



Fruits and Vegetables Matter

Studies show that people who eat lots of fruits and vegetables may have a lower risk for some cancers than people who eat few of these foods. Fruits and vegetables are low in calories and fat, and high in vitamins, minerals and fiber.



Adult servings of fruits and vegetables include:

- 1 medium piece of fruit
- 3/4 cup 100 percent fruit juice
- 1/4 cup dried fruit
- 1/2 cup canned fruit
- 1/2 cup raw or cooked vegetables
- 1 cup raw leafy vegetables, such as lettuce or spinach

Serving sizes for children are 1/4 cup for one-year-olds, 1/3 cup for two- to three-year-olds, and 1/2 cup for four-year-olds and over. Children one to six years of age should limit juice (100 percent juice) to no more than four to six ounces a day.

The American Heart Association daily suggested amounts of fruits and vegetables for children:

- 1 year of age = 1 cup fruits and 3/4 cup vegetables daily.
- 2 to 3 years of age = 1 cup fruits and 1 cup vegetables daily.
- 4 to 8 years of age = 1-1/2 cups

fruits for females and males; 1 cup vegetables for females, 1-1/2 cups vegetables for males.

Eating five or more servings of fruits and vegetables daily is an easy way to improve health. To eat more fruits and vegetables:

- Top cereal with fruit, such as banana or peach slices.
- Add fruit to yogurt, pancakes or waffles.
- Serve snacks such as dried apples, applesauce, carrot sticks, bananas, raisins, cherry tomatoes or grapes instead of chips and pop.
- Keep fruit in a bowl on the kitchen table.
- Store serving sizes of fruits and vegetables in the refrigerator where they are easy to reach.
- Serve fruit for dessert.
- Add microwaved or steamed vegetables to a quick dinner.

Most adults don't eat enough fruits and vegetables each day. Children learn by watching adults. It's hard for children to choose grapes over chips, if they aren't available in their home.

A government website: www.fruitsandveggiesmatter.gov has tips, recipes and information on how to include more fruits and vegetables in your diet.

Sunshine Carrots



What You Need:

- 1/2 pound carrots
- 1 tablespoon margarine, melted
- 2 tablespoons orange juice
- 1 tablespoon brown sugar

How To Fix:

1. Peel carrots. Slice into strips 1/4-inch thick and 3-inches long. Place carrots in small baking dish.
2. Mix orange juice, sugar and melted margarine. Pour over carrots.
3. Cover loosely with foil. Bake 20 minutes at 375° F. Remove foil. Stir. Bake 15 minutes more, until tender. Serves 4. (67 calories and 3 grams fat per serving).

Newborns

Newborns tend to sleep curled up as they were inside the womb. This curled up position may continue for weeks. Loud, sharp noises often cause newborns to have a startle reflex. Both arms and legs extend and then regain the flexed position right away.



During the first weeks, newborns may only wake for brief feeding periods.

At first, a baby's head appears to be too large for his body. On top of the head, at a point where the rounded corners of the skull bones fail to meet, is a gap known as the soft spot. The soft spot slowly gets smaller and closes by the time a child is around 18 months old.

Many babies are born with lots of dark hair. Most of the newborn hair will fall out by the end of the first year when new hair begins to grow. In the first days of life some newborns have enlarged breasts. This is caused by hormones in the mother that are made to stimulate her breasts.

Soon after birth the umbilical cord is cut very short and clamped. At first the cord is clear and jelly-like, but it will dry and fall off in a few weeks. When the cord separates there will be a small amount of bleeding. Keep this area dry and clean.

Fingernails and toenails are fully formed at birth. Trim them carefully to prevent scratching the face.

Food and Tooth Decay

Sticky candy (such as jelly beans and caramels) have long been blamed for causing tooth decay. But starchy foods (such as cookies, crackers and potato chips) also cause tooth decay. Some starchy foods may even stick to a tooth's surface longer than sticky candy. Because candy dissolves faster.



To prevent tooth decay, children and adults need to brush and floss after eating sticky and starchy foods. Brush teeth using small circular motions and up and down strokes. Use only a small dab of fluoride toothpaste. Remind children not to swallow fluoride toothpaste. It is not candy.

