

Public Health Newsletter



Public Health and Clinic staff combined "Wear Red Day" with a COVID-19 vaccination clinic on Friday, February 5th. Staff wore red clothing as well as heart pins, necklaces, bracelets, and headbands to highlight heart health. (More photos, page 3.)



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Winter Foods That Are Super Good For You

Winter Squash. Winter squash is a great source of vitamin A, vitamin C and carotenoids. There are many types of winter squash. Using a preparation method like baking can bring out the natural sweetness of the squash, or you can use it as a main ingredient in your soup or stew.

Root Vegetables. Beets, carrots, parsnips, turnips, potatoes and sweet potatoes are great sources of potassium, fiber, and vitamins A, C and B. Try baking or roasting these as a snack or part of your meal.

Leafy Greens. Spinach, kale, chard, collard greens and mustard greens are all high in vitamins A, C and K. These greens can be incorporated into many meals and snacks, such as soups, stews, casseroles, smoothies, wraps, and stir-fry.

Citrus. Citrus fruits like oranges, grapefruit, clementine, mandarin oranges, lemons and limes thrive during the winter. Most varieties are juiciest and in season at this time of year. They are loaded with vitamin C. Try including citrus as part of a salad by making a dressing out of citrus juice or pulp, or include it as part of your main meal.

Apples. Apples are a great source of vitamin C, and also contain pectin, which has been shown to help reduce cholesterol levels. A large percentage of the fiber and phytonutrients are found in the peel.

Avocados. Avocados might be associated with summertime tacos, but this “near-perfect” food is actually in season in winter. Avocados have omega-3 healthy fats, B vitamins, and lots more beneficial vitamins and minerals.

Cabbage. Cabbage is an economical and nutrient-dense winter vegetable. Cabbage is a wonder food thanks to high amounts of vitamin C, vitamin K, potassium, and calcium.

What Do These Vitamins (And Other Things) Do For You?

Vitamin C. Vitamin C is not only important for vision and immune function, it also ensures that the heart, lungs and kidneys are working properly.

Carotenoids. Carotenoids are antioxidants that can reduce the risk of some cancers.

Vitamin K. Vitamin K strengthens your bones, prevents heart disease and is important to blood-clotting.

Potassium. Potassium helps regulate blood pressure and allows nerves and muscles to function properly.

Fiber. Fiber helps food move through your body.

Vitamin A. Vitamin A is important for normal vision, the immune system, and reproduction. It also helps the heart, lungs, kidneys, and other organs work.

Look Who Else Wore Red For Heart Health!



Picky Eating

Picky eating behavior is common for many children, especially preschoolers. If you have questions about your child's growth, talk to a doctor or nurse.

And try these tips:

- Let your kids **pick out produce** at the store.
- Have your child **help you** make meals.
- Offer them **two healthy choices** and **let them choose**.
- Let them **see you eating the same healthy foods** that they are.
- Offer **different foods** each day.
- Serve foods in **small portions**.
- Serve a **new food alongside a familiar food**. It **may take time** for kids to accept a new food.



Healthy Breakfasts For Kids

When kids skip breakfast, they don't get what they need to be at their best. **Growing bodies and developing brains need regular healthy meals.** Here are some **quick and easy breakfast** tips:

♦ Give kids food they like, but make it healthier.

Make pizza with a whole-grain crust and veggie toppings for breakfast. Or make muffins with zucchini and carrots. Mix a little bit of sugary cereal into a healthier, whole-grain kind.

♦ Take growth and activity levels into account.

Having a breakfast that contains protein, fat, and carbohydrates helps children feel full and stay focused. That might include some nuts, a slice of cheese or meat, or a container of yogurt.

♦ Breakfast doesn't have to mean the usual breakfast foods.

If your kids want a change from cereal and eggs, there's nothing wrong with serving left-overs or a sandwich.

♦ Help your children make healthy choices, even when time is short.

Hand your kids something healthy as they head out the door, like a piece of fruit, a bag of trail mix, or a whole-wheat tortilla spread with peanut butter and a carton of milk. Or, make a fruit and yogurt smoothie "to go."

♦ Prep the night before.

