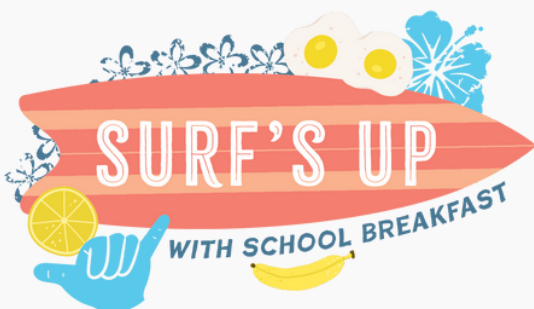
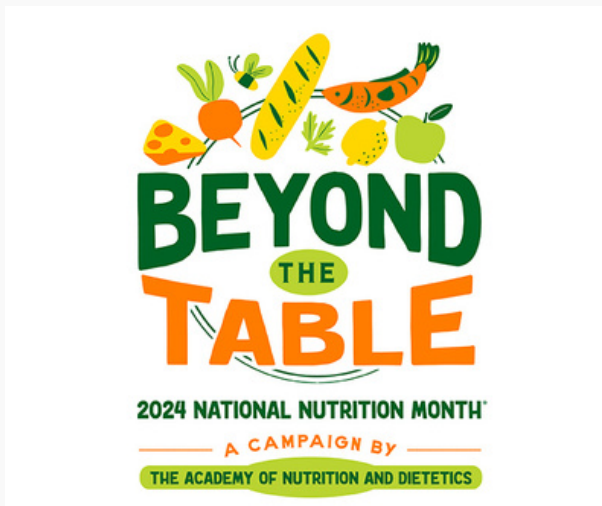


BEE WELL

Thomas County Wellness Newsletter

March 2024

Vol. 47



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"Education is what remains after one has forgotten what one has learned in school."

— Albert Einstein

HARVEST OF THE MONTH

The Harvest of the Month for March are Root Vegetables! Root vegetables include carrots, beets and radishes, among others. Out of this vegetable group, Live Better has chosen Carrot as their Superfood for the Month of March.

Root vegetables are typically high in antioxidants which, as part of an overall healthy diet, help keep cells healthy and have many health benefits. The Superfood, Carrot, is a good source of vitamins and minerals including Vitamin K, potassium, Vitamin C and the provitamin A beta-carotene. The name beta-carotene is actually derived from the Latin name for carrot (carota). Carrots naturally contain no fat or cholesterol and are a good source of fiber. With all these nutrients, you can see why carrots are considered a superfood!

- For facts and information on root vegetables, click [here](#).
- For food based learning lessons with root vegetables, click [here](#).
- For information on how to cook with carrots, click [here](#).



Carrot Souffle

a recipe from Georgia School Nutrition

MAKES: 12 ½ cup servings PREP TIME: 20 minutes plus bake time CATEGORY: Side

Ingredients:

2 lb	Carrots, large, Georgia Grown
3	Eggs
2 Cups	Brown sugar
8 Tbsp	Butter, unsalted, melted
1/4 Tbsp	Cinnamon, ground
1/4 tsp	Ginger, ground
1/8 tsp	Cloves, ground

Steps:

1. Preheat oven to 350 degrees F.
2. Lightly grease bottom and sides of baking dish.
3. Wash carrots to remove any dirt and debris.
4. Steam carrots until softened and add to food processor or blender.
5. Mix in brown sugar, cinnamon, ginger, cloves.
6. Mix in eggs and melted butter.
7. Pour mixture onto greased baking pan and spread out evenly.
8. Bake for about 50 minutes or until lightly golden brown.



Salt and Vinegar Carrot Chips

a recipe from Georgia School Nutrition

MAKES: 3 cups PREP TIME: 40 minutes plus bake time CATEGORY: Side

Ingredients:

4	Carrots, large, fresh Georgia Grown
½ cup	Distilled white vinegar
2 tsp	Salt
3 Tbsp	Olive oil

Steps:

1. Preheat oven to 425 degrees F.
2. Line a baking pan with parchment paper.
3. Wash carrots and slice into thin, round pieces.
4. Soak carrots in vinegar for 30 minutes.
5. Drain carrots from vinegar and coat with olive oil and salt.
6. Evenly space carrots on lined baking pan.
7. Bake for about 30 minutes, flipping halfway through.
8. Remove from oven and allow to cool completely.

CAFETERIA CONVERSATIONS

National School Breakfast Week

We'll celebrate National School Breakfast Week (NSBW) during the first week of March. This year's theme for NSBW is "Surf's Up With School Breakfast" and we want our students to surf into class fueled and ready to learn! Besides the nutrients that breakfast provides to growing students, research shows that students who eat regular 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
- Exhibit more on-task behavior in the classroom



School Nutrition has put some breakfast favorites on the menu for NSBW and will be giving out prizes to students who grab a breakfast during the week. Click [here](#) to go to a NSBW activity guide that you can use in your classroom.

