



Schools across the county have partnered with the Florida Department of Health in Okaloosa County to present Healthy Okaloosa Schools. Together we are making Okaloosa County a Healthier Place to Live, Learn, Work and Play!




Eat five or more fruits and vegetables every day.

Packing a school lunch means you know which nutritious foods you are eating. Try these healthy ideas for lunchtime:

- **Switch It Up.** Try using different breads like 100% whole-wheat tortilla wraps or pita pockets.

- **Make a Healthier Sandwich.** Add in shredded carrots and zucchini with turkey or apple and banana slices with peanut butter.
- **Swap Out Your Beverage.** This can be switching from soda to 100% juice, or from juice to water or 1% milk.



Source: [American Heart Association](#)



Limit recreational screen time to two hours or less each day.

Cut down on screened devices and try activities that involve socializing. Look for activities and clubs that will engage you socially, in which you will get out and be with other people. Don't know where to start? Try your school, church groups or volunteer work!



Source: [WebMD](#)

Be A Spark!

On November 13, 2016, celebrate World Kindness Day by sharing an act of kindness with someone you know.

You could start a chain reaction!

Here are some ideas:

- ▶ Write a thank you letter to a teacher.
- ▶ Leave a kind note in your parents lunch box—it will make their day!
- ▶ Make a friend smile.
- ▶ Play sports with a friend or family member.

Source: [Random Acts of Kindness](#)

Healthy Happenings

November

- Nov. 13: [World Kindness Day](#)
- Nov. 17: [Great American Smokeout](#)
- Nov. 14-18: [American Education Week](#)
- Nov. 24: [National Family Health History Day](#)
- [Lung Cancer Awareness Month](#)

Source: [National Wellness Institute, INC](#)

Healthy Spotlight



On the third Thursday of every November, smokers across the nation take part in the American Cancer Society's Great American

Smokeout (GASO). Even though your child may not be a tobacco user, it is important to talk to them about not starting. Explain to your child that not everyone smokes, about only 1 in 5 adults smoke. Does your school want to participate in a GASO activity? Email Okaloosa-SchoolHealth@flhealth.gov or call (850) 833-9240 ext. 2244 for more information.



Be physically active at least one hour every day.

Active play helps you learn healthy habits. There are many health benefits of active play, such as:

- ▶ You are more likely to stay at a healthy weight.
- ▶ Staying active now lowers your chances of developing chronic diseases later.

- ▶ Activities help you learn movement skills to develop muscles and strong bones.
- ▶ Active play can help your mind develop. Playing “pretend” lets you be creative.
- ▶ Staying active helps you feel good about yourself.



Source: ChooseMyPlate.gov

Healthy Recipe

Florida Snap Beans with Onions and Mushrooms

Ingredients:

- 1lbs Florida snap beans, trimmed
- 2 large onions, peeled & sliced
- 16 Florida button mushrooms, rinsed & sliced
- 1 tsp. Worcestershire sauce
- 4 cloves garlic, chopped fine
- 1 tbsp. unsalted butter, salt & pepper to taste

Directions:

- Preheat a large sauté pan over medium-high heat, add 1 tbsp. olive oil
- Add sliced onions and cook 3-5 minutes
- Add green bean and garlic to pan, cook 3-4 more minutes
- Add mushrooms, Worcestershire, and butter; cook for another 2 minutes
- Salt and pepper to taste

Source: [Fresh From Florida](http://FreshFromFlorida.com)



Cut back on soda, sugar-sweetened tea, fruit or sport drinks.

Water plays an important role in your body. It carries nutrients to cells, helps get rid of waste, regulates your body temperature, protects your organs and much more! Sugars and syrups are often added to foods and beverages during processing or preparation. Added sugars can cause cavities and/or lead to weight gain. Sugar does not add any nutrients that your body needs. Rethink Your Drink! Water has no sugar and zero calories, so choose water every day.



Source: ChooseMyPlate.gov

Tooth Truth

Brush, Floss, Swish

- Brush your teeth for two minutes, two times a day (after breakfast and before bed).
- Use a pea size amount of toothpaste
- Brush all sides of each tooth
- Floss at least once a day
- When brushing is not possible, after eating rinse your mouth with water



Eliminate use of and exposure to tobacco and nicotine products.

Nearly 90% of cigarette smokers first tried smoking by age 18 and 99% first tried smoking by age 26. Smoking is the most preventable cause of death. Secondhand smoke is also dangerous. It contains over 7000 chemicals, at least 250 of which are known to damage your health. The Great American Smokeout on November 17, helps tobacco users set a goal to quit. Encourage friends and family to join the event! For more information, please visit cancer.org or tobaccofreeflorida.com.



Source: [CDC](http://CDC.gov), [American Cancer Society](http://AmericanCancerSociety.org)

From the Kitchen

Did you know that we encourage all students and parents to track their own nutritional values with the breakfast and lunch program? If you visit: <http://okaloosaschools.nutrislice.com/> you can see daily and per item, the nutritional value, allergy content, and even provide feedback (good or bad) about that specific menu item. We look forward to your comments.



1-877-U-CAN-NOW