



September 2017

Welcome to ***Healthy Carroll Families*** for Fall 2017. ***Healthy Carroll Families*** is our electronic media campaign designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- ***Your kids are back in sports, now what?*** – helpful tips on how to stay on top of your exercise routine when sports practices take over your free time,
- ***On-the-Go Nutrition*** – when feeding your child on the go, here are a few helpful tips on how to keep their diet jam-packed with essential nutrients,
- ***Chewy Granola*** – enjoy a delicious, energy packed snack you can take on the go.
- ***Hit the Mark with a Yearly Flu Shot-*** Make a plan now to receive your yearly flu shot after October 1.

Each page contains information from materials such as booklets and flyers from trusted local and national organizations to help promote life-long wellness.

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody!

These materials can also be downloaded from our web site: HealthyCarroll.org.

Please call or email me any feedback, suggestions, or questions you may have about ***Healthy Carroll Families***. I look forward to hearing from you.

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YOUR KIDS ARE BACK IN SPORTS. NOW WHAT?

Ah, the sweet sound of silence during your day. That's when you know the school year has officially begun! Along with the start of school come after-school sports, meetings, and other activities. If you're like a majority of parents, you're running home from work, grabbing your kids, and racing to make it to the next practice or after-school meeting on time.

Here are a few tips on how to get a little "me time" in while sitting at sports practice or games with your kids.

Take advantage of your resources.

Is your child's practice on a field with a track? Are there bleachers nearby or an open walking path? Scope out the location and make a plan of how you can use your surroundings to your advantage. Plan a 30 minute walk/run, use the bleachers as an interval tool (sprint up, walk down), or practice those lunges or squats using a step.

Plan ahead.

Plan ahead to battle the urge to skip out on your workout. Pack clothes and shoes in the trunk of your car and yes, you guessed it, leave them there! Yes, leave your exercise bag, accessories, headphones, and everything you could possibly need in your trunk. No excuses for forgetting to pack them. Also, pack a few extra snacks in your car. A simple piece of fruit or handful of nuts will give you that extra boost of energy you need to get moving.

Set a schedule and stick to it.

Haven't worked out in a while? No need to jump into a routine full blast! Start by adding into your calendar 2 days a week to exercise. Maybe a 20 minute walk and a few assisted pushups, 30 minute jog with 2 sets of lunges, or simply a nice YouTube yoga sessions by your car. Starting with a schedule you can stick to is extremely important.

If you don't find yourself at sporting events, there are still a lot of fun and beneficial activities that you can try while outside in the beautiful fall weather. Enjoy a walk or take a hike at one of Carroll's many parks or recreation areas. You could also plant some fall shrubs or flowers, or it may be time to ready your garden for winter. Even when the weather is getting cooler, don't forget to take time for yourself to boost your health and well-being.



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A family approach to healthy weight

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On-the-Go Nutrition

Cereal and granola bars are often used by busy parents and kids for a quick, portable snack. With so many different bars to choose from, it can be hard to figure out which ones fit into a healthy eating style. Read the “Nutrition Facts” on the label to compare bars and pick the best ones.

Facts to Consider

Calories: Think about your child’s activity level when choosing a bar. A healthy snack for an average kid should be around 200 calories.

Fat: Fat is needed for growth, but pay attention to the type of fat. Aim for no more than 2 grams of saturated fat. Coconut, palm and palm kernel oils are saturated fats. Also, aim for 0 grams of trans fats. Partially hydrogenated oils are trans fats, which should be avoided.

Dietary Fiber: Children’s fiber needs differ by age. A reasonable amount of fiber is 3 grams/serving.

Sugars: Less is best. One teaspoon of sugar is equal to 4 grams.

Protein: Most children eat enough protein. It is an added bonus, but more does not always make it a better bar.

Read the Ingredients! Enriched wheat flour is not the same as *whole grain* wheat flour. Choose bars made with whole grains such as whole oats, whole wheat or whole brown rice. Ingredients like chocolate chips, candies, marshmallow, and chocolate or yogurt coating mean more sugar. Honey or maple syrup may be more “natural”, but from a nutritional standpoint they are the same as table sugar. The word “natural” on the label has no set definition and doesn’t mean the food is more nutritious.

REMEMBER: Keep a variety of healthy snack foods on hand like fresh or dried fruits, fruit cups, cut-up vegetables, nuts, trail mix, whole grain crackers and cereals, and jerky. Snacks that meet good nutrition standards can be purchased in all Carroll County Public Schools’ cafeterias during lunch.



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Chewy Granola Bars

Ingredients:

2 cups quick cooking oats	$\frac{3}{4}$ cup pancake syrup
2 cups crispy rice cereal	$\frac{1}{2}$ cup peanut butter
20 mini pretzels, crushed	1 teaspoon vanilla extract

Instructions:

Mix the first three ingredients in a large bowl.
Pour pancake syrup into a bowl and heat in the microwave for 1 minute.
Stir in peanut butter until combined. Microwave for 1 minute more.
Stir in vanilla.
Pour syrup mixture over oat mixture, stir until completely coated.
Spray a 9"x13" pan with cooking spray and pour into pan.
Press mixture firmly into the pan using wax paper or the back of a spoon.
Allow mixture to cool completely to room temperature, cut into bars.

Tips: Add in $\frac{1}{2}$ cup dried fruit or nuts to fit your taste.

Bake in a 300° oven for 20 minutes for a crunchier granola bar.

Nutrition Facts/serving: Serves 24; Calories 100; Total Fat 3.5 grams;
Saturated Fat .5 grams; Trans Fat 0 grams; Sugars 3 grams; Dietary Fiber 1 gram; Protein 2 grams

Source: Iowa State University Extension, Spend Smart, Eat Smart

<https://spendsmart.extension.iastate.edu/recipe>

Hit the Mark with a Yearly Flu Shot



**Get the flu shot ...
but wait until after October 1!**

The flu is a contagious illness caused by flu viruses that infect the nose, throat, and lungs. EVERYONE is at risk for getting the flu!

- The best way to prevent the flu is to get a flu vaccine each year. The flu season can last into the spring, so getting your flu shot in October gives you the best protection for the whole season.
- Ask for the quadrivalent vaccine, which protects against an additional strain of the flu compared to the trivalent.
- **EVERYONE** needs to be vaccinated – to protect themselves, as well as their loved ones, coworkers and those around them!
- The flu can cause serious health problems especially in children younger than age 2, adults 65 and older, and adults and children who already have health conditions.
- Handwashing is extremely important! Wash your hands often with soap and water. If you don't have soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Make your plan **NOW** to protect yourself and others! Talk to your health care provider for more information and guidance.

For resources and more information, visit the
Carroll County Health Department website at
cchd.maryland.gov/flu and Carroll Hospital's website at
CarrollHospitalCenter.org/seasonal-flu



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