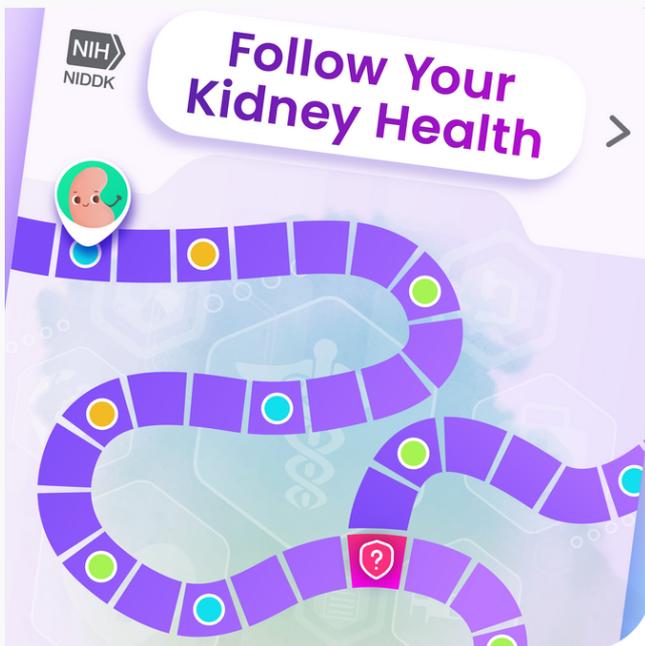


# BEE WELL

Thomas County Wellness Newsletter

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*"I don't take success and failure seriously. The only thing I do seriously is march forward. If I fall, I get up and march again."*

**—Kareena Kapoor Khan**

# HARVEST OF THE MONTH

The Harvest of the Month for March is root vegetables, which includes radish, carrot, and beets.

Although not all root vegetables come from the same plant family, they share the distinction of being edible taproots that grow underground.

Edible roots come in many shapes and sizes, and are a great source of fiber and color on your plate. Thomas County School Nutrition regularly uses carrots on the menu to meet our requirement for red-orange vegetables, which are packed with healthy vitamins and minerals. To learn more about root vegetables, check out these facts and to preview class activities, click here.

There are so many great way to eat root vegetables - raw, steamed, baked, or roasted. But one of the tastiest ways to eat carrots is in a soufflé, like the one we affectionately call "Orange Yum Yum" at Hand in Hand. To make your own carrot soufflé at home, try following our school nutrition recipe here!



## CAFETERIA CONVERSATIONS

### *National School Breakfast Week*

To encourage more families to take advantage of school breakfast, Thomas County Schools will celebrate National School Breakfast Week (NSBW) March 6-10, 2023. The NSBW theme, "DIG IN to School Breakfast," reminds the entire community that the healthy breakfast options available at school provide an energizing start to the day.

Busy weekday mornings make it a challenge for many families to find time for a healthy breakfast. Fortunately, Thomas County School Nutrition offers nutritious school breakfasts, complete with fruit and low-fat or fat-free milk, to ensure students are fueled for learning every school day.

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading and math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert
- Maintain a healthy weight

We hope you will join us as we celebrate NSBW with special menus, activities, and giveaways. And for more NSBW fun, click here.



**What is  
your  
favorite  
school  
breakfast?**

# MONTHLY OBSERVANCES

## National Nutrition Month

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. To learn more about National Nutrition Month and for 50 ways to celebrate, click [here](#).



## Colorectal Cancer Awareness Month

March is Colorectal Cancer Awareness Month, and a good time to learn more about colorectal cancer (cancer of the colon and rectum) and how it can be prevented or best treated. Colorectal cancer is the second leading cause of cancer-related deaths in the United States for both men and women combined. This year, approximately 140,000 new cases of colorectal cancer will be diagnosed and 56,000 people will die from the disease. To learn more about how colorectal cancer can be prevented through regular screenings, a healthy diet and regular exercise, click [here](#).



