

HOWELL COUNTY
HEALTH DEPARTMENT

JANUARY CALENDAR

WIC: 2, 5, 6, 8, 12, 13, 14, 15, 20, 21, 22, 23, 26, 27, 29, 30

Willow Springs WIC: 7

Mountain View WIC: 9-half day, 28-all day

Family Planning: 8, 21, 30

Immunizations: 13, 15, 22

Food Handlers: 12, 26

Breastfeeding Support Group: 6

Holiday's (closed): 1-New Year's Day, 19-Martin Luther King Day

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Clinic Hours:

Monday-Friday 8-12 & 1-5,
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

Monthly Monitor

VOLUME 150

JANUARY 2015

AmeriCorps Team make Community Garden Better

A 9 person AmeriCorps NCCC team came to West Plains for 6 weeks to make improvements to the West Plains Community Garden.

Garden Chair Ginny Henderson and Garden Administrator Dawn Hicks with the Howell County Health Department wrote an application to get a team. The garden committee wanted to

see a well designed, easier to maintain, and senior / physically limited friendlier garden.

The team was able to remove all old vegetation, Bermuda grass, landscaping cloth and mulch. They laid in water lines for more water spigots and built Veg Trugs, which are raised beds to be used for those with physical limitations.

They treated lumber that will be used to build framed beds for the garden. The lower garden area will have 36 framed 4'X22' garden spaces available. The plan also includes to asphalt or concrete an area for the raised beds that will be wheelchair friendly. For information about getting a garden space call Dawn at the Health Department.



NCCC team member in the front row from L-R: Jonathan Morales, Zoe Cale, DeAnthony, Javier Perez, Sara Egan, Ellie Sietz (team leader), Tatashaya Ellis, Maddie Moun, and Savanna Barros

Apply to Sponsor an AmeriCorps NCCC Team from www.nationalservice.gov

Each year, AmeriCorps NCCC engages teams of members in projects in communities across the United States. Service projects, which typically last from six to eight weeks, address critical needs related to natural and other disasters, infrastructure improvement, environmental stewardship and

conservation, energy conservation, and urban and rural development. Members mentor students, construct and rehabilitate low-income housing, respond to natural disasters, clean up streams, help communities develop emergency plans, and address countless other local needs.

Sponsoring organizations re-

quest the assistance of AmeriCorps NCCC teams by submitting a [project application](#) to the [regional campus](#) that covers that organization's state. The campuses provide assistance in completing the application, developing a work plan, and preparing the project sponsor for the arrival of the AmeriCorps NCCC team.



Get in the habit
of weighing &
measuring food.

Make fruit and
veggies center stage
in your kitchen and
refrigerator.

Smoking is
the number
one cause
of preventable
death
in the U. S.



MONTHLY MONITOR

Cooking & Weight Loss for 2015 by www.eatingwell.com

Swimsuit season is right around the corner and one sure way to keep your weight in check is to ditch the takeout menu and cook at home. Great idea, since you control the menu and hence the calories. But be careful. When you cook at home and especially if you're comfortable doing so, you might tend to relax "the rules" a little. Maybe you

add "a few pinches" of salt or "just a dash" of oil instead of measuring it out, or you enjoy munching on your ingredients as you're prepping. Those little things can really add up. Here is a cooking habit that may secretly be sabotaging your diet. Sure, you might think you have a good idea of what a teaspoon of salt

looks like or what a cup of pasta might be or a pound of meat might look like. But it's always a good idea to measure—even if you've made the recipe before. Overestimating calorie-rich ingredients like pasta, oil and meat can really increase the calorie count of your meal. Keep those measuring spoons and cups handy, and invest in a good kitchen scale to ensure accurate calorie

Organize Your Kitchen for Weight Loss by www.eatingwell.com

If you're trying to slim down or maintain a trim figure, you probably already know it's important to eat a healthy diet, mind your portions and be active. But you might be surprised to learn that how you set up your kitchen can help or hinder your efforts too. Here are some ways to subtly organize your kitchen to naturally

help you make diet-friendly choices.

Give Produce Center Stage:

So make the healthier, lower-calorie fare the first thing you see: fill the center shelf of your fridge with loads of fresh veggies or leave a stocked fruit bowl out on your counter.

Make Sweets & Unhealthy Snacks Hard to Find:

Just as healthier foods should be easy to spot, less healthy ones

should be stashed out of sight. **Swap Out Dinner Plates for Salad Plates:** Studies have shown that people eat more when they're served food in or on larger dishes. Even nutrition experts—people trained in food and calories—overdo it. **Put Away the Large Serving Utensils:** In the same ice cream social study, nutritionists who used the larger serving spoon served and ate 15 percent more ice cream.

Smoking & Healthcare Costs from www.actiontoquit.org

Of every \$10 spent on healthcare in the U.S., almost 90 cents is due to smoking, a new analysis says. Using recent health and medical spending surveys, researchers calculated that 8.7 percent of all healthcare spending, or \$170 billion a year, is for illness caused

by tobacco smoke, and public programs like Medicare and Medicaid paid for most of these costs. "Fifty years after the first Surgeon General's report, tobacco use remains the nation's leading preventable cause of death and disease, despite declines in

adult cigarette smoking prevalence," said Xin Xu from the Centers for Disease Control and Prevention (CDC), who led the study. Over 18 percent of U.S. adults smoke cigarettes and about one in five deaths are caused by smoking, according to the CDC.



Howell County Health Department

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Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



Public Health
Prevent. Promote. Protect.

Turkey, Corn & Sundried Tomato Wraps www.eatingwell.com

Makes: 4 servings
Active Time: 20 minutes
Total Time: 20 minutes

Ingredients

- 1 cup corn kernels, fresh (see Tip) or frozen (thawed)
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes (see Shopping Tip)
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce

Preparation

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl. Divide turkey among tortillas. Top

with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

Tips & Notes

- **Tip:** To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about 1/2 cup kernels.



A Quick, Easy, Low Calorie Lunch Idea !

Shopping Tip: Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Nutrition

Per serving: 321 calories; 12 g fat (1 g sat, 5 g mono); 35 mg cholesterol; 35 g carbohydrates; 0 g added sugars; 19 g protein; 4 g fiber; 682 mg sodium; 325 mg potassium.

Nutrition Bonus: Vitamin A (47% daily value)

Carbohydrate Servings: 2

Exchanges: 1 1/2 starch, 1 vegetable, 3 lean meat, 2 fat