



Get Healthy, Colquitt!

A Bi-Weekly Newsletter Promoting
Healthier Choices for All

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Did You Know....

Nearly 43 million children under the age of five were overweight in 2010.

Nutrition Facts:

240 calories
3.5g fat (0.5g saturated fat)
21g protein
340 mg sodium
5g dietary fiber
Good source of: vitamin A and iron

Healthy Meal Idea

A new twist on leftover turkey sandwiches for the holidays!

Turkey Apple Panini

Ingredients: (Makes 4 panini)

1 medium apple sliced into thin wedges	2 T nonfat plain yogurt
1/4 c cider vinegar	1 t curry powder
1 T light mayonnaise	2 cups fresh spinach
8 slices whole wheat sandwich bread	
8 oz. sliced turkey or chicken breast	

Place apple slices in a shallow wide bowl, toss with cider vinegar, and allow to soak for one minute. Combine yogurt, mayonnaise, and curry powder in a small bowl. Build the Panini by spreading a teaspoon of the yogurt mixture on each slice of bread. Next, layer 1/4 of the slices of apple on one of the pieces of bread, followed by 1/4 of the turkey, a 1/2 cup of spinach, and top with the other piece of bread. If cooking in a Panini press place sandwich in press for about 2 minutes. If cooking in a pan, place sandwich in the pan with a heavy pan on top, pressing down on the sandwich, on medium heat. Cook for 90 seconds then flip and cook for an additional minute.

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



What's Happening in Colquitt County:

Nov. 19	Thanksgiving Crafts at Reed Bingham 229-896-3551
Nov. 24	Lights! Lights! Downtown Thanksgiving Night
Nov. 25-27	A Christmas Carol @ Colquitt County Arts Center
Nov. 25	Make Crafts from Recyclables at Reed Bingham 2 pm
Nov. 26	Reed Bingham Guided Nature Hike at 3 pm 896-3551
Dec. 3	Breakfast with Santa at R.B. Wright 616-7086 for info

November is

National Diabetes Awareness Month



Behavior of the Month:

Omit or use half the amount of butter, margarine, or oil called for in macaroni and cheese, rice, pasta and stuffing. Try reducing the amount of cheese in casseroles and appetizers as well. This will cut down on the amount of fat consumed which is one way decrease your risk of diabetes.



Health Fact

As you may be aware, Worth County has experienced problems with shigella or shigellosis which is an intestinal infection that is very contagious. It is caused by improper hand washing after use of the restroom via fecal/ oral route. To prevent the spread of shigella make sure you follow the tips below:

- Use the proper method of hand washing. Apply water, then soap and rub hands front and back and between fingers.
- If soap and water is not available, use hand sanitizer.
- Be alert to the most common signs and symptoms of shigella which are: *abdominal cramping, diarrhea, fever, vomiting*
- Clean surfaces and door handles daily and as needed with the disinfectant.

Walking has been shown to increase lifespan and decrease medical expenses....



so get moving!

Need Motivation?

Take advantage of this beautiful fall weather and go take a walk. If you don't have the energy for a high pace, intense workout then opt for walking instead. Start by walking at an easy pace for five or ten minutes until you're warm before kicking into high gear walking for exercise. When you finish your walking session, do at least three static, not bouncing stretches for 30 seconds on each leg.



Safety Tips of the Month

We would like to wish everyone a Happy Thanksgiving holiday! To help make this holiday safer, the U.S. Consumer Product Safety Commission is issuing safety tips for preventing fires and burns when using turkey fryers.

For safest operation follow these guidelines to prepare to use a turkey fryer:

- Make sure there is at least 2 feet of space between the liquid propane tank and fryer burner.
- Place the liquid propane gas tank and fryer so that any wind blows the heat of the fryer away from the gas tank.
- Center the pot over the burner on the cooker.
- Completely thaw (USDA says 24 hours for every 4 to 5 pounds) and dry turkey before cooking. Partially frozen and/or wet turkeys can produce excessive hot oil splatter when added to the oil.

Follow the manufacturer's instructions to determine the proper amount of oil to add.

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.