

Food for Thought



Health Promotion Newsletter

December 2017

Driving Tips for Safe Holiday Travel



Most families plan a holiday get-together this time of year. Whether you're heading to Grandma's cottage or to a favorite vacation spot to celebrate, these [simple tips](#) will help make your drive a smooth and safe one:

- **Ensure your vehicle is properly maintained.** Give yourself a week prior to the trip to check tire pressure, replace wiper blades, refill windshield washer fluid, test the battery, and have tires aligned and rotated.
- **Make an emergency road kit that includes:** a first aid kit, jumper cables, an ice scraper, sand or traction mats, gloves, hat, warm change of clothes, drinking water and non-perishable snacks, and flashlight.
- **Map your route in advance.** Know how you are going to get to your destination and have an alternative route in mind. Be prepared for busy roads and long gas lines. Leave earlier or later to avoid heavy traffic.
- **Check the weather** to know what kind of conditions you will be driving through, not just the weather at your home and destination. You may be going through mountain passes with heavy snowfall.
- **Secure your valuables.** The holidays are a tempting time for thieves and a vehicle full of items in plain view will attract them. Do not make yourself a target. Keep your valuables and wrapped gifts in the trunk or covered storage area.
- **Keep the kids busy and safe.** Entertain the kids with books, games, DVDs, snacks, or whatever will keep them comfortable and stop them from distracting the driver. Remember to buckle kids in using safety belts, booster seats, or car seats, depending on age and weight. Remind children not to talk to strangers and always accompany them on bathroom breaks.
- **Take a break every two hours or 100 miles.** Adults need to stop too. Breaking up the drive periodically will keep you more alert while you are on the road.

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Lunch 'n Learn

Diabetes Prevention

Please join Worksite Wellness and Lisa Graham RN, BSN, CDE to talk about diabetes, signs and symptoms, and ways to prevent.

December 8, 2017

Norcross Health Center

12:00 PM - 1:00 PM

RSVP

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Handwashing: Clean Hands Save Lives

Handwashing is like a **“do-it-yourself” vaccine** - it involves six simple and effective steps (seen below) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy this holiday season. Regular handwashing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of disease from one person to another. You should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet or changing a diaper
- After blowing your nose, coughing, or sneezing
- After touching an animal
- After touching garbage



Four of the Healthiest Winter Foods

Pomegranates

Pomegranate juice is rich in antioxidants. One cup a day might help to keep free radicals from oxidizing “bad” LDL cholesterol, which contributes to plaque buildup in the arteries.



Dark Leafy Greens

Dark leafy greens such as kale, chard, and collards are rich in vitamins A, C, and K. Collards and mustard greens are also [excellent sources](#) of folate, which lowers the risk for depression.



Citrus

Citrus fruits like Lemons, limes, oranges, and grapefruit contain vitamin C, which boosts the immune system. They also contain flavonoids, which raise “good” HDL cholesterol.



Winter Squash

Butternut, acorn, delicate, and spaghetti squash are all high in vitamins A and C. They also contain vitamins B6 and K, potassium and folate, which all help to reduce high blood pressure and prevent heart disease.



Recipe of the Month



Healthy Breakfast Casserole

Ingredients

- 10 eggs, beaten
- 1 cup unsweetened almond milk
- 1 - 2 cups broccoli, chopped
- 1/2 cup cottage cheese
- 1/2 cup feta cheese
- 1/3 cup onion, chopped
- 1/4 cup chopped parsley
- 2 cloves garlic, minced
- 1/2 tsp. sea salt
- 1/2 tsp. pepper
- 6 slices whole wheat bread, chopped into cubes

Method

1. Combine all ingredients except bread in a large bowl. Toss to combine
2. Add bread cubes into a lightly greased 9x13 rectangular baking dish.
3. Pour the egg mixture over the bread. Cover and refrigerate at least 1-2 hours or overnight.
4. Remove casserole from the fridge 30 mins before baking. Preheat oven to 350°.
5. Bake 50 mins, or until the middle of the casserole is no longer jiggly. Let cool before serving.