We encourage you to promote school breakfast in your school or classroom during National School Breakfast Week (and every week throughout the year) to help students catch the wave of knowledge by starting their day with a nutritious breakfast!



Infographic from www.fsn.usda.gov

Cinnamon Roll Fundraiser

Back by popular demand, School Nutrition is hosting a cinnamon roll fundraiser. We are selling iced, ready-to-eat cinnamon rolls for \$15 per dozen. We'll be taking orders until Tuesday, March 26th with pick-up from your school on the afternoon of Thursday, March 28th or Friday, March 29th (right in time for Easter and Spring Break!) Payment is due at time of pick-up. Cash or check accepted - please make checks out to School Nutrition.



Click [here](#) to order Cinnamon Rolls.

MONTHLY OBSERVANCES

National Nutrition Month

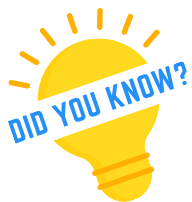
March is National Nutrition Month, an annual campaign that was established in 1973 by the Academy of Nutrition and Dietetics to help people learn and develop healthy eating habits. Healthy eating is an important part of overall health and wellness. Here are a few ways you can participate in National Nutrition Month:

At Home

1. Commit to trying a new fruit or vegetable each week during the month.
2. Try out a new recipe at home. Let each member of your family pick out a different recipe to try during the month.
3. Find out how many calories are right for your height, weight, and age. Click [here](#) to go to an online tool that will give you a personalized food plan.
4. If you're interested in learning more about nutrition, read through the Dietary Guidelines for Americans. You can access the current guidelines by clicking [here](#).

In the Classroom


1. Talk about MyPlate and the different food groups. Click here to go to [myplate.gov](#).
2. Create a nutrition question of the day/week. Discuss the question and answer in class.
3. Vote on your favorite fruits or vegetables and create a tally board or chart to record votes.
4. Ask students to bring in food labels from empty containers, then spend time reviewing and comparing nutrition labels.





85% of adults in the U.S. are not meeting the Dietary Guidelines for Americans recommended daily intake of fruits and vegetables.

An infographic with a blue background. At the top, it says "Children need daily fruits and vegetables for healthy growth and brain development". Below this is an illustration of a young child with dark skin and curly hair, wearing a red shirt, sitting at a table with a plate of food. To the right of the child, it says "Among children aged 1-5 years*" and lists two statistics: "1 in 2 did not eat a daily vegetable" and "1 in 3 did not eat a daily fruit". At the bottom right, it says "Give your child a strong start — include fruits and vegetables with meals and snacks every day". Logos for CDC and MMWR are at the bottom. A URL "bit.ly/mm7207a1" and the date "FEBRUARY 12, 2023" are also present. A small note at the bottom right says "*2021 National Survey of Children's Health".

Other March Observances

- National Reading Month 
- National Nutrition Month
- Youth Art Month
- National Music in Our Schools Month
- Women's History Month
- Read Across America Week (March 2nd-6th)
- National School Breakfast Week (March 4th-7th)
- Ramadan (March 11th-April 9th)
- National Bubble Week (March 19th-26th)
- Albert Einstein's Birthday (March 14, 1879)
- World Compliment Day (March 1st)



- Dr. Seuss's Birthday (March 2, 1904) 
- National Snack Day (March 4th)
- International Women's Day (March 8th)
- **Daylight Savings (March 10th) Spring Forward**
- Registered Dietitian Nutritionist Day (March 13th)
- Pi Day (March 14th)
- St. Patrick's Day (March 17th)
- Global Recycling Day (March 18th)
- Good Friday (March 29th)
- National Doctor's Day (March 30th)
- Easter (March 31st) 

SHBP BIOMETRIC SCREENINGS



On-site Biometric Screenings

There is still time to register for the SHBP onsite biometric screenings, but spots are filling up. You can attend a screening at any of our locations, but you must register in advance to attend a screening. The details for each of our district on-site screening events is listed below.

THOMAS COUNTY SCHOOLS 2024 SHBP BIOMETRIC SCREENING EVENTS

Site	Screening Location	Date	Time	Site Contact	Registration Deadline
TCMS & Hand in Hand	TCMS Science Lab	Tuesday, April 9th	7:30 am-4 pm	Fanetta Powell	March 25th
BOE, Bishop Hall, Renaissance, Pathways, Transportation, Maintenance	PLC	Monday, April 15th	7 am-3 pm	Jeana Smith	March 31st
Garrison-Pilcher & Cross Creek	Garrison-Pilcher Gym	Tuesday, April 16th	7 am-3:30 pm	Beverly Williams	April 1st
TCCHS	TCCHS Conference Room	Monday, April 29th	7 am- 3 pm	Myeshia Choice	April 14th

You can register for a biometric screening appointment by following these [steps](#).

