



Coordinated School Health

Health

"Healthy Kids, One Step at a Time"

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December Dates To Remember:

- Safe Toys and Gifts Month
- National Hand-washing Awareness Week (7-13)
- World AIDS Day (1st)
- Winter Break Begins (20th)

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Happy Holidays!

Healthier Winter

Cold season is upon us, bringing runny noses, congested chests and achy bodies. What is your best defense? Try to prevent yourself from catching a cold by **washing your hands** frequently, getting enough rest, drinking lots of fluids and staying active. To help you stay healthier this winter, we've put together 6 foods that have cold-fighting vitamins, minerals and amino acids.

Vegetarian Chili – A spicy veggie chili made with onions, garlic, kidney beans and tomato paste not only warms up a cold-afflicted body but also has medicinal properties. Onions and garlic have antiviral effects. Beans have Vitamin B and the spices can actually help clear sinuses!

Clementines – A great source of vitamin C. Although this powerhouse antioxidant can't prevent colds, it can help cut down on its duration and severity. Two clementines actually fulfill your recommended daily allowance of Vitamin C.

Chicken Soup – Not only is the warm broth comforting and soothing, it can help control the production and spread of inflammation and congestion-causing neutrophils (white blood cells).

Tuna Salad – Packed with glutamine, an amino acid that helps step up our immune system's efficiency, tuna salad is a great pick when you're sick.

Ginger Tea with Gingersnaps – Ginger helps relieve congestion and has a soothing, spicy taste. To make your own tea, steep chopped raw ginger in boiling water for about 10 minutes.

Half a Roast Beef Sandwich – Another mineral that can help stop a cold: Zinc. It plays a big role in immune system functioning and has been shown to stop the growth of microorganisms in the body, including some bacteria and viruses (and a virus is what causes colds). Both roast beef and whole grain bread are great sources of zinc; put them together, and you've got a powerful cold-fighting snack.

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Recipe of the Month

Chicken with Rosemary and Dijon

Ingredients:

- 1 whole chicken, about 5 pounds
- salt to taste
- freshly ground black pepper
- 1 tablespoon Dijon mustard
- 3 sprigs of fresh rosemary
- 1/4 cup honey
- 1 lemon, zested, halved and juiced
- 4 cloves garlic, peeled
- 1/2 yellow onion, quartered

Nutrition Facts:

- Calories 341
- Protein 47g
- Total Carbohydrates 24g
- Fiber 2g
- Sugar 18g
- Total Fat 7g
- Saturated Fat 1g
- Monounsaturated Fat 2g

Cooking Instructions:

1. Preheat oven to 375°F. Rinse the chicken under cold water and pat dry with paper towels. Season inside and out with salt and pepper.
2. Place the chicken in a large roasting pan.
3. Roughly chop two sprigs of the rosemary. In a small bowl, mix together Dijon mustard, honey, chopped rosemary, lemon juice and lemon zest.
4. Place the remaining sprig of rosemary, a lemon half, the onion quarters and garlic in the cavity of the bird. Using a pastry brush, coat the outside of the bird with the lemon honey glaze.
5. Place the roasting pan in the oven and baste the chicken every 15 minutes with any remaining glaze. Roast until a thermometer inserted into the thigh reaches 180° and juices run clear, about one hour. Remove and discard the skin. Serve hot or at room temperature.

This recipe serves: 4

Preparation time: 15 minutes

Cooking time: 1 hour

Recipe can be found online at www.foodfit.com

Fun Fact:

Did you know that the White House Christmas tree is more than 42 feet tall and lit with more than 50,000 lights!



Travel Tips

Whenever you travel make sure you bring more than enough medication in case you are delayed or decide to extend your stay. Take along copies of your prescriptions, along with contact information for your doctor or pharmacist. For airplane travel, here are a few additional tips:

- Keep medication in original packaging and make sure the name on the bottle matches the name on your ticket.
- Pack your medication in your carry-on bag in case your luggage is lost. This will also protect against your medication being exposed to extreme temperatures in the baggage compartment.

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E-Wellness

Already fretting over those extra holiday pounds? Coming in January, Anderson County Employees will be able to participate in E-Wellness. The program is free and is designed to promote healthy lifestyles. Stay tuned to the January Newsletter to learn more about this opportunity!