



### Eating With the Family during the Holidays

- Limit your sodium. Did you know that many of your favorite holiday dishes may be packed with sodium? Breads and rolls, poultry, and canned soups are three common foods that can add sodium to your diet.
- Savor the flavor. Use herbs and spices, like rosemary and cloves, to flavor dishes instead of salt or butter.
- Go fresh. Choose fresh fruits and vegetables to use in your dishes. If using canned products, rinse with water in a colander before cooking and serving.
- Reach for the lighter pieces of meat on your turkey; they have fewer calories and less fat than the darker ones. Another way to cut calories is to take off the skin.
- Keep portions in check. A serving size of meat is 3 oz., about the size of a deck of cards. So, be conscious of how much you put on your plate, and pass on that second helping.
- Watch out for the gravy train. Which can add excess fat, calories and sodium. Limit gravy to a tablespoon, and keep it off other items, like the dressing.
- Dressing is intended to be a complement to your meal, not an entrée. To keep calories and excess fat in check, aim for ¼ cup (or about half a scoop with a serving spoon).
- What's in it? Holiday casseroles can be filled with fat, sugar or sodium. Your best bet is to limit yourself to a small spoonful of casserole and fill the rest of your plate with a serving of lean protein along with roasted or sautéed veggies and tossed salad instead.
- Treat yourself right. The best way to enjoy an occasional sweet without losing control is by sampling a selection or two, rather than having full servings.

### Getting healthier doesn't have to be hard.

That's why Healthier Tennessee created Streaks for Small Starts, an app full of simple, healthy activities and encouragement that can get you on the road to a healthier life. Visit <http://streaks.healthiertn.com/join/csh210> to sign up and download Streaks for Small Starts.

### Actions to Fight the Flu

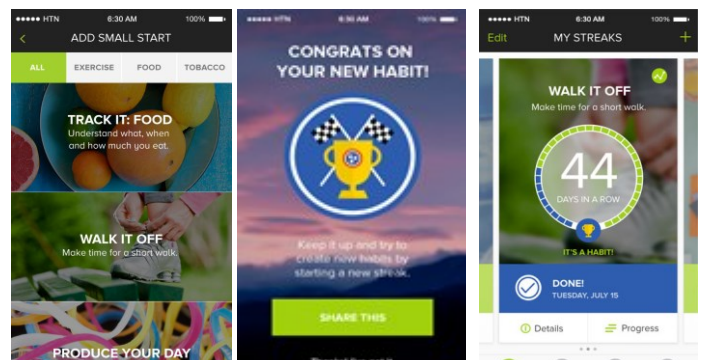
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

**According to CDC, the single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.**



#### **Clean Your Hands...**

- After you use the bathroom.
- Before you eat.
- Before, during, and after you prepare food.
- When your hands are dirty.
- After handling animals or animal waste.
- More frequently when you, or someone with whom you come in contact, is sick.



# Keep it Moving!

The American Heart Association recommends that children (up to age 18) get at least 60-minutes-a day and adults get at least 150-minutes-per-week of moderately vigorous physical activity. Keep your family physically active when the weather gets chilly with these tips:

- *Go sledding.* Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active. If you don't have a sled, don't worry - a cardboard box, trash can lid or skateboard without the wheels will work great!
- *Go for an afternoon or evening walk, jog or run - and bring the dog!*  
As long as you're dressed warmly any time of day can be enjoyable weather for taking a stroll or a jog. Winter days are shorter, so start early enough to finish before it gets dark.
- *Visit the local community center for a game of indoor basketball with friends and family.* This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or volleyball for a couple hours of fun physical activity!



## IN THE NEWS

**\*Please do not forget we are always taking donations for our Back Pack Program. Especially for Christmas! We take Christmas meals to many families and need extra donations around this time of year.** Anybody can donate food or money. DeKalb County Schools has approximately 6% of our student population that goes hungry on a regular basis, with meals provided at school being their main source of food. Coordinated School Health provides food that goes home with in need children on weekends to ensure they are fed. Through generous donations of time, money, and food from individuals, churches, civic organizations, and grants, the Back Pack Program has increased its ability to feed more children for longer periods. Please contact Elise Driver at 615-215-2118 or Cindy Childers at 615-215-2161 if you have any questions.

\*We are in the process of helping each school develop a Healthy School Team. If any parents, teachers, or students would like to be a part of this contact Coordinated School Health.

\*We are finishing up our health screenings at our schools currently. We have begun the process of sending out referrals to parents.

\*The health department was at our schools on November 4<sup>th</sup> and 6<sup>th</sup> and there were 329 students that received flu shots.

## Spotlight!

Coordinated School Health paired with School Nutrition to promote National Healthy Lunch Day in our DeKalb County Schools on November 17, 2015 in honor of National Diabetes Awareness Month. The day highlighted the importance of good nutrition as part of a healthy lifestyle, and encouraged and motivated everyone to commit to eating a healthy lunch on November 17 and every day. There were giveaways at each school and students were awarded "Stop Diabetes" themed prizes. There were also healthy treats provided to staff as well.

