

NEWSLETTER

HEALTHIER TOGETHER

Georgia

STEWART COMMUNITY GARDENS PLANTED FOR FALL

The Richland Community Garden Group held a planting day on Saturday, September 12th to plant the Fall garden. They will be meeting again on **Saturday, October 24th for a community work day at 11:00 AM - ALL RICHLAND RESIDENTS ARE WELCOME! Social distancing will be observed!** We hope to see you there!

The Stewart County Extension Garden was also planted for Fall on September 11th! In a few months we will have some broccoli, cabbage, lettuce, and greens for the Stewart County Community!

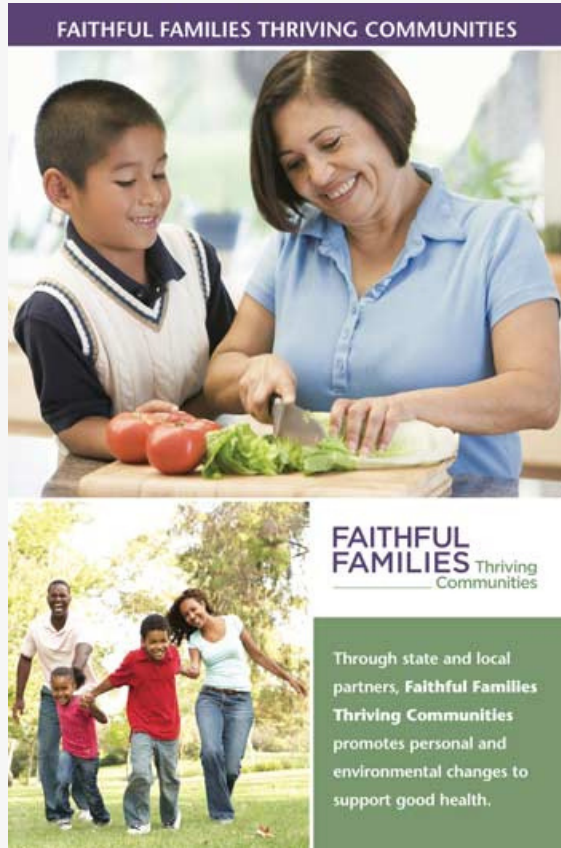


DOOLY COUNTY SURVEY OF LAND USE PLANS

UGA's College of Environment and Design is working again in Dooly County this semester, virtually!

The students have developed a first round of design and community planning for the Dooly County community. We will be releasing a video about these plans in the coming weeks for community review. This video will be sent out via email and social media, along with a survey for your feedback!

Once your feedback has been received, the students will do another round of editing and planning before we reach the final product!



FAITHFUL FAMILIES PROGRAMMING

Healthier Together will be rolling out Faithful Families Virtual Programming this Fall for all of our Healthier Together Georgia counties.

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

The program trains and brings together facilitators and the faith communities to deliver this program in faith settings. To address the challenges presented by the COVID-19 pandemic, we will be offering the content online.

SIDEWALK REPAIR COMING TO MORGAN

Healthier Together and the City of Morgan will be partnering to repair two sidewalks that serve as important pedestrian routes for community members.

These repairs will be completed on South Bermuda Street and School Street. These sidewalks are used daily by residents for exercise and transportation to important everyday destinations.



SEPTEMBER STEWART COUNTY COALITION MEETING



Healthier Together Stewart held its first virtual coalition meeting on Thursday, September 10th at 5:30 PM. Thank you to all community members and partners for your flexibility!

During the meeting, coalition members were able to meet Stewart County Extension Coordinator and FACS Agent, Christina Garner and Stewart County ANR Agent, Cliff Bowden.

The coalition discussed goals set in 2019, challenges, new programming, project applications and project progress, most notably with local community gardens.

SEPTEMBER DOOLY COUNTY COALITION MEETING

Healthier Together Dooly held its first virtual coalition meeting on Wednesday, September 9th at 12:00 PM. Thank you to all community members and partners for your flexibility!

The coalition talked about goals set in 2019, the UGA College of Environment and Design project, the upcoming new school gardens, food pantry access, challenges and project applications.

Also discussed was the finalized Walkability Signage that will be placed at every day destinations in Vienna. Please refer to our September Newsletter for full details on the Walkability Signage project!



SEPTEMBER CLAY COUNTY COALITION MEETING



Healthier Together Clay held its first virtual coalition meeting on Thursday, September 17th at 12:00 PM. Thank you to all community members and partners for your flexibility!

During the meeting, the coalition discussed past walking trail projects at the New Park Cemetery and the Historic Frontier Village in Fort Gaines.

Historic Walking Tour Signs and Brochures were also completed this year in partnership with the Fort Gaines Development Authority.

The coalition also discussed the recent community survey, the recent walk audit of the downtown area, upcoming physical activity destination interventions, pedestrian walkway interventions, and challenges.

SEPTEMBER CALHOUN COUNTY COALITION MEETING

Healthier Together Calhoun held its first virtual coalition meeting on Friday, September 18th at 12:00 PM. Thank you to all community members and partners for your flexibility!

The coalition discussed goals set in 2019, action plans completed in February by each municipality work group, project applications, sidewalk repair project collaboration planned with the cities of Morgan and Arlington, and Fall gardens.

Food pantry and musical park equipment interventions were also discussed - please see our September newsletter for the full stories!



