

# SANILAC COUNTY HEALTH DEPARTMENT

Monthly Newsletter



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MARCH, 2024

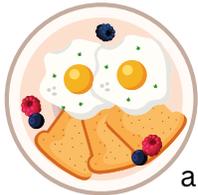


## SCHD will be closed March 29th for Good Friday

### March is National Nutrition Month!

Here are some nutrition tips from the Academy of Nutrition and Dietetics

**1. Eat Breakfast** - Start your day with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables. Try making a breakfast burrito with scrambled eggs, low-fat cheese, salsa and a whole wheat tortilla or a parfait with low-fat plain yogurt, fruit and whole grain cereal



**2. Make Half Your Plate Fruits and Vegetables** - Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.

**4. Watch Portion Sizes** - Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Complete the meal with a serving of fat-free or low-fat milk or yogurt. Measuring cups may also help you compare your portions to the recommended serving size.

**4. Be Active** - Regular physical activity has many health benefits. Start by doing what exercise you can. Children and teens should get 60 or more minutes of physical activity per day, and adults at least two hours and 30 minutes per week. You don't have to hit the gym – take a walk after dinner or put on music and dance at home.

**5. Get to Know Food Labels** - Reading the Nutrition Facts panel can help you choose foods and drinks to meet your nutrient needs.



**6. Fix Healthy Snacks** - Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the MyPlate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, or a tablespoon of nut or seed butter with an apple or banana.

**7. Drink More Water** Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult or live or work in hot conditions.

**8. Get Cooking** - Preparing foods at home can be healthy, rewarding and cost-effective. Master some kitchen basics, like dicing onions or cooking dried beans.

**9. Enact Family Meal Time** - Plan to eat as a family at least a few times each week. Set a regular mealtime. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition

**10. Reduce Added Sugars** - Foods and drinks with added sugars can contribute empty calories and little or no nutrition. Review the new and improved Nutrition Facts Label or ingredients list to identify sources of added sugars.



2024 NATIONAL NUTRITION MONTH

# March is Save your Vision Month!



The American Optometric Association (AOA) offers five steps to help relieve digital eye strain at work. They are:

- Follow the 20-20-20 rule. Take a 20-second break, every 20 minutes and view something 20 feet away.
- Keep a distance. The AOA recommends sitting a comfortable distance from the computer monitor where you can easily read all text with your head and torso in an upright posture and your back supported by your chair. Generally, the preferred viewing distance is between 20 and 28 inches from the eye to the front surface of the screen.
- View from a different angle. Ideally, the computer screen should be 15 to 20 degrees, or about 4 to 5 inches, below eye level as measured from the center of the screen.
- Decrease glare. While there is no way to completely minimize glare from light sources, consider using a glare filter. These filters decrease the amount of light reflected from the screen.
- Blink often. Minimize your chances of developing dry eyes when using a computer by making an effort to blink frequently.

# Employee Spotlight

We want to give a warm welcome to our newest SCHD employees!

Linda Stanbridge worked for SCHD previously and returns to us as a member of our Environmental Health team. Linda is really enjoying being out in the field and getting to meet operators etc. Linda says I've been working from home for a few years and it's really refreshing to be around humans again! Linda is working part time and on the other days she works for a church regional office.



Katie Carter joined our team as a clerk and WIC technician. Katie says - what I enjoy about my job is getting to know the families and kids during each visit. Also stepping outside of my comfort zone and being more social. I recently graduated with my bachelors degree, a Bachelors of Science in Business and Human Resources degree and am in the process of going back for my masters. Fun fact, I have been on the Live with Kelly show and use to live in Alaska.



**YOU CAN SAVE a LIFE WITH a SPRAY**



**Naloxone,** given as a nasal spray, can reverse the effects of an opioid overdose and **Save a Life.**

**FREE Narcan Rescue Training**

March 7th, 2024  
March 12th, 2024  
March 19th, 2024  
March 26th, 2024

3:30 - 4:30 PM

Please register by calling/texting Crystal at 810-705-1139  
Or call 810-648-4098 ext. 123

You will learn how to safely administer Narcan and you will receive your own Narcan Kit to take home.





Give someone a second chance... to recover and live.



## Breastfeeding Basics Workshop

**MARCH 9TH, 2023** 

**10 AM - 12 PM** 

**Food Provided!**

PARTNERS ENCOURAGED  
Register @ <https://bit.ly/3qslGJb>



All attendees will receive a Sleep Sack & Nursing Cover, and will also be entered to win a baby item, such as a bassinet or car seat! Winner will be drawn at the class!