West Nile Virus

West Nile virus is carried by the mosquito and has resulted in severe illnesses and deaths. The peak season for the virus is spring to late August. West Nile virus causes an illness which can include encephalitis—a swelling of the brain.

Common symptoms of West Nile virus are: fever, headache, body ache, skin rash and swollen lymph glands. Most people recover fully from the virus. The risk of developing West Nile virus after being bitten by an infected mosquito is less than 1 percent. There is no treatment for the virus and no vaccine. To reduce the spread of West Nile virus, use insect repellent when outdoors. Avoid standing water around your home where mosquitoes can breed.

Thumb Sucking

Sucking is one of the most basic means babies have to comfort



themselves. Sucking soothes babies when they aren't hungry. Many babies suck their thumbs before they are born. Other babies suck on their fists until they find their thumbs or fingers. It's okay to help babies find their fist or thumb by guiding a hand to their mouth.

Some babies need to suck more than others, even the breast or bottle doesn't satisfy them. The need to suck is most intense between two and four months of age. Between six and 12 months, babies usually add another comfort item to thumb sucking. Common comfort items may be a soft toy, diaper or blanket. When a child's special item is with him, he feels better when a parent is out of sight.

Most children quit thumb sucking between the ages of two and four. By age five, thumb sucking can cause dental problems. If your child is over the age of five and still sucking a thumb, ask your dentist for tips on stopping. Most children suck their thumbs when they are tired, upset or want comfort. When children are rested and still sucking their thumbs, most often they would rather be comforted by a parent.

Community Resource Spotlight

Hope Southern Indiana

Our Mission - Hope Southern Indiana, with the support of the faith - based community, empowers and supports individuals and families toward stability.

Brown- Starks Neighborhood Place
1200 Bono Road
New Albany, Indiana 47150
Phone# 812-948-9248
Website www.hopesi.org

Hours of Operation
Monday 9am – 7pm
Tuesday – Friday 9 am – 3:30 pm
Saturday and Sunday Closed

Programs of Hope

Family & Emergency Services

Individuals and families in crisis receive financial assistance

Food Pantry: Families may visit once a month for full service & once a week for bread and produce

*Homeless can come daily for a one day supply of food.

Eviction & Utility Disconnection Prevention: Financial assistance & resources to avoid eviction and disconnection.

Clothe A Teen: \$100 in new school clothing students who are enrolled & referred through school counselors or social services case workers in Floyd County.

Pack the Bus Collaboration: Provides K-12 students in the NAFC school system who are Free Lunch eligible with a new backpack and/or basic school supplies through a collaboration of 40 area partners.

Spirit of the Season: Holiday specific programming designed to serve low income families Thanksgiving & Christmas food with gifts for children 18 and younger.

Snack Attack Café Partnership: Snacks/meals with a craft & activity are provided during out of school time at 4-5 different locations in New Albany 5 days each week through a partnership with NAHA, NA-FC Parks, Salvation Army, Dare to Care and Hope SI.

Youth Development Services: Esteem Makeover Bootcamp is a bootcamp for middle and highschool girls that needs a boost in thier self-esteem and self worth.

Self-Sufficiency: Hope SI believes that every family deserves to be self-sufficient. Holistic Hardware classes are offered several times during the year. This is an incentive based program for those individuals whom are making a decision to change.

Veteran's Collaborative Services: Hope SI works with Texas Roadhouse to provide a luncheon for Veterans once a month. This is a collaboration with Liberty Place, we are bringing in speakers and resources to support our Veterans. We also have Veteran Funding to assist with transitional housing, etc.

Programs of Hope

Retired and Senior Volunteer Program (RSVP):

Our (5 county) RSVP program creates meaningful opportunities for retired and senior adults to volunteer and provides help to the nonprofit agencies and healthcare institutions that need it.

Dial-A-Care: Volunteers make daily calls to homebound, frail, elderly or disabled individuals, checking on their well-being and safety and providing needed socialization.

Sew-lutions: Volunteers use donated goods to sew and craft needed items for a wide variety of people in our region and abroad.

Ramps to Freedom: Volunteers donate their knowledge, skill and labor to build ramps for those with mobility issues who cannot afford to hire contractors to build the needed ramps.

Home Helpers: make small repairs on the homes of low-income seniors.

