



Get Healthy Colquitt!

A Bi-Weekly Newsletter Promoting
Healthier Choices for All

OCTOBER 24, 2011

VOLUME 1, NUMBER 1

Did You Know...

Obese children are at an increased risk of numerous health problems such as type II diabetes, sleep apnea, high blood pressure, asthma, and low self-esteem!

Nutrition Facts:

Servings Per Recipe 4

Amount Per Serving

Calories 263

22% of total calories from fat

Total Fat 7g

Sodium 75mg

Vitamin A 3%

Vitamin C 17%

Calcium 4% Iron 10%

Healthy Dessert Idea

This recipe is a delicious alternative to apple pie. It has the same great fall flavors that your family will love and much less sugar than the traditional version.

Apple Crisp

Ingredients:

4 cups sliced apples (about 4-6 apples) ¼ cup of water

(Peeled or unpeeled)

2 Tablespoons margarine, melted

1 Tablespoon orange juice

1 cup uncooked oatmeal

2 Tablespoons flour

1 Teaspoon cinnamon

6 Tablespoons brown sugar


Toss apples with orange juice, flour and 2 tablespoons sugar. Pour into 1-quart baking dish that has been sprayed with nonstick spray or lightly oiled. Sprinkle water over the top. Combine margarine, oatmeal, cinnamon and remaining sugar. Spread over the apples. Bake at 350 degrees F. for 25 minutes.

*Recipe provided by Andrea Scarrow, UGA Family and Consumer Sciences Cooperative Extension Agent serving Colquitt County



What's Going On This Month in Colquitt:

- Oct 25 Step Back in Time with Sonic- Sonic restaurant in Moultrie
- Oct 26 CRMC Blood Drive
- Oct 27 Moultrie YMCA 23rd Annual Spookghetti Supper
- Oct 28 Doerun Elementary School Supper Fundraiser
- Oct 28 -29 Haunted House at Reed Bingham State Park- 229-896-3551
- Oct 31 Trick or Treat in Downtown Moultrie- 229-890-5455

October is..... 

National Breast Cancer
Awareness Month

Behavior of the Month:

Load your diet with broccoli, brussels sprouts, cabbage and kale as research has shown that these veggies contain phytonutrients that may stop the spread of cancer. To get a bigger cancer-busting bang, cook them in oil, preferably extra virgin olive oil, which will help your body absorb more nutrients.



Health Fact

Seasonal flu vaccines protect against influenza viruses. CDC recommends that people get their seasonal flu vaccine each year. Flu shots are now available at the Colquitt County Health Department as well as various drug stores and physician offices. Make sure your family is vaccinated today!



Need Motivation?

We all need a push once in a while. Here's a tip, try asking a family in your neighborhood if they want to go walk or bike a couple of nights a week with your family. If you have never used the bike trail in Moultrie you don't know what you're missing. Check it out this week!

HEALTHY HALLOWEEN:

*A meal prior to trick-or-treating will discourage youngsters from filling up on Halloween treats.

*Consider purchasing non-food treats for trick-or-treaters. Coloring books, pencils, erasers or bubbles are great ideas.

*Wait until children are home to sort and check treats.

*Try to ration treats for the days following Halloween. Consider donating the candy or "buying" some of it back in exchange for a new toy.

Safety Tips of the Month

Protect your trick-or-treater....

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- Only go to homes with a porch light on and never enter a home or car for a treat.

Because pedestrian injuries are the most common injuries to children on Halloween, remind Trick-or-Treaters:

- Carry a cell phone for quick communication.
- Remain on well-lit streets and always use the sidewalk, if no sidewalk is available, walk at the far edge of the roadway facing traffic.

Food for Thought....

Be creative with your treats and offer children a healthy and fun alternative to sugar-filled candy. Some things to consider:

- Fruit – Raisins make a great treat and are very affordable
- Rice Krispy Treats – A kid favorite!
- Pretzels – Purchase snack-size bags of pretzels to hand out

This newsletter is produced by the Healthy Colquitt Coalition utilizing resources provided by the University of Georgia College of Public Health. For questions or comments please contact Emily Watson at ehwatson@uga.edu or 616-7086.