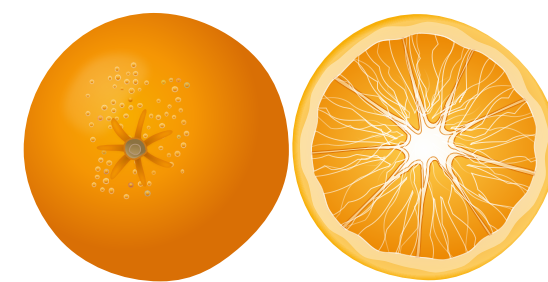




MSAD 59's Wellness Corner

February 2022

Limit Unhealthy Choices



Your voice matters regarding food insecurity in Somerset County



Please take a few minutes to complete this survey before the end of the day Friday, January 28, 2022. We are looking for ways to make utilizing a food pantry work for all. If you or someone you know uses a food pantry please take a minute to fill out this survey Use the survey link below or the QR Code to complete the survey. Thank you!



<https://www.surveymonkey.com/r/6586T9Z>

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."

Did you know:

Over 20,000 meals were served last Summer to area youth in Somerset County as part of the Summer Food Program.



Move More Kids Program Physical Activity Opportunities For MSAD 59

Cross Country Ski Meetup

Sunday, February 20th, 9:00 AM - 11:00 AM

Lakewood Golf Course, 803 Lakewood Road, Madison

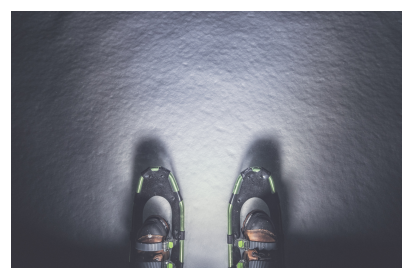
Please register, Limit 15 participants



Snowshoe Headlamp Hike

Wednesday, February 23rd, 6:30 PM - 8:30 PM

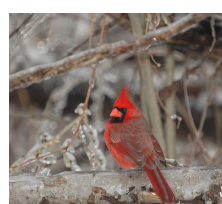
Coburn Woods, Russell Road, Skowhegan



The Nature of Winter Birding

Friday, February 25th, 9:30 AM - 11:30 AM

Lake George Regional Park East, 10 Main Street, Canaan



The month of February

produce is Citrus Fruit: Orange

Chicken Salad with Peanut Dressing

Ingredients:

Salad:

- 4 bone-in chicken thighs, about 1 ½ pounds
- 1 medium head romaine lettuce
- 1 medium red bell pepper
- 1 small apple
- 8 snow peas
- **1 (10-ounce) can mandarin oranges, packed in juice**



Dressing:

- 2 Tablespoons peanut butter
- 2 Tablespoons canola oil
- 2 teaspoons reduced-sodium soy sauce
- 2 teaspoons distilled white vinegar

Instructions:

- Remove skin and trim excess fat from chicken. In a large pot over high heat, add chicken and cover with water. Bring to a simmer. Cook until a food thermometer inserted in the thickest part of a thigh without touching the bone reads 165 degrees F, about 10 minutes. Transfer to a plate and let cool. While the chicken cooks and cools, prepare the rest of the salad.
- Rinse lettuce. Pat dry. Tear into bite-sized pieces.
- Rinse bell pepper. Remove core and seeds. Cut into bite-sized pieces.
- Rinse apples. Cut into thin slices. Then, cut slices into matchsticks.
- Rinse snow peas. Slice thinly on the diagonal.
- Drain mandarin oranges, reserving juice.
- In a large bowl, add peanut butter, oil, soy sauce, vinegar, and 1 Tablespoon reserved mandarin orange juice. Mix until well blended.
- When the chicken is cool, shred with two forks.
- Add lettuce, bell pepper, apple, snow peas, drained mandarin oranges and chicken to bowl with dressing. Toss to coat. If using almonds, sprinkle on top of salad now

SUBSTANCE USE PREVENTION

FEBRUARY 2022

ANSWERING QUESTIONS ABOUT ALCOHOL

As your child becomes curious about alcohol and other drugs, he or she may turn to you for answers and advice. Because some questions can be difficult to answer, it is important to be prepared.

“Why do you drink?”

Don't let your past stop you from talking to your child about underage drinking. If you drank as a teenager, be honest. Acknowledge that it was risky. Make sure to emphasize that we now know even more about the risks to children who drink underage.

Consider telling your children relatable stories about making smart decisions when it comes to alcohol. These could be stories that show the consequences of engaging in risky behavior.

MOST
parents in
Somerset
County
say underage
drinking is
NEVER
okay*

#GivingMyBest

 **Somerset**
Public Health
*2017 Maine Parent Survey

 **HealthySV**
Creating Healthy Communities

 **Kennebec**
BEHAVIORAL HEALTH

Show us how you're giving your best
f @SomersetPublicHealth

For more information: <https://www.samhsa.gov/talk-they-hear-you/parent-resources/answering-your-childs-tough-questions>

Self-Care is Not Selfish

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. When it comes to your mental health, self-care can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

Here are some ways you can practice self-care:

- Get regular exercise
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay connected

Self-care looks different for everyone, and it is important to find what you need and enjoy.

For more information: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>



FLIP ME