

MSAD 59's Wellness Corner



October 2023 Healthy Celebrations



The policy says:

"The District encourages: Nutritious foods to be served at classroom parties, celebrations and school sponsored events (including booster clubs) and unhealthy choices will be limited. Parents to provide daily healthy snacks from home and food for classroom parties or events."

Did you know:

"Free/reduced lunch forms can be filled out any time there is an income change. Not just at the beginning of the school year. Having these forms filled out accurately from all parents (regardless of need) helps school nutrition program feed more kids and receive more funding."



**Join Move More Kids & Skowhegan Outdoors
for a day trip to Acadia National Park.
Explore some of Maine's best hiking trails
through peak foliage. Free Lunch is provided.**

**Saturday, October 14, 2023
8:00 AM - 4:00 PM**



Free Transportation:

**Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan**



Find us on Facebook to Register



The month of October produce is a Core Fruit: APPLE

Oatmeal with Apples

Ingredients:

- 1 3/4 cups **Apple** Juice
- 1 cup Quick-cooking Oats
- 1 **Apple** Large, seedless, cut into small chunks
- 1/2 teaspoon Cinnamon Ground
- 1/8 teaspoon Salt optional

Instructions:

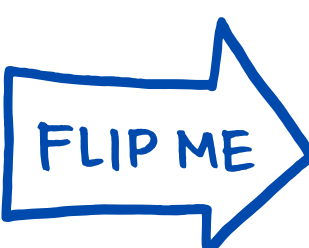
- In a medium-sized microwave mixing bowl, mix all the ingredients.
- Place the container without lid in the microwave oven and cook at high temperature for approximately 2 minutes.
- Stir and let it cool for 1 minute before serving.



Nutrition Facts	
Serving Size 0.75 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 157	
	% Daily Value*
Total Fat 1 g	1%
Sodium 78 mg	3%
Total Carbohydrate 34 g	12%
Dietary Fiber 4 g	14%
Protein 3 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



**Prevention
Efforts
Supported By
The Maine CDC**



TOBACCO AND SUBSTANCE USE PREVENTION

OCTOBER 2023

GRODY TO THE MAX!

It's no shocker that teenage brains are still growing.

Substance use during those important years can have a negative impact on development.

Learn more about talking to your kids about substances at:

[TimesHaveChanged.com](https://www.timeshavechanged.com)



Times
**HAVE
CHANGED**

VAPING IS *GRODY TO THE MAX.*
TALK TO YOUR KIDS.

 healthy
communities
OF THE CAPITAL AREA

 **Somerset**
Public Health

IT'S NEVER SAFE TO DRINK AND DRIVE

Drivers should be extra cautious on Halloween, as more pedestrians are out at night on the hunt for candy and more drivers are heading to and from parties.

No one should mix drinking and driving, and no one is immune to the effects of drunk driving.

Remember: It's never safe to drink and drive.



SAFE STORAGE SUPER HERO!

What do YOU have planned for Halloween this year? 🎃

Help keep the holiday fun and safe by keeping **medications** out of reach. **Cannabis** should also be stored safely to help avoid accidental ingestion.

Remember, if kids can reach it, they can eat it.

Featuring updates from Tobacco and Substance Use Prevention grants
Prevention efforts supported by the Maine CDC

