family members to become educated about the benefits of breastfeeding, there is a wealth of resources on the internet and the Healthy Start Program can also help. Call 926-0400, x. 233 for more information.
- Make sure mom gets plenty of rest, good nutrition and drinks plenty of water. Sometimes it's easy to forget to take care of herself when talking care of a new baby!
- Share positive breast feeding experiences you or others you know may have had. Moms always need to hear they are doing things right!



Childbirth Preparation... The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **September 10 - October 8 rom 6:30-8:30 p.m.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



Stop Smoking Classes... Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).

Basic First Aid... Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



Hands-Only CPR, No Excuses



The next Hands-only CPR class is on Thursday, October 17 from 7-9 p.m., 2013 at the Health Department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person, the fee must be paid in advance and there is no refund.



The Florida Department of Health in Wakulla County now has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p.m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding scales for those families in crisis. You can find all types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.