## National Kidney Month

March is National Kidney Month and the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) wants you to know there are steps you can take to protect your kidneys from damage and slow kidney disease. This National Kidney Month, the NIDDK is talking about getting tested early and following your kidney health. To learn more about how you can protect yourself, click [here](#).

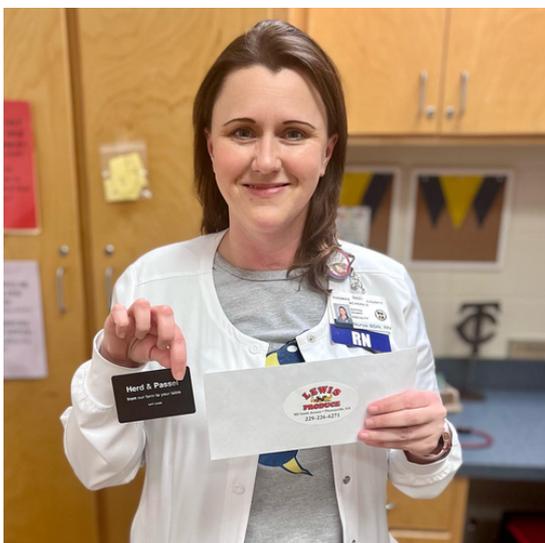


# WELLNESS CHALLENGE

## Nutrition BINGO

Congratulations to our Nutrition BINGO winners! Participants that earned at least two BINGOs were entered into a drawing for a Publix gift card. Congratulations to Ms. Craven, Dr. Kornegay, Ms. Mowrey, and Ms. Stephens on winning these prizes! And a special shout-out to our grand prize winner, Nurse Sowell, for earning a blackout! Ms. Sowell can continue her healthy eating habits while enjoying locally grown foods offered at Lewis Produce and Herd and Passel with her gift cards to both local grocers!

Thank you everyone who participated in Nutrition BINGO!



# BE WELL - SHBP

## March Veg Out Challenge

With healthy foods on your plate, you'll feel more energized, maintain a healthy weight, and help prevent disease! A healthy plate should include fruits and veggies, lean proteins, and whole grains.

If you are a State Health Benefit Plan (SHBP) member or covered spouse enrolled in an Anthem Blue Cross and Blue Shield or UnitedHealthcare Commercial (non-Medicare Advantage) Plan Option, commit to tracking your healthy meals in the March Veg Out Challenge. Track in the green (*My diet was well-balanced and included mostly healthy, nutritious foods*) for 21 days to earn 40 points.

To join this month's challenge, follow these steps:

- If you have never registered for an account on BeWellSHBP.com, register [here](#); if you already have an account use your email and password to log in [here](#) (or log in to your account through the Sharecare app). Make sure you complete the RealAge® Test for 2023.
- Click on the "Achieve" navigational link and then proceed to the Challenges section to join.
- During the month of March, be mindful and track at least 21 days of healthy meals (*My diet was well-balanced and included mostly healthy, nutritious foods*) to successfully complete the challenge.



## Biometric Screenings



SHBP members and their covered spouses can complete a biometric screening at no additional cost by attending an SHBP sponsored onsite screening event, going to a Quest Patient Service Center (PSC), or through an in-network physician using the 2023 Physician Screening Form. Biometric screenings can help you understand the state of your health so that you can take the necessary steps to improve it. To learn more about biometric screenings, you can read through a list of FAQs [here](#). And to help you prepare for your screening, please follow the guidelines [here](#).

Thomas County Schools will be hosting onsite screening events throughout the spring at various locations. Starting February 1st, you can register for an appointment by following these [steps](#).

**BOE, Transportation, BH, RC, Pathways - March 3rd**  
**Garrison-Pilcher, Cross Creek - April 13th**  
**TCCHS - April 26th**  
**TCMS, Hand in Hand - May 4th**