Henry the Hand: presentations to elementary school children in a creative way to teach school children how to prevent illness by proper and frequent hand-washing.



Call or Visit their website for more information
for a need for service or volunteer.



Your Daily Workout

February
Exercise Partner

Exercise partners help with accountability and goal setting. A partner helps to reduce stress levels and keep exercise interesting. Research has shown that partners help increase your weight loss efforts and even help you live longer.



SPINACH

SPINACH IS AN EXCELLENT SOURCE OF VITAMIN C, BETA CAROTENE, FOLATE, VITAMIN B6, VITAMIN E, MAGNESIUM AND POTASSIUM. SPINACH ALSO CONTAINS A SUBSTANCE BELONGING TO THE CAROTENOID FAMILY, CALLED ZEAXANTHIN WHICH IS VALUABLE FOR KEEPING EYES HEALTHY.

Adobe Spark



WILTED SPINACH SALAD

- 1 1/2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
 - 1 TABLESPOON WHITE WINE VINEGAR
 - 1/2 TEASPOON DIJON MUSTARD
 - 1/4 TEASPOON FRESHLY GROUND BLACK PEPPER
 - 1/8 TEASPOON SALT
 - 1/4 CUP SLICED RED ONION
 - 3 GARLIC CLOVES, THINLY SLICED
 - 1 (9-OUNCE) PACKAGE FRESH SPINACH
- PREPARATION**

1. COMBINE THE FIRST 5 INGREDIENTS IN A LARGE BOWL, STIRRING WELL WITH A WHISK. HEAT VINAIGRETTE IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD ONION AND GARLIC; SAUTÉ 2 MINUTES. GRADUALLY ADD SPINACH; TOSS UNTIL WILTED.

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FEBRUARY : BREAKING UP WITH CHEW

**LOVE YOURSELF. BE EDUCATED.
TOBACCO IS DANGEROUS!**

Through with Chew Week is an annual effort to educate people about the harmful effects of smokeless tobacco (chew, dip, snus). Chew contains at least 28 chemicals that are found to cause cancer in the mouth, esophagus and pancreas. It can also cause heart disease, and precancerous mouth sores. Chew products on average deliver a higher dose of nicotine than cigarettes making it more habit forming. Kick off Valentine's Day by loving yourself and others and say goodbye to tobacco! For more information, visit

WWW.CADCA.ORG/RESOURCES/PARTICIPATE-THROUGH-CHEW-WEEK

or call

1-800-QUITNOW to speak with a trained quit coach today.



ORAL HEALTH

Tips for Families from the National Center on Early Childhood Health and Wellness

You Can Promote Good Oral Health By:

- Knowing how to make sure you and your family have healthy mouths and teeth
- Helping your children learn good mouth and teeth habits

Why Is It Important?

When Children Have a Healthy Mouth, They:

- Can speak clearly
- Can eat healthy foods
- Feel good about themselves

Having a Healthy Mouth Also Means:

- Healthy growth and development
- Being able to focus and learn
- A pain-free mouth
- Lower dental care costs for your family



Things You Can Do to Help Your Child

- Brush your child's teeth with fluoride toothpaste twice a day.
- If your child is younger than 3 years, brush with a smear of fluoride toothpaste.
- If your child is age 3 to 6 years, brush with a pea-size amount of fluoride toothpaste.
- Young children will want to brush their own teeth, but they need help until their hand skills are better. Brush children's teeth or help children brush their teeth until they are about 7 or 8 years old.
- Be a role model for oral health! Brush your teeth with fluoride toothpaste twice a day (in the morning and at bedtime) and floss once a day.
- Serve healthy meals and snacks like fruits, vegetables, low-fat milk and milk products, whole-grain products, meat, fish, chicken, eggs, and beans.
- Limit the number of snacks your child has in a day.
- Do not give your child food for rewards.
- Take your child to the dentist for a check up by her first birthday and keep taking her.
- If your child has not gone to the dentist take him.
- Ask your dentist what you can do to keep your mouth and your child's mouth healthy.
- Make sure to go to the dentist as often as your dentist would like you to go.
- Let your child care, Early Head Start, or Head Start program know if you need help or have questions about oral health.



ADMINISTRATION FOR
CHILDREN & FAMILIES



NATIONAL CENTER ON
Early Childhood Health and Wellness