Sometimes comes in Cute Little Packages!

Rabies is a viral disease of mammals. Raccoons, Foxes, Bats, and Stray Cats are the animals most likely to carry rabies in Florida, but domestic animals such as cats and dogs can also be infected. Rabies is typically spread through saliva, usually through an animal bite or scratch. Outside cats are the most common domestic animals found to have rabies in Florida. Rabies infection in humans is 100% preventable with fast and appropriate care. Once symptoms begin, rabies is nearly always fatal. Seek medical attention immediately if bitten by any animal. Vaccinate all animals against rabies.

Eat five or more fruits and vegetables every day.

Being successful at helping your child eat healthier will take more than a rule from you. It requires a lifestyle and attitude change. Try these tips:
- Kids learn best when doing hands-on activities. Let them help cook.
- Let it be their choice. Allow them to ask questions and share what their peers are saying. Then encourage them to make the healthy choice.
- Motivate them. Change comes from within. Make connections between good nutrition and a healthy body.
- Purchase healthy options more often, but do not restrict desserts. Kids who learn to eat desserts in moderation, make better choices when eating outside of the home.
- Be a role model. Parents are the image children will mirror. Commit to the behaviors you want to see in your child.

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

Take some time to unplug from screened devices. Youth who spend less time with screens:
- Have more time for creative play
- Fall asleep faster
- Sleep longer and better
- Eat healthier
- Get more exercise
- Do better in school

Test Your Rabies Knowledge!

Check the box next to the action(s) to take if an animal bites you:
- Immediately scrub the wound with lots of soap and running water.
- Contact animal control and describe the animal and its location.
- Avoid further contact with the animal.

Check the box next to each way you can prevent the spread of rabies:
- Never feed or pet wild or stray animals.
- Feed all pets indoors to avoid attracting wild animals.
- Do not allow pets to run free.
- Vaccinate pets (even indoor pets).
- Supervise pets and children when they are outside.

Source: CCFC

Healthy Happenings

March
- American Red Cross Month
- National Nutrition Month
- March 2-9 National Sleep Awareness Week
- March 5-9 National School Breakfast Week
- March 14 Kick Butts Day
- March 22 World Water Day

Source: National Wellness Institute, INC

Healthy Spotlight

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Read the content in the orange box to learn more!

Be physically active at least one hour every day.
We exercise all the time without even thinking of it. Just being active, like running around outside or playing a game of kickball at school, is a kind of exercise. What else counts as exercise? Playing sports, dancing, swinging from monkey bars, and even reaching down to touch your toes.

When you exercise, you are helping build a strong body that will be able to move around and do all the stuff you need it to do. Be active every day so that your body can be strong and fit!

Cut back on soda, sugar-sweetened tea, fruit or sport drinks.
The first step in reducing your family’s added sugar intake starts in the grocery store. Check labels for added sweeteners and fill your shopping cart with healthier options. In place of the sugary drinks on your shopping list, choose water, white low fat milk, unsweetened tea, and sparkling water. You can also reduce added sugar intake at home by making your own fruit and/or vegetable smoothie with fresh ingredients. If juice is on your shopping list, make your selection from the varieties of 100% fruit juice. Save the sweet stuff like soda for special occasions.

Eliminate use of and exposure to tobacco and nicotine products.
Kick Butts Day empowers youth to take a stand against Big Tobacco. This year’s Kick Butts Day is on March 21, 2018. Through Kick Butts Day and other related activities, America’s youth can:
- raise awareness about the tobacco problem
- support effective ways to reduce tobacco use
- encourage peers, family, and community members to be tobacco free

Noodles are a staple food in many cultures. They are made from unleavened dough. The oldest evidence of noodle consumption was from 4,000 years ago. The most common way to eat noodles is boiled. You can also bake them, fry them, and even use them in soups. Try your noodles cold with some vegetables and red wine vinegar tossed together, for a nice light salad.

Florida Grape Tomato and Orzo Pasta Salad
Ingredients:
- 1 pound orzo pasta, cooked according to directions on package and cooled completely
- 2 containers Florida grape tomatoes, rinsed and cut in half
- 1 cup fresh basil, chopped fine
- 1 whole lemon, juiced
- 1 cup parmesan cheese, grated
- 2 tbsp. olive oil, plus more if desired
- Sea salt & fresh ground pepper to taste

Directions:
- Add all ingredients to a large-sized mixing bowl
- Stir to combine ingredients
- Taste and adjust seasoning with salt and pepper
- Serve at room temperature

Source: Fresh From Florida

Healthy Recipe

Source: Florida Grape Tomato and Orzo Pasta Salad

Tooth Truth

Brush Food Away
Take turns with your child brushing their teeth every morning and night with a soft bristle toothbrush and a pea size amount of fluoridated toothpaste. A child’s toothbrush should be the last thing to touch their teeth before bedtime. If your child goes to bed with a drink, only give them water!

From the Kitchen

Source: Kick Butts Day

Source: EatRight.org

Source: Kids Health

Source: Florida Health Okaloosa County

Tobacco Free Florida.com

1-877-U-CAN-NOW