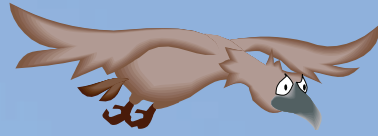


Southwest Nebraska Public Health Department



Walk to Health
August 2011
Youth
Newsletter



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Healthy Snacks and Food Safety

Provide Healthy Snacks

- Offer a variety of grains—especially whole-grain foods—and fruits and vegetables.
- Provide fat-free, low-fat, or low-calorie foods and beverages. Ideas include fat-free or low-fat dressings or toppings such as salsa, low-fat yogurt dressing, and sweet mustard; low-fat desserts such as angel food cake; low-fat or skim milk, low-fat yogurt, or low-fat cheeses; and lean meats, poultry or fish, and cooked and dried beans, peas, and lentils.
- Offer foods and beverages low in added sugars. You could serve unsweetened cereals, fruit spreads, cereal bars, water and 100% fruit juices.
- Serve foods that are low in salt and sodium, such as unsalted pretzels, popcorn, or baked chips; grilled or roasted entrees; and entrees cooked with spices and herbs instead of salt.
- Include smaller portions such as mini-bagels or 1-inch low-fat cheese squares.

Prepare Food and Snacks Safely

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria), and he can make people sick. Even though we can't see BAC—or smell him, or feel him—he and millions more like him may already be invading foods and kitchens. We have the power to fight BAC and to keep food safe from bad bacteria. Follow these four simple steps:

- **CLEAN:** Wash hands and surfaces often.
- **SEPARATE:** Don't spread germs from one food to the other foods.
- **COOK:** Cook foods to proper temperatures.
- **CHILL:** Refrigerate foods promptly.

Wash Hands to Keep Germs Away

Germs can make you sick. To stop the spread of germs:

- Cover your mouth and nose with a tissue when coughing or sneezing
- Wash your hands often with warm, soapy water as long as it takes to sing the “Happy Birthday” song twice
- Use alcohol-based hand wipes or gel sanitizers when water is not available to wash your hands.



It is especially important to wash your hands

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

Safe and Healthy Swimming

- Change diapers in a bathroom (not at poolside) and thoroughly clean the diaper changing area.
- Keep an eye on children at all times—kids can drown in seconds and in silence.
- Don't use air-filled swimming aids (such as “water-wings”) with children in place of life jackets or life preservers.
- Protect against sunburn by using a sunscreen with at least SPF 15 and both UVA and UVB protection. Be sure to re-apply it after swimming.

www.cdc.gov/healthyswimming



Family History

Most of us know that we can reduce our risk of disease by eating a healthy diet, getting enough exercise, and not smoking. But did you know that your family history might be one of the strongest influences on your risk of developing heart disease, stroke, diabetes, or cancer? Even though you cannot change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems.



Snacks of the Month—

Kid Tested and Approved

Yogurt Popsicles

Ingredients:

1 cup plain low-fat or fat-free

yogurt

1 banana, sliced

1 tsp. vanilla

1 cup fruit juice or fruit chunks

Directions:

Blend ingredients together and pour into small paper cups and freeze.

Place a plastic spoon or popsicle stick in each cup when yogurt mixture is half frozen.

To serve, turn upside-down and run hot water over it until the popsicle slips out. Use the cup as a holder.

This recipe makes 4-5 small popsicles.



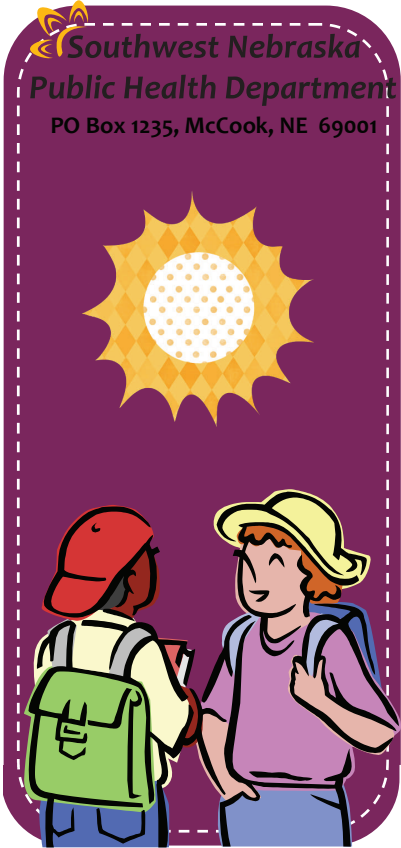
Game of the Month

Kid Tested and Approved

Dolphin Relay

Divide into teams. The first player from each team will race down and back the length of the pool while pushing a ball with their noses and forehead. If they touch the ball with their hands or any other part of their body, they must go back to where that took place and start again. The next player will do the same until one team is the winner. With good swimmers, this can be done by swimming in the deep end of the pool. For a game with non swimmers, play in the shallow end.





Back to School

Exercise for the Brain

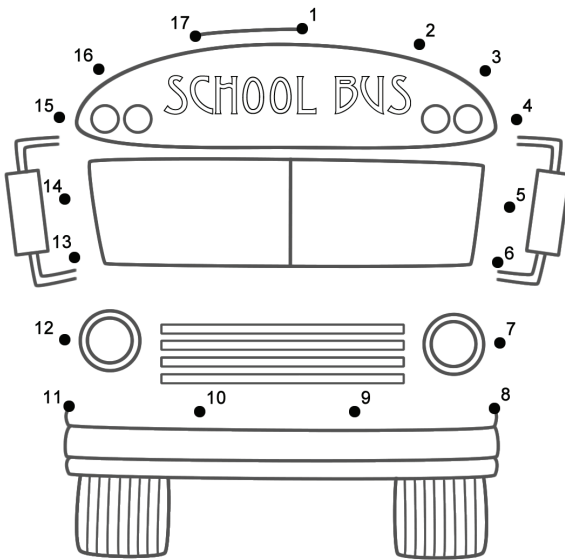
Street Crossing Safety

Sing to the tune of Itsy Bitsy Spider:

Stop, Look and Listen before you cross the street.
First you use your eyes and ears and then you use
your feet.

The red light always says to “STOP”, the green
tells you to “GO”!

The yellow light means “CAREFUL” ~ important
things to know!



Get this bus running! Connect the dots.

Have a fun and safe school year!