

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 23, 24,
27, 28, 29, 30, 31

Willow Springs WIC: full
day-1

Mountain View WIC: 1/2
day-3, full day-22

Family Planning: 9, 15, 21

Immunizations: 7, 16, 28

Food Handlers: 13, 27

Breastfeeding Support
Group: 7

Holiday's (closed): None

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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

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Benefits of Fresh local Food from Dawn Hicks, HE

Local foods not only help local farmers / producers, thus helping the local economy, they also have numerous health benefits for consumers.

Foods that have to travel long distances have to be picked and harvested much sooner than local foods. Once they are picked their sugars begin to convert to starch and their plant cells begin to shrink and their nutrients begin to decline. Early picked foods are also treated with special gasses to further delay their ripening which delays their ability to form nutrients. This treatment is done in order for the food to survive their long journey to you the consumer. Fruits and vege-

tables have higher nutrition when they are ripe. Local food that is picked and sold within 24 to 48 hours after harvest retain most of their nutritional value and do not require gasses to keep them fresh. Many of the farmers markets foods are picked the same day they are sold so not only is the food fresher but it is also healthier. Here are some of the many benefits to purchasing and eating locally grown foods:

Local Food has More Nutrients and Tastes Better: when food is picked at the peak of ripeness they not only taste better they have a higher nutritional value. **Local Food Benefits the Environment and Supports Local Economy:** money spent on local foods and

farmers who produce it help maintain farmland and green space in our community and puts money back into local businesses. **Local Food can be Safer:** when food has to travel from long distances there are often more chances for contamination to occur. Local food growers can tell you how they grow, harvest and get their food to market. **Local Foods can Save Money:** since local foods do not have to travel long distances they cost less. Purchasing food in season will save money and the food can be frozen or canned to be used when out of season. Many farmers/ producers now have greenhouses and produce fresh food all year long.

Many Farmers Markets are open all year round with a variety of fresh local foods. Check out the local food markets in your area!



Grow Your Own Fresh, Organic Food at WP Community Garden

The West Plains Community Garden sign up's will be held in the lobby of the West Plains Civic Center at the annual Home and Garden Show on March 3rd & 4th.

The times are Friday,
March 3rd from 3-8 pm

and Saturday, March 4th from 8 am-5 pm. The rent for a 4' X 22' ground space is \$10 and the rent for a 2.5' X 6' Veg Trug (bed on legs) is \$7.50. This rent is for the entire year so you can grow well into the fall / early win-

ter. The space and produce belong to you. If you would like a space to grow your own organic food please sign up for a garden space. For more info call 417-256-7078 or go to www.westplainscommunitygarden.org



Make sure your well water is safe.

“Put Your Best Fork Forward” is the theme for 2017 Nutrition Month.

It's expected to cause 50,260 deaths during 2017!



Shocking Your Well Water Part 2 from Justin Fraizer, Environmental Specialist

Wells can provide high quality drinking water if they are consistently monitored and maintained. In the U.S., approximately 50 % of the population receive their drinking water from private wells. With well ownership comes the responsibility of keeping the well in good working order. When wells harbor bacteria, it can cause illnesses to the residents consuming it. Corrective actions can be taken to create a safe water supply. Adding bleach to a well can sanitize the system if done properly. Last month the steps to shock (sanitize) your well

were explained. This part 2 will explain how to open the system after shocking the well and waiting the 6-8 hours.

1. Go to the well and turn on the garden hose and direct the water into an area that you do not care if the grass dies, or where there is no grass. Do this until you do not smell any bleach. Shut off the hose.
2. Go into the house and open the cold water taps until you do not smell any bleach. Flush the toilets. Fill the washing machine with cold water until you smell no bleach in the water and then dump the water. The first laundry load should probably be whites, so any bleach trapped in the cold

water feed to the water heater would be eliminated from the system. Open any hose bib(s) on the outside of the house until you smell no bleach. Once all this is done you should have good smelling and tasting water.

You can repeat this procedure of shocking the well as often as you feel it is needed, however, if the problem persists that your water test have bacteria in them, you might decide to contact a well driller and discuss your problem with them. Most people perform this bleach shocking procedure annually. If you have any questions call the Howell Co Health Dept. at 417-256-7078.

March is National Nutrition Month From www.eatright.org

Each March, the Academy of Nutrition and Dietetics celebrates **National Nutrition Month®**. This annual event reinforces the importance of developing sound eating and physical activity habits.

“Put Your Best Fork Forward” is the

theme for 2017, a reminder that each one of us holds the tool to make healthier food choices. Making small changes during National Nutrition Month® and over time helps improve health now and into the future.

For more information, visit



Colorectal Cancer Prevention by Carma Wheeler, Director of Nurses

According to the American Cancer Society, colorectal cancer is the third leading cause of cancer related deaths in women in the United States and the second leading cause in men. It is expected to cause about **50,260 deaths during 2017.**

Symptoms of colon cancer may include: Blood in or on the stool (bowel movements), stomach pain, unexplained weight loss and cramps or aches that do not go away. Risk of colon cancer increases with age and doesn't always cause symptoms.

Colorectal screening helps find precancerous polyps so they can be removed before they turn into cancer. Screening detects colorectal cancer early, when treatment is most effective. Screening is recommended for men and women beginning at age 50. If you are 50 years or older, talk to your doctor about getting screened.



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.

Avocado Salad www.eatingwell.com

Ingredients: 4 servings

5 tablespoons reduced-fat sour cream
3 tablespoons grapeseed oil or extra-virgin olive oil
3 tablespoons cider vinegar
2 tablespoons chopped fresh cilantro
1 tablespoon chopped fresh dill
1 tablespoon minced shallot
2 cloves garlic, minced
¾ teaspoon dry mustard
¼ teaspoon kosher salt
1 pound raw shrimp (21-25 per pound), peeled and deveined
2 teaspoons extra-virgin olive oil
2 teaspoons finely grated lime zest
¼ teaspoon kosher salt
¼ teaspoon freshly ground pepper, plus more to taste
2 ears corn, husked
4 cups chopped romaine lettuce
¾ cup finely chopped red cabbage
¾ cup diced red bell pepper
½ cup diced red onion
½ cup assorted cherry tomatoes, chopped
½ fennel bulb, halved again, thinly sliced

1 avocado, diced
2 slices crispy cooked bacon, diced
Preparation:

To prepare dressing: Puree the dressing ingredients in a food processor or blender until smooth.
To prepare shrimp & salad: Preheat grill to medium or heat a grill pan over medium heat.
Toss shrimp with 2 teaspoons oil, lime zest, salt and ¼ teaspoon pepper.



Go Green with a fresh avocado salad. Avocados provide a healthy fat for your body.

Grill corn, turning occasionally, until slightly charred, 6 to 10 minutes.
Grill the shrimp, turning once, until cooked through, 3 to 5 minutes total.
Transfer corn and shrimp to a cutting board. Cut the kernels off the cob.
Chop the shrimp into bite-size pieces.
Combine lettuce, cabbage, bell pepper, onion, tomatoes, fennel, avocado and bacon in a large bowl. Add the shrimp, corn and dressing; toss to coat. Season with pepper.
Nutrition information: Serving size: about 2½ cups, Per serving: 398 calories; 25 g fat(5 g sat); 8 g fiber; 21 g carbohydrates; 26 g protein; 149 mcg folate; 171 mg cholesterol; 6 g sugars; 0 g added sugars; 6,012 IU vitamin A; 61 mg vitamin C; 143 mg calcium; 2 mg iron; 374 mg sodium; 1,058 mg potassium