March is National Nutrition Month!

Each meal is a stepping stone in your healthy life style. Fruits, vegetables, grains, dairy, and protein should all be a part of your daily meals and snacks. Make sure to include all food groups and do your best to limit added sugars, saturated fat, and sodium. In honor of national nutrition month remember these ten tips to building a healthy meal: make half of your plate fruits and veggies, include whole grains, don’t forget the dairy, add lean protein, avoid extra fat, get creative in the kitchen, take control of your food, try new foods, satisfy your sweet tooth in a healthy way, and remember that everything you eat and drink matters.

Working eight or more hours a day can make it difficult to eat healthfully unless you plan ahead. Research shows that eating every four hours helps to keep your metabolism charged and your energy level high. Before you dig in your drawer for spare change and head to the vending machine, plan ahead and stash low-calorie, nutritious snacks in a cabinet, drawer, or your briefcase. Each of these snacks are low in calories and are sure to satisfy when the p.m. cravings hit.

Try some of these healthy snack options:
- Frozen Grapes, String Cheese, Bananas
- Frozen Banana (peel it first, stick in the freezer overnight- it’s like a yummy popsicle), Low-fat Yogurt, Dried Fruit and Mixed Nuts, Apple dipped in Peanut Butter (or spread peanut butter on top of apple slice and top with pecans...so good!), 100-calorie bag of Popcorn, Applesauce, Raw Veggies with Hummus.

Chunky Monkey Shake
It’s time to get funky, monkey! Blend 1 medium banana, 1 tablespoon of peanut butter, and 1 cup of chocolate milk with 1 cup of ice for a protein-packed pick-me-up.

21 years as one of our hospice volunteers

For the month of February we honored Hazel Worrell for her 21 years of volunteer service to our hospice program. Being a hospice volunteer takes a special kind of person, and we are thankful to have Hazel as one of our passionate caregivers!

Delicious Gluten-Free Pancakes

- 1/2 cup all-purpose flour
- 1/2 cup almond flour
- 1/4 cup potato starch
- 1/2 cup cornmeal
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon xanthan gum
- 1/2 cup water
- 1/2 cup milk
- 2 tablespoons oil
- 2 eggs

For more information on nutrition, recipes and more please visit www.choosemyplate.gov
In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.

Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.

Recipe from allrecipes.com
Ingredients on back

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Here at the Pike County Health Department, Home Health & Hospice, we have the opportunity to serve our community residents in many ways. This is done with the help of our social workers we have on staff that help make up the great caring staff here at the agency; they are the kind of people that are dedicated to you, and your mental and emotional health. Both of our social workers are active in our Behavioral Health Services program, as well as our Hospice Program. In honor of National Social Work Month, and National Social Worker Day (March 20th) we would like to introduce our two amazing social workers, Rolando Vazquez and Carrie Wells, and thank them for their outstanding service to our community.

Rolando Vazquez, MSW, LCSW
Rolando has been a Licensed Clinical Social Worker since 1992 and has worked in Pike County since 1985. He has worked with a variety of diverse populations including those with developmental disabilities, children, veterans, and individuals in the re-entry process and he is able to provide bi-lingual services.

Carrie Wells, LMSW, CRADC
Carrie is a Licensed Master’s Social Worker and a Certified Reciprocal Alcohol and Drug Counselor with the State of Missouri. She has experience with several populations including people coping with mental illness/co-occurring disorders, those struggling with substance use concerns, and individuals in the re-entry process.

Join us in celebrating National Public Health Week 2017 and become part of a growing movement to create the healthiest nation in one generation. We’re celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.

The first week of April each year we celebrate National Public Health Week, and this year is no different. Help us celebrate our Public Health Department and all we do to help keep our community healthy!

This year you can expect our office to have special discounted preventative screening services such as Blood Sugar & Blood Pressure checks for FREE, and Lipid profile & A1C checks for half price at $10.00! These discounts will be available to the public during our walk-in clinic hours during public health week:

April 3rd - April 7th
Monday - Friday
8am - noon
1pm - 4pm

Along with discounted services, we will be hosting a safe kids day, an open house day, as well as giveaways, and goodie all week in our office for all to enjoy! Watch for the official flyer in next month’s newsletter, and in your local papers.

Happy Teeth demonstration at local daycare
Recently Kim Gamm, RN our Maternal & Child Health & Chronic Disease Coordinator visited one of Bowling Green’s local daycares for a dental health education. Kim brought the toddlers hard boiled eggs with washable marker on them, and taught the children how to clean the marker off; the eggs representing their teeth, were “happy teeth” once brushed. Kim also explained to them foods that keep their teeth happy, and foods that make their teeth sad. The children were left with a complimentary tooth brush to help keep their teeth happy.