

HOWELL COUNTY
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12, 13, 17, 19, 20, 21, 24, 25, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 26

Family Planning: 11, 19, 28

Immunizations: 4, 13, 18

Food Handlers: 10, 24

Breastfeeding Support Group: 4

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

VOLUME 140

MARCH 2014

Get Moving with Parks

Did you make a resolution this year to be more active? The first day of Spring is around the corner and so are several parks where you can go to get moving.

West Plains has several parks that have play-ground equipment for kids and walking trails for all ages. Don Warden park even has a community garden so you can grow healthy produce in your own rented space and eat healthy too!

Regular physical activity is one of the most important things you can do for your

health. It can help: control your weight, reduce your risk of cardiovascular dis-



Get Moving in local Parks, it's simple and free.

ease, reduce your risk for type 2 diabetes and metabolic syndrome, reduce your risk of some cancers, strengthen your bones and muscles, improve your mental health and mood, improve your ability to do daily activities and prevent

falls, if you're an older adult it can increase your chances of living longer.

People's Park, Children's Park, Lofton Park, Kelley Park, Galloway Park, Georgia White Walking Trail, Don Warden Park and Neathery Skate Park are just a few of the parks and walking trails in and around West Plains.

These parks and places offer a great place for people of all ages to go to get moving and to get healthier. For a complete list and info about each park go to www.westplainsparksandrec.com

Child Passenger Safety (CPS) Technician Class

Would you like to be able to educate and show families on how to properly install their child safety seats? Then consider becoming a nationally certified CPS Technician.

A CPS (Child Passenger Safety) technician certi-

fication course has been scheduled for April 16, 17, and 18th at the West Plains Fire Department, in West Plains, MO. The three day course will be held from 8am-5pm each day. There is a one-time registration fee of \$85. CPS certification is valid

for two years. The Southeast Coalition for Roadway Safety is offering 10 scholarships on a first come first serve basis to cover registration. To register, go to <http://cert.safekids.org/log>, click on the link "Find a Course", then select Missouri for the state.



Going, Going Green!

Gardening provides fresh, healthy produce and physical activity.

Make your business breast feeding friendlier for employees.



MONTHLY MONITOR

Go Green for Good Health

March is National Nutrition Month and going green has never been easier!

Green vegetables are good for your eyes, bones and teeth, and their vitamin K content helps your blood to clot properly. A 2-cup serving of raw

spinach provides 290 of the 90 to 120 micrograms of vitamin K you need each day. These foods' antioxidant vitamins, particularly vitamins C and E, may lower your risk of chronic diseases. They provide the phytonutrients lutein and zeaxanthin, which may

protect you from vision loss due to eye diseases such as macular degeneration, according to North Dakota State University.

March is a great time to plant lettuce, peas, green onions, kale, swiss chard and spinach. Get your green on for good health.

Community Garden Spaces Available

Now is the time to start planning Spring garden crops or to start getting your gardens ready for summer crops to be planted in May.

If you don't have a garden space or need more garden space consider a space at the West Plains Community Garden.

The community garden is located in Don Warden Park on Lincoln and Olden Streets. Spaces are 4' X 20' and have a small fee and deposit that is refundable at the end of the growing season.

The community garden is an organic garden and

they have master gardeners who can help new gardeners. The city of West Plains provides water and there is a greenhouse/toolshed where seeds can be started and tools and hoses available to gardeners. For more information call Dawn Hicks at the Howell Co Health Department at 417-256-7078.

Workplace Lactation Support Mini Grant

Do you have employees who wish to continue to breastfeed after returning to work?

The Missouri Department of Health and Senior Services is taking proposals for mini grants at a maximum of \$500 each. Employers can

use funds in creating or improving lactation support policies and program at their worksite. Items can be purchased like chairs, tables, locks, partitions, etc.

To be eligible the business must have and provide a written breastfeeding support policy that is in com-

pliance with the breastfeeding support requirements from the Fair Labor Standards Act (FLSA).

To be eligible to receive funds, businesses must complete an application and budget and send them by April 1, 2014. For an application contact Laura Wake or Dawn Hicks at HCHD.



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.

Spring Salad with Peas and Frizzled Shallots www.eatingwell.com

Makes: 6 servings

Serving Size: about 1 1/3 cups salad & 3 Tbsp. shallots each

Total Time: 40 minutes

Nutrition Profile

Ingredients

- 1 1/2 cups thinly sliced shallots
- 6 tablespoons extra-virgin olive oil
- 3 tablespoons white-wine vinegar
- 1 tablespoon whole-grain mustard
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 6 cups torn red leaf lettuce
- 4 cups torn frisée
- 1 cup shelled fresh peas or frozen peas (thawed)
- 2 hard-boiled eggs, shredded or chopped

Preparation

Separate shallot slices into rings. Heat oil in a small stainless-steel skillet (or small saucepan) over medium-high heat until shimmering. (To test if your oil is hot enough, add a shallot ring: if it starts sizzling on contact, the oil is ready.) Add half the shallots and cook, stirring frequently, until browned, 4 to 8 minutes. With



A healthy, delicious salad full of green goodness!

the pan off the heat, use a slotted spoon to transfer the shallots to a plate lined with paper towels. Cook the remaining shallots and transfer to the plate. The shallots will get crispier as they cool.

Pour the hot oil into a large, heat-resistant bowl (you should have 1/4 to 1/3 cup); let cool for 10 minutes. Whisk in vinegar, mustard, tarragon, salt and pepper until well combined. Add lettuce, frisée, peas and eggs and toss to combine. Divide among 6 plates. Top each portion with about 3 tablespoons frizzled shallots.

Nutrition

Per serving: 205 calories; 16 g fat (3 g sat, 11 g mono); 62 mg cholesterol; 10 g carbohydrates; 0 g added sugars; 5 g protein; 3 g fiber; 201 mg sodium; 297 mg potassium.

Nutrition Bonus: Vitamin A (74% daily value), Folate (22% dv)