Plan ahead and prep for breakfast. Chop up fruit or vegetables. Mix up whole-grain pancake or muffin batter and put it in the fridge. Set out the pan for pancakes or the blender for smoothies.

♦ Read the Nutrition Facts label and ingredient information when you shop.

The label makes it easy to learn what nutrients your kids are getting and to compare items. Look for nutrient-dense foods low in salt and sugars.

Information on this page adapted from the Food and Drug Administration website at: www.fda.gov. Information on the sidebar left, adapted from the USDA website at:

www.myplate.gov.

Indigenous Art and Culture Club Gets Together in Person in February



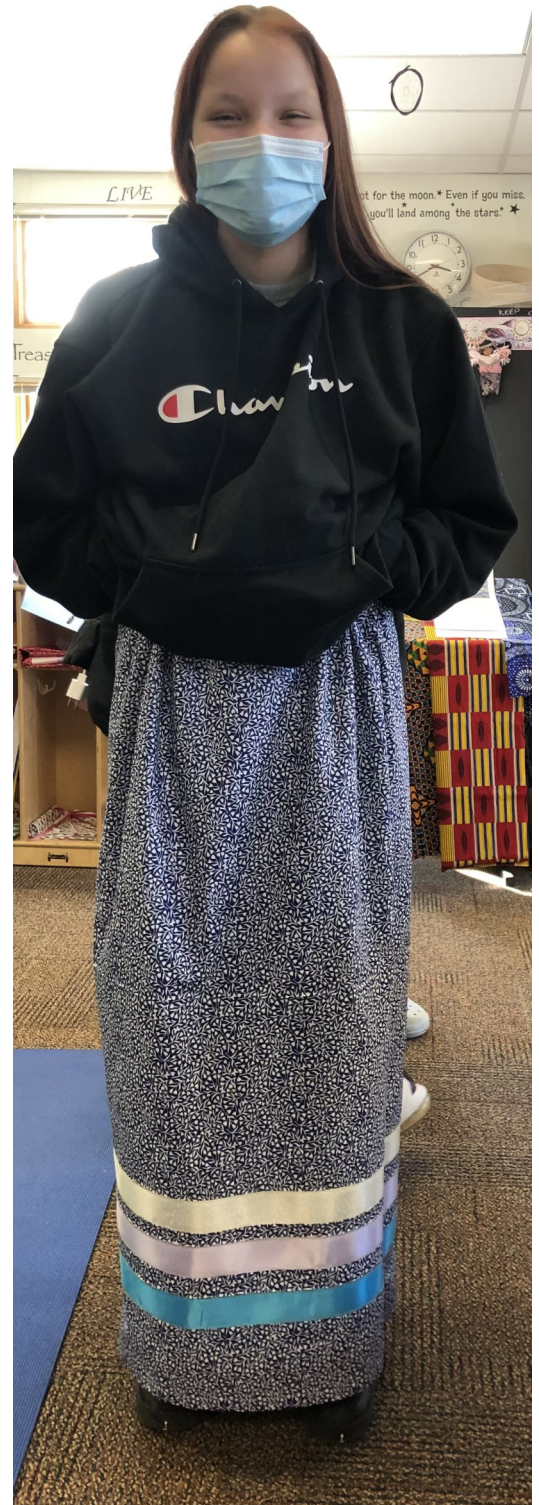
The Onamia Community Education Program's Indigenous Art and Culture Club met on Saturday, February 20th.

(Photos courtesy of Cyndy Rudolph, Onamia Schools Community Education.)

Photo, right, far right and above: Precautions were taken so students could safely continue to work on their indigenous art and culture projects.



Photo, left: Mille Lacs Band Public Health SHIP and Tobacco Grant programs supplied ingredients for healthy meals and snacks. Alternative Learning Center Credit Recovery students also worked in-person on February 20th and joined the Indigenous Art and Culture Club in eating healthily.





Nutrition is the Focus in March

During the month of March, the Academy of Nutrition and Dietetics invites everyone to celebrate National Nutrition Month ® by learning how to make informed food choices and developing healthful eating and physical activity habits. The theme for National Nutrition Month ® 2021 is “*Personalize Your Plate*”.

