



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 the kids' lunches for school means you know which nutritious foods they are eating. Try these budget-friendly ideas for lunchtime:

- **Switch It Up.** Try using breads like 100% whole-wheat tortilla

wraps or pita pockets.

- **Make a Healthier Sandwich.** Try adding shredded carrots or zucchini to a turkey sandwich.
- **Let Them Dunk.** Try packing sliced apples or pears to dip into low-fat plain yogurt or peanut butter.



Source: [American Heart Association](#)



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

The weather is getting cooler and what better way to enjoy it than being outdoors? Turn off your TV, computer, electronic devices and bring recess home by playing schoolyard games in your backyard. Remind kids that they should aim for 60 minutes of physical activity each day. Encourage your kids to keep track of their physical activity minutes and set goals with them. Check out Game On's [Health at Home](#) activities for more ideas!

Source: [Action For Healthy Kids](#)

### Be a Kind Friend!

Color this bucket of kindness and give your friend a hug.



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](mailto: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 your child learn healthy habits. There are many health benefits of active play, such as:

- ▶ Active children are more likely to weigh less.
- ▶ Keeping your child active helps lower their chance of developing chronic

- diseases.
- ▶ Activities help your child learn movement skills to develop muscles and strong bones.
- ▶ Active play can help the mind develop. Playing “pretend” lets children be creative.
- ▶ Active children feel good about themselves.



Source: [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

# Healthy Recipe

## Florida Snap Beans with Onions and Mushrooms

### Ingredients:

- 1lbs snap beans, trimmed
- 2 large onions, peeled & sliced
- 16 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 and 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://Fresh From Florida)



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

Water plays an important role in the body. It carries nutrients to cells, helps get rid of waste, regulates the body temperature, protects our 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 the body needs. Rethink Your Drink! Water has no sugar and zero calories, so choose water every day.



Source: [ChooseMyPlate.gov](http://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](http://cancer.org) or [tobaccofreeflorida.com](http://tobaccofreeflorida.com).



Source: [CDC](http://CDC), [American Cancer Society](http://American Cancer Society)

# 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