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.

It is important to eat a diet high in fiber. The best sources of fiber are whole grain foods, fresh fruits and vegetables, beans, peas, and other legumes, and nuts and seeds. Here are some easy ways to add more fiber in to your diet:

- Eat whole fruits (with the peels)
- Replace white rice, bread, and pasta with brown rice and whole grain products
- For breakfast, have high fiber cereals like bran flakes, oatmeal, or shredded wheat
- Add some raisins or berries to breakfast cereals
- Eat more vegetables like carrots, winter squash, broccoli, cauliflower, peas, potatoes, and avocado
- Add seeds, beans, chickpeas, or lentils to salads and soups

Source: Let’s Go; Mayo Clinic

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

Is it a rainy day and you feel like you have nothing to do? There are plenty of activities that can keep you busy without watching or using a screened device. Some fun indoor activities include:

- Pick up a new, unique hobby
- Read a book for fun
- Create a dance routine to your favorite song
- Draw or paint
- Cook a meal with your family
- Play a card or board game
- Put together a puzzle
- Start a journal

Source: Let’s Go

Healthy Happenings

March

- American Red Cross Month
- National Nutrition Month
- March 2 - 9 National Sleep Awareness Week
- March 4 - 8 National School Breakfast Week
- March 20 Kick Butts Day
- March 22 World Water Day

Source: National Wellness Institute, INC

Healthy Spotlight

Food Safety

Food safety is important. You can not see, smell, or taste harmful bacteria that may cause illness. When handling foods, follow these four guidelines to keep food safe:

- Clean
  Wash hands and surfaces often
- Separate
  Separate raw meats from other foods
- Cook
  Cook to the right temperature
- Chill
  Refrigerate food

Source: USDA
Be physically active at least one hour every day.
Are you feeling stressed or having trouble focusing? Try going outside. Spending time with nature can help our mental and physical health. Light tends to elevate people’s mood and sunlight helps our bodies develop Vitamin D. We also tend to be more physically active when we go outside. Exercise can help improve our mood and keep our bodies healthy. Give it a try and spend some time outside in the fresh air to keep your stress levels down. Hiking, walking, beach play, camping, fishing, gardening, biking, and sailing are just a few of the endless ways to enjoy nature.

Cut back on soda, sugar-sweetened tea, fruit or sport drinks.
Energy drinks have high amounts of caffeine and sugar. Caffeine is a stimulant, which means it increases the activity of your body’s central nervous system. Too much caffeine can cause:
- jitteriness and nervousness,
- irregular heartbeats,
- upset stomach,
- headaches,
- difficulty concentrating,
- and difficulty sleeping.
Energy drinks can have as much caffeine as 3 cups of coffee in one serving. They are not a healthy substitute for water. To stay hydrated throughout the day, drink water.

Eliminate use of and exposure to tobacco and nicotine products.
Tobacco use is still the top cause of preventable death in the U.S. These products kill more than 480,000 people every year. Seven hundred youth become new smokers each day. Take a stand. Fight back against Big Tobacco. Join in on March 20 for this year’s Kick Butts Day. This is a national day of activism that is celebrated each year. Schools and communities across the country organize events for Kick Butts Day highlighting:
- the harmful consequences of tobacco use,
- the tobacco industry’s marketing tactics that lure kids into addiction,
- and the proven solutions that can win the fight against tobacco.

Healthy Recipe
Fresh Orange Compote with Granola

Ingredients:
- 2 medium oranges, peeled, separated into segments
- 2 medium pears, diced
- 3/4 cup grapes, diced
- 1 medium banana, peeled and thinly sliced
- 2 tablespoon fresh squeezed orange juice
- 1/2 cup granola

Directions:
- In a medium-sized mixing bowl, toss together orange segments, pears, grapes, bananas, and orange juice
- Sprinkle granola over mixture. Toss lightly
- Serve over low-fat regular or Greek yogurt if desired

Tooth Truth
It is recommended to replace your toothbrush every 3 to 4 months. You should also change your toothbrush if you have been sick. When in doubt, look at the bristles. If they are frayed, replace your toothbrush. Frayed bristles will not clean your teeth as well.

From the Kitchen
The Radish is a root that is grown throughout the world. Radishes are one of the most healthful root vegetables. They are low in calories and rich in antioxidants, vitamins, and minerals. The flowers, leaves, young pods, and seeds of the Radish are also edible. They can be juicy, pungent, bitter, or sweet depending on the type and how they are cooked. There are several types of Radish and they vary in color; white, red, purple, or black.