



## DECEMBER

### FOOT CARE CLINICS

Every Tuesday at the Health  
Department

9:00 am—12:00 pm

Call 694-2900 for more informa-  
tion or to make an appointment.

#### Also:





- **Thursday, December 3rd**  
**Arlington Senior Center**  
**9:00am – 11:30am**
- **Thursday, December 3rd**  
**Pretty Prairie Senior Center**  
**1:00pm – 3:30pm**
- **Thursday, December 17th**  
**Turon Senior Center**  
**9:00am-11:30am**

### National Handwashing Awareness Week

December 6th-12th is National Handwashing Awareness week. The timing couldn't be better since flu season is upon us! Washing your hands is the single most effective way to prevent the spread of infection. In fact, washing your hands could save lives!

So... Spread the word, not the germs!!

#### 4 Principles of Hand Awareness

-  Wash your hands when they are dirty and before eating.
-  Do not cough into your hands.
-  Do not sneeze into your hands.
-  Above all, do not put your fingers in your eyes, nose or mouth. For more information, visit their online information site at: [www.cdc.gov/features/](http://www.cdc.gov/features/)



DECEMBER, 2015

## Happy and Healthy Holidays

Family, fun ...and FOOD! It's what the holidays are all about, right? But that doesn't mean you have to pack on the pounds. By balancing the calories you consume with the calories you burn, you can avoid holiday weight gain.

#### Eat Breakfast Every Day

When you don't eat breakfast, you are likely to make up for the calories you saved by eating more later on in the day. Choose a quick, healthy breakfast option such as yogurt with fruit or toast with sliced banana and a bit of peanut butter. Many people who maintain long term weight loss eat breakfast daily.

#### Drink Water

Make water more appealing by keeping it cold in the fridge or adding a slice of fruit for flavor. Choosing water keeps you from drinking something else that may

be loaded with calories or sugar. People who drink sugar-sweetened beverages tend to consume more calories.

#### Eat Smaller Portions

When eating out, save some of your meal and take it home to make another meal or split one meal between two people. At home, try putting only the amount you want to eat in a small bowl and don't go back for more. People eat more when confronted with larger portion sizes.

#### Maintain Your Physical Activity Routine

Regular physical activity is an important part of maintaining weight loss. Keep up your good habits before, during and after the holidays. If you need extra encouragement, be physically active with a friend or relative or start an activity that may

have always interested you, such as gardening or bicycling.

#### Prepare A Healthy Lunch At Home And Take It To Work With You

Taking your lunch to work helps you avoid last-minute lunch choices, which often result in selecting high-fat and high-calorie options. Think about healthy lunches before your next trip to the grocery store, and stock up on healthy food items so that making your lunch will be easy.

Want more ways to help you stay healthy during the holidays? Visit CDC's Health Weight for more information.



## Child Care Class

A class for prospective child care providers will be held on Thursday, December 3rd at 3:00pm.

This class will be held in the Reno Room at the Reno County Courthouse. It will cover the criteria necessary to become a regulated child care provider and state regulations for home daycares.

For more information or to register, call :

Kris Stafford at 694-2900.

This class is for adults only and there is a \$20.00 registration fee.

Report Child Care Concerns to  
Kris at 694-2900



Just a Reminder: State law requires childcare to be given in regulated facilities. For parents needing new day care, contact:

Child Start at 1-800-684-3962  
or Child Care Links at 669-0291



# Getting Ready for School Begins at Birth

## Preparation for Success at School Starts Early

Every parent wants their child to be successful at school. What parents may not realize is that preparing a child to be successful at school starts long before the bell rings. It actually begins at birth. Your baby or toddler will use the basic skills you're teaching today to get along with others, cooperate with teachers and focus on learning.

A baby's brain is the only organ not fully developed when they arrive in the world. In the first 3 years of life connections between brain cells are being built. A child's experiences greatly influence how the brain develops. The positive experiences you have with your child every day help the brain grow into one that's ready to learn when they go to school.

Kindergarten teachers know

that a child's social and emotional literacy is essential for success at school. That includes self-control, respect for others and a sense of confidence.

Children need skills in four areas to be successful in school.

- ☺ Language and Literacy Skills
- ☺ Thinking Skills
- ☺ Self Control
- ☺ Self Confidence

WIC can help you get nutritious food for you and your family!



## Women Infants & Children (WIC)

### What is WIC?

WIC is a temporary assistance program for Women, Infants and young Children who have a nutritional need for the program.

WIC provides nutrition education (ideas to help improve eating habits) and supplemental foods (checks to buy specific foods for good health).

What are the requirements for WIC?

Women must be pregnant, breast-feeding, or have recently delivered a baby. Children must be under five years of age.

Clients must also:

- Be determined at nutritional risk by a health professional.
- Receive a health check up by WIC staff
- Meet income guidelines
- Live in the State of Kansas

WIC checks are used like checks, used to buy specific foods and are used at a WIC approved grocery store.

Some of the WIC supplemental foods are: juice, cereal, eggs, peanut butter, dried beans, milk, cheese, iron fortified infant formula and infant cereal. For more information: call 694-2900 and ask for a WIC Representative.

## Peanut Butter Balls



### Tasty Holiday Treat!

#### Ingredients:

- 1/4 cup Peanut butter (creamy or chunky)
- 1/4 cup Honey
- 1/2 cup Nonfat dry milk
- 1/4 cup Oats, (quick or old fashioned)
- 3/4 cup Crisp rice cereal (save 1/2 cup to crush)

#### Directions:

- In a large bowl, Combine peanut butter, honey dry milk, oats and 1/4 cup of the rice cereal.
- Shape into 18—1 inch balls.
- Put the remaining 1/2 cup rice cereal in a large zip type bag and crush with hands.
- Place balls in bag and shake until the balls are covered with

cereal.

- Serve or store in covered container in refrigerator.

For more delicious recipes, visit: [getfreshcooking.com/recipes](http://getfreshcooking.com/recipes)