There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, and backgrounds. Our food choices are also influenced by where we live, our budget, and food preferences. You can personalize your plate by including foods that you prefer from each food group. Fruits, vegetables, grains, proteins, and dairy come in all sizes, shapes, and colors. Including a variety of foods can help you get all of the nutrients that are needed for good health. Healthy eating can be as unique as you!

These tips can help you get started:

1. **Fill half your plate with fruits and veggies.** Get creative with produce by trying an assortment of colors and textures. Fresh, frozen, and canned fruits and vegetables can all be healthy choices. Aim for 5 servings of fruits and vegetables per day.
2. **Experiment with different grains.** Try substituting whole grains for refined grains in recipes. Look for the whole grain symbol on product packages. Examples of whole grains include wild rice, whole grain bread, brown rice, whole wheat pasta, barley, quinoa, and oats. Aim to keep whole grains to a quarter of your plate.
3. **Choose lean protein foods.** Vary your proteins choices to include beans, peas and lentils, and eggs. If you eat meat, choose seafood and lean cuts of meat and poultry. Choose proteins that are baked, grilled, or broiled instead of fried.
4. **Complete your meal with dairy.** Include skim, low-fat or fat-free options like milk, yogurt, buttermilk, and cheese. If you are lactose intolerant, include calcium-fortified soymilk or lactose-free milk.





Celebrate March!

March 1 — Peanut Butter Lovers' Day

March 3 — Caregiver Appreciation Day

March 7 — National Cereal Day

March 10 — Middle Name Pride Day

March 12 — Plant a Flower Day

March 14 — Learn About Butterflies Day

March 18 — Awkward Moments Day

March 20 — World Sparrow Day

March 23 — National Puppy Day

March 26 — Live Long and Prosper Day

March 30—Virtual Vacation Day

March 31 — National Crayon Day

Make-It-Yours Stir-Fry

Stir fry is one of the easiest ways to make a personalized, healthy meal with your choice of grain, protein, and vegetables!

Servings: 4 Servings

Ingredients:

- * 1 ½ cups Grain of Choice (Brown Rice, White Rice, Quinoa, Couscous, etc)
- * 2 Tbsp olive oil
- * 1 pound of Protein of Choice (Chicken, Shrimp, Beef, Tofu, Scrambled Eggs)
- * 16 oz frozen or 4 cups of fresh Vegetables of Choice (Broccoli, Cauliflower, Diced Bell Peppers, Mushrooms, Pea Pods, Baby Corn, Sliced Carrots)
- * Low Sodium Stir Fry Sauce or See Recipe for "Homemade Stir Fry Sauce"

Directions:

- * Cook your grain of choice according to package instructions.
- * In a large pan, heat olive oil on medium-high heat.
- * Cut protein into bite sized pieces. Add to skillet, cooking 8-10 minutes or until thoroughly cooked.
- * Add vegetables to skillet. Cook 5-6 minutes if using frozen vegetables. Cook 8-10 minutes if using fresh vegetables.
- * Cook until vegetables are tender, but still crisp to bite.
- * Divide grains, protein, and vegetables into four bowls.
- * Top with Low Sodium Stir Fry Sauce or Homemade Stir Fry Sauce.

Homemade Stir Fry Sauce

Ingredients:

- * 1/2 cup low sodium soy sauce
- * 3/4 cup low sodium chicken or vegetable broth
- * 1/4 cup honey
- * 2 tablespoon distilled white vinegar
- * 1 teaspoon garlic powder
- * 1 teaspoon ground ginger
- * 2 tablespoon cornstarch

Instructions:

- * In a medium saucepan, whisk together all ingredients.
- * Simmer over medium heat for 5 minutes or until the sauce is thickened.
- * Serve over stir fry vegetables, grain, and protein.

Recipe provided by Jackie Braun, Ne-la-Shing Clinic Diabetes Coordinator.

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Coming up in March!

Hypnosis:

A Tool For Healthy Living



Weight Loss!



Free Public Health Information Workshop Tuesday, March 16, 2021

11:00 to 2:30 P.M.

Grand Casino Hinckley Convention Center

Materials & box lunch provided.

Masks & social distancing required.

Limited to 18 people.

May Also Help With:

♦ **Stress Reduction**

♦ **Healthy Eating**

♦ **Physical Activity**

Registration Required.

*To register or for more information email:
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