COMMUNITY GARDENS COMING TO DOOLY COUNTY SCHOOLS



Example Raised Bed

Healthier Together Dooly is partnering with Dooly County Schools to build multipurpose community and school learning gardens.

Supplies for these gardens have been delivered to both the Prep Academy and Dooly County High School and an application is being filled out for the K-8 school supplies.

These gardens will serve as fresh produce access points for community members and as learning opportunities for students.

Due to Dooly County Schools currently doing virtual learning, the gardens are on hold, however, the supplies will be there for students when they return!

The gardens will be comprised of raised beds, as pictured, and will include both vegetables and pollinator-friendly flora.

We are so excited to partner with Dooly County Schools to get this wonderful project "in the ground!"

FORT GAINES OUTDOOR EXERCISE EQUIPMENT SURVEY RESULTS

Double Station Sky Walker



Double Chest Press Station



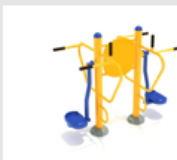
Double Station Tai Chi Hand Swing



Double Station Glider



Double Station Pendulum Swing with Leg Lift



Healthier Together Clay has grant funds available to install new outdoor exercise equipment in the Fort Gaines town center.

Last month, we sent out a survey to the Fort Gaines community to help us identify the best place to install this equipment, and which pieces to install.

So far, communities members taking the survey have identified Jefferson Street Park as the best area to install this equipment.

They have also identified the 5 pieces of outdoor exercise equipment on the left.

If you are interested in making your voice heard on the matter, the survey is still open! Please use the QR code below to access the Qualtrics survey or contact grace.holmes@uga.edu for a survey link.



RECIPE OF THE MONTH

Breakfast Pumpkin Cookies

LET'S FACE IT, WE COULD ALL USE PUMPKIN GOODIES A LITTLE EARLY THIS YEAR. TRY BAKING THESE COOKIES THE NIGHT BEFORE AND ENJOY A DELICIOUS TREAT ON BUSY MORNINGS!

Ingredients

- 1 3/4 CUPS PUMPKIN, PUREED, COOKED
- 1 1/2 CUPS BROWN SUGAR
- 2 EGG
- 1/2 CUP VEGETABLE OIL
- 1 1/2 CUPS FLOUR
- 1 1/4 CUPS WHOLE WHEAT FLOUR
- 1 TABLESPOON BAKING POWDER
- 2 TEASPOONS CINNAMON
- 1 TEASPOON NUTMEG
- 1/2 TEASPOON SALT
- 1/4 TEASPOON GROUND GINGER
- 1 CUP RAISINS
- 1 CUP WALNUTS, CHOPPED

Directions

1. PREHEAT OVEN TO 400 DEGREES.
2. MIX PUMPKIN, BROWN SUGAR, EGGS, AND OIL THOROUGHLY.
3. BLEND DRY INGREDIENTS AND ADD TO PUMPKIN MIXTURE.
4. ADD RAISINS AND NUTS.
5. DROP BY TEASPOONFULS ON GREASED COOKIE SHEET.
6. BAKE 10-12 MINUTES UNTIL GOLDEN BROWN.



RECIPE OF THE MONTH

PUMPKIN SPICE LATTE

a healthier, homemade version of your favorite treat!



INGREDIENTS

- 1 cup low-fat milk
- 2 tablespoons pure pumpkin puree
- 1 tablespoon sugar
- 1/4 teaspoon pumpkin pie spice (or half of 1/4 teaspoon cinnamon and half of 1/4 teaspoon nutmeg), plus more for sprinkling.
- 1/4 teaspoon vanilla extract
- 1/4 cup strong brewed coffee
- 1 tablespoon whipped cream

DIRECTIONS

1. Combine the milk, pumpkin puree, pumpkin pie spice, and vanilla in a medium microwave safe bowl.
2. Cover the bowl with plastic wrap and vent with a small hole.
3. Microwave until the milk is hot, about 1-2 minutes
4. Whisk vigorously until the milk mixture is foamy, about 30 seconds.
5. Pour the coffee in a large mug and add the foamed milk.
6. Top with whipped cream and a sprinkle of pumpkin spice!



WORKOUT OF THE MONTH

Twistin' Fun

UPPER ARM STRETCHING

TORSO TWIST

LEG STRETCHING

DOUBLE KNEES- 60 S

ROLLER COASTERS - 60 S

KICK JACKS - 60 S

BICYCLE CRUNCHES - 60 S

PLANK - 60 S

TWIST BREAK - 60 S

REPEAT AS MANY TIMES AS YOU LIKE!



IMPORTANT DATES UPCOMING

- **Richland Community Garden Work Group Meeting**
 - Saturday October 24th - 11:00 AM at the Richland Community Garden Site
- **Virtual Tasty Success - Themed Kitchen with Crisp County Extension, Healthier Together, and the Cordele-Crisp Carnegie Library**
 - Thursday October 8th - 4:30 PM to 5:30 PM
 - Registration Link: <https://zoom.us/j/9171061878>
- **Healthy Game Day Recipe Videos with Lanier County Extension FACS and Healthier Together**
 - Posted every Friday on our Healthier Together Georgia Facebook and Instagram pages to make for game day!
 - September 25th - Grilled Fish Tacos with Peach Salsa
 - October 2nd - Grilled Stuffed Jalapenos
 - October 9th - Chips with 3 Kinds of Dip

