

Healthy Harvest Event

Join us September 12th from 11:00 am – 1:00 pm for healthy snacks and soup prepared by local Chef Adam Dewing.

Walk through fun informative displays, register to win a free crockpot, and receive a farmers' market coupon. There will also be kid activities including vegetable car races and fall smoothie taste tests.



Bring the whole family for a fun filled afternoon!

Childhood Obesity Awareness Month

Childhood obesity puts nearly 1/3 of America's children at risk of type 2 diabetes, high blood pressure, heart disease and even stroke. It is important to promote healthy lifestyles in our everyday lives and throughout the community. This includes schools, workplaces, stores, and homes.

Let's work together to promote physical activity and healthy eating habits for today's youth!



September is Fruit and Veggies More Matters Month!

Work to increase your fruit and vegetable intake to at least **5 servings a day.**

- Have fruits and vegetables as a snack
- Make half your plate fruits and vegetables.
- Make smoothies – try adding spinach for more nutrients
- Don't forget to visit the farmer market on the courthouse grounds on Wednesdays 3:30 to 5:30 pm



3rd Annual Wellness Walk at the Rat River Trail

The Town of Blackwell is hosting their third annual Wellness Walk on October 10th at the Rat River Trail. This year's theme is a poker walk and the best poker hand will receive a grand prize.

Registration for the event will begin at 9:30am at the Blackwell Town Hall with warmup exercises at 10:00am. Please bring a non-perishable food item to be donated to NEWCAP food pantry the day of the event. Hot beef lunch at 11:30am.



All in for Fitness



Harvest of the Month

Acorn Squash

September 7th National Acorn Squash Day!



½ cup serving of acorn squash is...

- 20% of your daily Vitamin C recommendation.
 - Vitamin C promotes a healthy immune and skeletal system.
 - Vitamin C is water soluble. When cooking acorn squash make sure to steam or bake it to prevent loss of Vitamin C in cooking water.
- A good source of soluble fiber.
 - Soluble fiber helps regulate cholesterol and blood glucose.



September is National

EMERGENCY Preparedness Month

Follow these simple steps to help you and your loved ones be prepared in case of an emergency.

- **Be Informed** – Learn what protective measures to take before, during, and after an emergency
 - Know basic protective measures and disaster specific
- **Make a Plan** – prepare, plan and stay informed for emergencies.
 - Evaluate you own personal needs and make an emergency plan that meets those needs
- **Build a kit** – build a kit for disasters to be prepared
 - Collect basic household items you may need in an emergency.
 - Have food, water and other supplies to last you up to 72 hrs.
- **Get involved** – find opportunities to support community preparedness

Visit ready.gov for more information



Family meals provide a valuable opportunity for children and parents to connect. Children and teenagers who eat family meals tend to do better in school, have fewer behavioral problems, and improved communication skills.

Make your family meals more engaging

- Ask open-ended questions so kids can talk
- Turn off technology
- Invite people over for dinner
- Assemble dinner together
- Let kids pick a meal to have on a particular day of the week (or month). Have them be involved in shopping and preparing the meal

November is Diabetes Month



Know the ABCs of Diabetes:

- A** – A1c levels
- B** – Blood pressure
- C** – Cholesterol
- S** - Stop smoking

Managing the ABCs of diabetes can decrease your risk of developing heart or blood vessel disease. If you already have heart disease management can lower your risk of heart attacks or strokes.

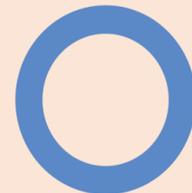
Focus on Fiber

A diet that includes fiber can help prevent type 2 diabetes. Fiber, especially soluble fiber, slows the digestion of sugars helping to control blood sugar levels. Soluble fiber can be found in beans/lentils, nuts, and fruits and vegetables. Try to meet the daily fiber recommendations to help control your blood sugar levels and increase prevention of type 2 diabetes.

Fiber Recommendations

	Age 50 or Younger	Age 51 or Older
Men	38 grams	30 grams
Women	25 grams	21 grams

**Increase fiber intake gradually to avoid abdominal discomfort*



world diabetes day

14 November