

Spring 2021

Healthy Carroll Families



In this Issue:

- **National Nutrition Month**
- **Shape up for Spring**
- **Spring Cleaning for your Mental Health**
- **National Gardening Month**
- **Spring Detox Smoothie**



Welcome to Healthy Carroll Families for Spring 2021. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family- based approach to healthy living. We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our website, **HealthyCarroll.org**.

Please call or email The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families.

We look forward to hearing from you.

ThePartnership@healthycarroll.org
410-871-7645



March is National Nutrition Month! This annual campaign is created by the Academy of Nutrition and Dietetics to inform and motivate everyone to make healthy food choices.

Why is nutrition so important?

Having a healthy diet is key to good physical and mental health. The food choices you make affect not only how you feel and the amount of energy you have throughout the day, but also how your body works. Nutrients help your body grow, repair and build muscle, which is why it is so important that both children and adults eat healthy!

In today's world, many of us are constantly on the go. It can be hard to whip up a healthy meal that won't take a ton of thought and preparation. Luckily, Eatright.org has several quick and healthy meal options your family can enjoy:



ROTISSERIE CHICKEN, FROZEN MASHED POTATOES AND PEAS.

Flash frozen within hours of harvesting, some frozen vegetables have more nutrients than fresh, not to mention they can be ready within minutes. In addition to peas, you can also add in edamame, carrots, corn, chopped spinach and even mashed potatoes. Be sure to buy the veggies without the sauce and add in some olive oil for a heart-healthy alternative.

VEGGIE BURGERS AND CUCUMBER SALAD.

Veggie burgers and whole-wheat buns are great staples to keep on hand. Serve with sliced cucumbers and your favorite vinaigrette to add some extra greens. *Fact! Cucumbers are about 95% water and are low in calories, but high in important vitamins and minerals.

GRILLED CHICKEN CAESAR SALAD WITH FRENCH BREAD.

Slice up store-bought grilled chicken breasts and toss with hearts of romaine and light Caesar dressing. If you have a few extra minutes, bake a loaf of frozen whole-wheat dinner rolls or French bread. This meal is the perfect balance of protein, veggies and whole-grains, not to mention it takes no time at all!

Sources: https://www.eatright.org/food/nutrition/eating-as-a-family/fake-a-homemade-dinner?utm_source=Social_Toolkit&utm_medium=PDF&utm_campaign=2021Q1: <https://www.kidney.org/atoz/content/nutritionwyska>

SHAPE UP FOR SPRING



Longer days and warmer weather provide the perfect environment to “Shape Up” your Spring fitness routine! The tips and tricks listed below help us better understand what we can do to not only prepare, but also follow through and maintain our new fitness routines:

- **Get a Physical-** Checking in with your body yearly is a great way to find out what your goals should be and what your limitations are.
- **Know your “Why”-** It is so important to identify the reason you want to get fit. Do you want to have more energy throughout the day? Lose weight? Whatever your “why”, know that this step will help you power through the toughest of workouts and push to do it again the next day.
- **Find a Way to Be Active Every Day-** Find physical activity you genuinely love to do! This will motivate you to make physical activity a habit, not just a “once in a while” thing.
- **Set a Realistic Schedule-** Spring weather can be tricky. One day it’s sunny and warm, the next it’s chilly and rainy. While you may not be able to get in an hour of outdoor exercise every day of the week, make sure you plan for some home workouts and other options as well.
- **Cleanse your Kitchen-** Clear out all of the unhealthy winter treats you may have stashed away and replace them with real, whole foods like fruits and vegetables, whole grains and clean protein sources.

Sources: <https://www.today.com/health/shape-spring-7-simple-tips-t17951>; <https://cdymca.org/8-tips-for-spring-fitness/>

SPRING CLEANING FOR YOUR MENTAL HEALTH

Did you know May is Mental Health Awareness Month? Now more than ever we are seeing how important and prevalent mental health is in our own lives, as well as our communities. The pandemic has had a major effect on our lives for not only adults, but children as well.

May is a time to raise awareness of those living with mental or behavioral health issues, as well as help reduce the stigma related to mental and behavioral health so many people experience. It is also a time to share resources and strategies that will help those who are struggling, cope. Below are a few tips we can all use to declutter our brain and refresh our mental health from what was an extremely tough year:

- **Practice Mindfulness-** Take five minutes of quiet time to focus on your breathing. Need help starting? Check out this link for some helpful phone apps: <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>
- **Move your Body-** Movement and physical activity will help to relieve stress, boost your mood and improve your overall health.
- **Start Journaling-** Writing down your thoughts and worries can help release them from your mind.
- **Practice Gratitude -** Studies show being grateful can help increase our positive thoughts and attitudes. Try setting aside some time every day to make a small gratitude list, or take a few minutes to mentally check off all your blessings.
- **Build Positive Relationships-** Consider dedicating more of your time to positive relationships versus those that may weigh you down.
- **Remove Negative Thoughts & Change your Perspective-** Try to consciously push negative thoughts out and refocus on something positive instead. Look more to moments of progress and joy versus the imperfect.

Sources: <https://www.touchstonemh.org/spring-cleaning-mind/>; <https://powerfulpatients.org/2019/05/22/10-tips-for-mental-health-spring-cleaning/>

NATIONAL GARDENING MONTH

April is National Gardening Month! Gardening as a family provides the perfect hands-on opportunity to teach children where food comes from, encourage healthy eating habits and build memories centered around the environment.

Gardens can be created in a variety of places! Growing plants in smaller indoor areas is a viable option for those looking to have their own private access to fresh greens. It also provides a great opportunity to get the kids involved in day-to-day maintenance.

Check out the list of plants below that *Eat Smart, Be Fit Maryland* recommends growing with your family this spring:

Leaf Lettuce will grow in containers that are 4-6 inches deep with good potting soil. Be sure to provide plenty of sunlight, keep the soil moist and make sure the plants are spread out enough to allow growing room.

Carrots need containers that are 6-12 inches deep. Be sure to use a potting mix that has fertilizer added and mix in some bagged compost for the healthiest plants. Keep the soil moist and give the plant plenty of sunlight. Be sure to thin, or pull out crowded seedlings when the leaves are 1-2 inches tall to make sure the plants have enough room to grow.

Swiss Chard can be grown in containers at least 8 inches deep. Like the others, be sure this plant gets plenty of sunshine and the soil stays moist (seeds planted in April should be ready to harvest in June).

For additional harvest information, visit <http://eatsmartmd.blogspot.com/2016/04/april-is-national-gardening-month.html>



SPRING DETOX SMOOTHIE

A healthy smoothie full of naturally detoxifying veggies and fruit to help you feel great this spring.

Servings: 1 Author: Lindsey Johnson

Ingredients

- 1 cup green tea chilled
- 1 cup loosely packed cilantro
- 1 cup loosely packed organic baby kale or another baby green
- 1 cup cucumber
- 1 cup pineapple
- juice of 1 lemon
- 1 tablespoon fresh ginger grated
- 1/2 avocado

Instructions

1. Place ingredients into a blender along with some ice and puree until smooth.



**VISIT YOUR
LOCAL
FARMERS'
MARKETS
AND
FARMS**

Click here



**For reliable information
about the
Coronavirus (COVID-19)
please visit**

**[https://cchd.maryland.gov/
covid-19/](https://cchd.maryland.gov/covid-19/) or**

**call the Carroll County
Health Department's
COVID-19 call center at
410-876- 4848**

**(open from 8 AM - 5 PM,
M-F)**