1. If you have not registered for the BeWell SHBP® program, [register here](#).
2. If you have already registered for the BeWell SHBP® program, you can [log in here](#).
3. Once logged into your Sharecare account, click on the “Achieve” link on the left-hand side of the page.
4. Click on the “Programs” tile.
5. Click on the “Health Screening” tile. This will redirect you to the Quest scheduler.
6. Read the Terms and Conditions and click “Accept & Continue”.
7. Read the consent language, click on “I accept” then click the “Continue” box.
8. Confirm your personal information and mailing address is correct and click “Save”.
9. To schedule a screening at a Patient Service Center (PSC) click on “Schedule a Screening” or to schedule a screening at an onsite event click on “Make an Appointment”.
10. Search for and select a desired location.
11. Choose desired date and time.
12. Review and confirm all information.
13. **Reach out to me if you have any issues-> jeana.smith@tcjackets.net.**

DISTRICT WELLNESS

Hydrate-4-Health Challenge

Our next district wellness challenge will be a hydration challenge! It's National Nutrition Month and what you drink can be just as important to your health as what you eat! According to the CDC, sugary drinks are the leading source of added sugar in the American diet. Cutting out one sugary drink per day can lead to consuming 1400 less calories (or more) each week, which can help you achieve and maintain a healthy weight. Our Hydrate-4-Health challenge will be two-fold. First, you are challenged to hydrate for your health by replacing sugary drinks with sugar-free options like water, diet soda, un-sweet tea or coffee (use a sugar-free syrup or creamer), water flavored with a sugar-free drink mix, or zero-sugar sports drinks. Secondly, you are challenged to know how much water (sugar-free fluid) you need to drink every day and adjust your routine to meet at least half of your daily fluid goal while you are here at work.

time to hydrate



How much water (sugar-free fluid) do I need to drink every day?

Your daily fluid goal varies by activity level, age, and weight, but in general, adult men need about 13 cups (104 fluid oz) and adult women need about 9 cups (72 fluid oz) of fluid per day to maintain adequate hydration, with the rest of your daily fluid needs being met by the foods you eat.

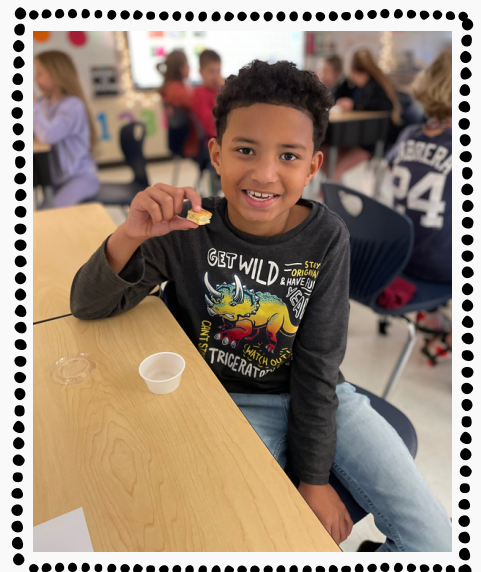
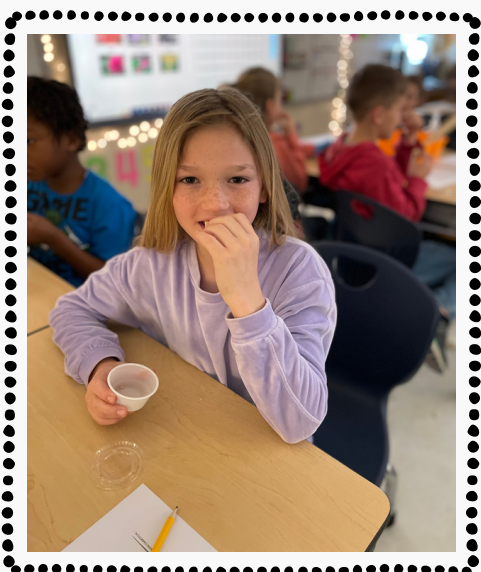
SUGARY DRINKS CONTRIBUTE TO
TYPE 2 DIABETES, HEART DISEASE, AND OBESITY

RETHINK YOUR DRINK
Click here to learn more
cdc.gov/rethinkyourdrink

If you'd like to join the Hydrate-4-Health challenge, click [here](#) to fill out the Google form. Active participants in the challenge will be entered to win wellness door prizes at the end of the month.

Together, let's Sip Smarter!

Live Better Superfood Try-Day



Live Better hosted a Superfood Try-Day at Cross Creek on Friday February 23rd. Students had the opportunity to taste broccoli-cheddar biscuits!