

NEWSLETTER

HEALTHIER TOGETHER



STAY SAFE, STAY WARM



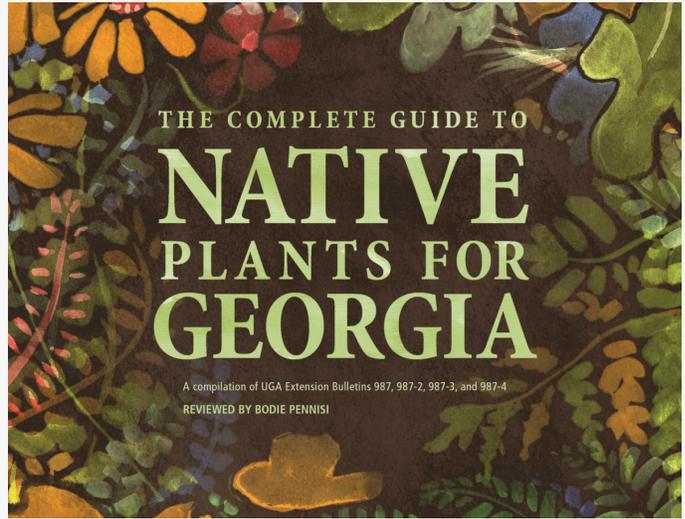
Winter weather can be a beautiful thing to look at, but practicing smart clothing techniques is crucial to ensuring we can still have fun in the sun despite freezing temps. Be sure to bundle up with plenty of layers while you or your children are out in the cold air. Even though we rarely get snow in Georgia, it is still important to stay safe and warm! Prioritize covering your head, hands, and feet any time you venture outside as we gain and lose heat fast from those parts of our bodies.

Food Safety in a Power Outage

During winter storms, there is always the possibility of a power outage. If winter weather is in your forecast, make sure your family has all the essentials in case of an outage. If the power goes out, keep the doors to the refrigerator and freezer closed as much as possible. If the door is left unopened, the refrigerator will keep food safely cold for about four hours. A full freezer will hold the temperature for 48 hours (or 24 hours if it's half full). Beyond these time frames, it is important to throw food away. Eating food that has not been kept at the proper temperatures comes with a serious risk of foodborne illness.

WHY PLANT NATIVE PLANTS?

According to the most recent published guide to Native Plants To Georgia, "native plants provide 'watchable' wildlife habitats. Native butterflies, insects, birds, mammals, reptiles, and other animals evolve with the native flora and are sustained by it year-round, providing diverse food, shelter, and support for native food webs." A few examples of beautiful native plants to Georgia include a variety of trees, shrubs, flowers, and grasses. You can find the complete guide on the Extension webpage.



CALHOUN WALKING TRAILS

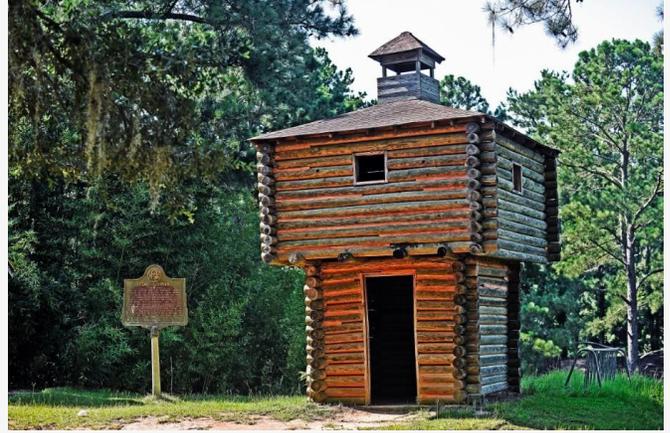
On beautiful winter days, we are encouraging everyone to come out and enjoy the walking trails across Calhoun County. There are fitness and playground equipment nearby as well as shelters to make it a family outing. The walking trails are located in Arlington (next to the Gym), Edison (across from the Nursing Home), Leary (around the ballfield), and Morgan (next to the Health Department).



BLUFF OVERLOOK IN FORT GAINES

The City of Fort Gaines has added a new fence at the Bluff above the Historic Frontier Village.

Be sure to stop by and enjoy the beautiful view!



CLAY COUNTY FOOD PANTRY BOXES

Clay County's food pantry boxes are being set up! A photo of an example is shown to the right. Stay tuned for updates on when they will be stocked!



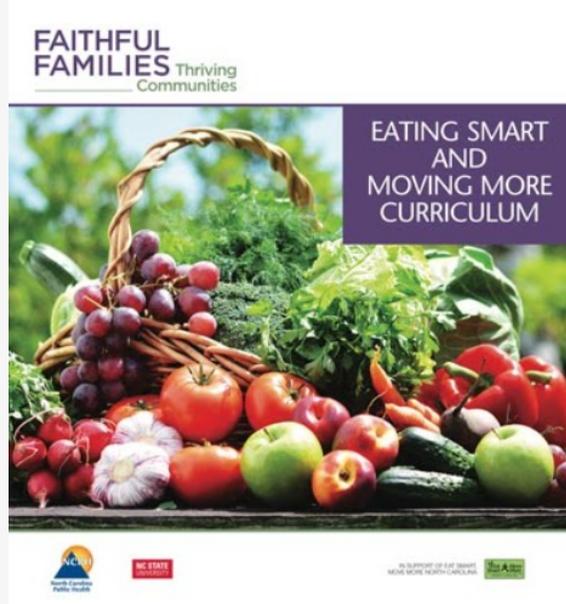
FAITHFUL FAMILIES

Healthier Together Faithful Families Virtual Programming is Live!

