




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.

Building a healthy eating style for yourself includes making healthy food choices from all five food groups, including the grain group. **At least half of all the grains you eat should be whole grains.** Adding whole grains to your diet can lower your risk of chronic diseases

and provide your body with extra antioxidants, fiber, vitamins, and minerals, all of which are essential to good health. Switching to whole grains is easier than you think! Try some of these options:

- 100% whole-wheat pancakes, waffles, breads, or pastas
- Wild or brown rice
- Oatmeal




Source: [Whole Grains Council](#)

Healthy Happenings

September

- Sept. 1-7: [National Childhood Injury Prevention Week](#)
- Sept. 24: [Family Health and Fitness Day USA](#)
- Sept. 29: [World Heart Day](#)
- [Whole Grains Month](#)
- [National Childhood Obesity Awareness Month](#)

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



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

To get a sense of how much time you spend on a screened device, keep a log! Write down and track how much time you watch TV or movies, play video games, or are on your phone, tablet or computer. Next, track how much time you spend doing physical activities; like walking, doing active chores, or playing sports. If you log more hours in front of a screen than being active, set goals to increase your physical activity!

Source: [Let's Move!](#)

Whole Grain Scavenger Hunt

Where are the whole grains? Search the aisles at the grocery store to find one item for each of the clues below.

- "100% whole grain" in the product name.
- A whole grain as the first ingredient.
- The Whole Grains Council seal (which tells the amount of whole grains per serving).
- At least 3g fiber per serving. *Hint: Check the Nutrition Facts label.
- Bonus!** Find a whole grain in its raw state. *Hint: Check the bulk foods or rice aisles.



Source: [Whole Grains Council](#)

Healthy Spotlight

Exciting news for the 2016-2017 school year!

The Florida Department of Health in Okaloosa County welcomes Bruner Middle School, Edwins Elementary School, Ruckel Middle School, and Shoal River Middle School to the Healthy Okaloosa Schools Initiative.



Interested in learning how your school can join? Contact us at Okaloosa-SchoolHealth@flhealth.gov or call (850) 833-9240 extension 2244.



Be physically active at least one hour every day.

Do you spend more than 2 hours in front of the screen? According to the United States Department of Agriculture, American children spend on average 7½ hours each day in front of a screen. Turn off the screens, turn on the music, and get moving to a healthier beat! Try these high-energy dance activities:

- * **Dance Tag**– Play a game of Freeze Tag, but instead of remaining “frozen”, do a fun dance move or hula hoop until re-tagged.
- * **Glow Dance Party**– Get some glow sticks or flashlights and keep the party glowing – and going – when the sun goes down.



Source: [Team Nutrition](#)

Healthy Recipe

Florida Watermelon Salad



Ingredients:

- 1/2 watermelon, peeled
- 1 pint Florida blueberries, rinsed

Directions:

1. Cut peeled watermelon into 1-inch cubes.
2. Place cubed watermelon on a platter and garnish with blueberries.

Source: [Fresh from Florida](#)



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

Sugar-sweetened beverages like soda are the #1 source of added sugars in our diet. Replacing sugary drinks with water, low or no-calorie beverages may help you achieve or maintain a healthy weight. Most family favorites like hot chocolate, lemonade, smoothies, tea and coffee drinks can be made at home with less added sugar. Start with unsweetened beverages, then flavor to taste with additions like fresh fruit, nonfat milk, low-calorie sweeteners, chocolate milk, and herbs and spices.



Source: [American Heart Association](#)

Tooth Truth

Oral Health Tips

- Brush your teeth twice a day with an ADA-accepted fluoride toothpaste. [Colgate Oral Care Center](#)
- Replace your toothbrush every 3-4 months or sooner if the bristles are frayed.
- Clean between your teeth with floss or an interdental cleaner.



Eliminate use of and exposure to tobacco and nicotine products.

Little cigars, cigarillos, and large cigars come in a variety of flavors including candy and fruit flavors. Most people believe that cigars are less harmful than cigarettes. However, cigar smoking is associated with a higher risk of mouth, throat, and lung cancer. Cigar smoke has higher levels of toxic chemicals that cause cancer when compared to cigarette smoke.



Source: [Truth Initiative](#)

From the Kitchen



Feeding the students and having them enjoy their food is an important part to the healthy lifestyles we live. All school kitchens are adding new white whole grain bread recipes and products (within the meals or as a snack) to encourage the students to fuel their bodies during the day. Cinnamon Breakfast Square featured at breakfast above.



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