

MSAD 54's Wellness Corner



November 2022

Sugar Sweetened Beverages



The policy says:

"The District encourages healthy fundraisers as alternatives to fundraising that involve selling food items of limited nutritional value, such as candy, cupcakes, or sugary beverages."

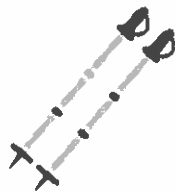


Join Move More Kids & Skowhegan Outdoor for our second Somerset Outing. A late season hike at the Kennebec Highland Trails for great views of the Belgrade Lakes!

Saturday, November 5, 2022, 8:00 AM - 4:00 PM

Free Transportation at these locations:

- ~ Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan
- ~ Madison Municipal Parking Lot
189 Main Street, Madison
- ~ Carrabec High School
160 N. Main Street, North Anson
- ~ Moscow Elementary School
125 Canada Road, Moscow
- ~ Athens Community School
8 Fox Hill Road, Athens



Find us on Facebook to Register



The month of November produce is a flower vegetable:
Cauliflower

Sauteed Cauliflower Rice

Prep time: 15 minutes

Cook time: 10 minutes

Makes: 4 cups



Ingredients:

- 1 Tablespoon vegetable oil
- 1/2 cup diced onion
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 1 medium **cauliflower**, grated or finely chopped (4 to 5 cups)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Tablespoon lemon juice or lime juice (optional)
- 2 Tablespoons chopped fresh parsley or cilantro (optional)

Directions:

- Wash hands with soap and water.
- Heat oil in a large skillet or saucepan on medium heat. Add onion and cook until soft, 3 to 5 minutes.
- Add garlic, **cauliflower**, salt and pepper. Stir until the **cauliflower** is tender, 3 to 5 minutes.
- Stir in lemon juice and sprinkle with parsley, if desired.
- Serve warm.
- Refrigerate leftovers within 2 hours.

Tips:

- Use it as a side dish or as a base for stir-fries, chili or anything you might eat with rice.
- Add any sautéed or roasted vegetables.
- Top with grated or crumbled cheese.
- Freeze extra lemon or lime juice to use later.

| Nutrition Facts | |
|------------------------------|-----------|
| 6 servings per container | |
| Serving size 2/3 cup (116g) | |
| Amount per Serving | |
| Calories | 50 |
| % Daily Value* | |
| Total Fat 2.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 220mg | 10% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber 2g | 7% |
| Total Sugars 2g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 26mg | 2% |
| Iron 0mg | 0% |
| Potassium 316mg | 6% |
| Vitamin A 0mcg | 0% |
| Vitamin C 48mg | 54% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

SUBSTANCE USE PREVENTION

NOVEMBER 2022

A SAFE AND SOBER THANKSGIVING



This Thanksgiving Eve, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming up with Somerset Public Health to make sure you make it to the Thanksgiving table.

With the Thanksgiving holiday kicking off a very merry time of year, it's essential to take some time to remember that Buzzed Driving Is Drunk Driving.

Celebrate with a Plan:

- Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or call a sober friend to get home safely.

- If you see a drunk driver on the road, contact local law enforcement.
- Do you have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.



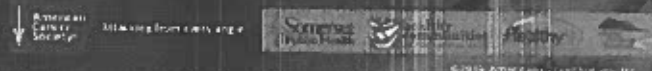
Pathways to Recovery reminds you that opioids can harm you (even prescription medications). These tips can help keep folks alive and well:

- Don't use alone
- Have Narcan available

**YOU DON'T
HAVE TO STOP
SMOKING
IN ONE DAY.
START WITH
DAY ONE.**

Getting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout® event on November 17 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout or call 1-800-227-2345.



For more info: <https://www.nhtsa.gov/>

GREAT AMERICAN SMOKEOUT

Somerset Public Health loves a quitter and is encouraging our community to commit or recommit to healthy, smoke-free lives by participating in the American Cancer Society's 47th Great American Smokeout® event on November 17, 2022.

"The most important thing smokers can do to improve their health is to quit smoking cigarettes and other forms of tobacco," said Matt L'Italien, Director of Somerset Public Health. "Take this opportunity to encourage the smokers you care about to quit for good. Every try brings a smoker closer to long term success." Use 1-800-QUIT-NOW or MaineQuitLink.com

**The world is
full of kind
people...
If you can't
find one, be
one.**



**November 13 is
World
Kindness
Day**

Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention Services,
Pathways to Recovery, and Patient Navigator