Faithful Families is a nutrition-based education program that believes that communities of faith are important health advocates.

The program trains and brings together facilitators and local faith communities to deliver excellent nutrition information in faith settings.

To address the challenges presented by the COVID-19 pandemic, we will be offering the content online on our Healthier Together Georgia website.



Are you part of a faith community that you think could benefit from fun and helpful nutrition education?? We can get you everything you need to help make your faith community a healthier place to worship! Just contact your local Extension Office and let them know that you are interested!

<https://site.extension.uga.edu/healthiertogether/resources/faithful-families/>

RECIPE OF THE MONTH

CHICKEN POT PIE WITH DROP BISCUIT TOPPING

INGREDIENTS

FILLING

- 1 TABLESPOON VEGETABLE OIL
- 1 POUND BONELESS, SKINLESS CHICKEN
- 1 YELLOW ONION, CHOPPED
- 2 CUPS FROZEN PEAS AND CARROTS, THAWED
- 1/4 TEASPOON PEPPER
- 2 TABLESPOONS WHOLE WHEAT FLOUR
- 1 (14.5 OUNCE) CAN LOW SODIUM CHICKEN BROTH
- 1/2 CUP SKIM OR NONFAT MILK

BISCUIT TOPPING

- 3/4 CUPS WHOLE WHEAT FLOUR
- 1 TABLESPOON BAKING POWDER
- 1/2 TEASPOON BAKING SODA
- 1/8 TEASPOON SALT
- 2 TABLESPOONS COLD, UNSALTED BUTTER, CUT INTO PIECES
- 1/3 CUP NONFAT PLAIN YOGURT
- 1/4 CUP SKIM OR NONFAT MILK
- 1/8 TEASPOON PEPPER

INSTRUCTIONS

1. PREHEAT OVEN TO 400 DEGREES
2. HEAT VEGETABLE OIL OVER MEDIUM HEAT IN A 9-INCH CAST IRON SKILLET. ADD CHICKEN AND COOK 6 MINUTES PER SIDE OR UNTIL BROWNE. REMOVE CHICKEN FROM SKILLET AND SET ASIDE. ONCE COOLED SLIGHTLY, CUT CHICKEN INTO BITE-SIZE PIECES. POUR OFF ANY EXCESS FAT FROM PAN.
3. REDUCE HEAT TO LOW, ADD ONION, AND COOK FOR 5 MINUTES. ADD PEAS AND CARROTS; COOK FOR 3 MINUTES. ADD CHICKEN AND PEPPER AND INCREASE HEAT TO MEDIUM. SPRINKLES 2 TABLESPOONS FLOUR OVER CHICKEN AND COOK FOR 2 MINUTES, STIRRING OFTEN. SLOWLY ADD CHICKEN BROTH AND MILK. REDUCE HEAT; SIMMER FOR 5 MINUTES. KEEP HOT UNTIL BISCUITS ARE ADDED.
4. WHOLE WHEAT BISCUIT TOPPING: WHISK TOGETHER FLOUR, BAKING POWDER, BAKING SODA, AND SALT IN A MIXING BOWL. USE YOUR FINGERS TO CUT IN BUTTER UNTIL IT IS INCORPORATED INTO FLOUR. IN A SMALL MIXING BOWL, WHISK TOGETHER YOGURT AND MILK. STIR INTO FLOUR MIXTURE UNTIL MOISTENED. SHAPE INTO 6 DOUGH BALLS.
5. ARRANGED BISCUITS ON TOP OF POT PIE FILLING. SPRINKLE WITH PEPPER. BAKE AT 400 DEGREES FOR 15-20 MINUTES, OR UNTIL BISCUITS ARE BROWNE.



WORKOUT OF THE MONTH



Get Up Offa That Thing

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1
Livin' On A Prayer
Palms together, fingers pointing up, push hands down.
10 seconds

2
Like A Prayer
Palms together, fingers pointing down, pull hands up.
10 seconds

3
Can't Touch This
Hands together, fingers interlaced, extend arms with palms reaching forward.
10-20 seconds

4
Thriller
Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
10-12 seconds/side

5
Pump It Up
Arms above head, grab ahold of opposite elbows, lean side to side.
8-10 seconds/side

6
Straight Up
Fingers interlaced, pull arms over head with palms reaching up.
10-15 seconds

7
I'm Your Boogie Man
Arms at sides, roll shoulders up and back.
3-5 seconds, 3 times

8
Get Back
Sit down, place hands on lower back for support, lean back.
10-15 seconds

9
The Twist
Cross one leg over another, take opposite arm to knee, twist towards open side.
8-10 seconds/side

10
Shake, Rattle & Roll
Arms at sides, shake hands out.
8-10 seconds



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HAVE A QUESTION FOR HEALTHIER TOGETHER?

CONTACT YOUR LOCAL EXTENSION OFFICE

OR

HEALTHIERTOGETHER@UGA.EDU — 229-386-3551

TO FIND OUT HOW YOU CAN GET INVOLVED!



<https://site.extension.uga.edu/healthiertogether/>