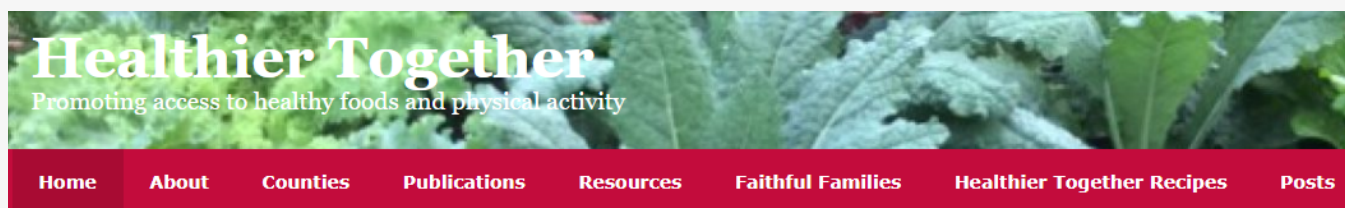


NEWSLETTER

HEALTHIER TOGETHER

Georgia



UGA Extension's Healthier Together Georgia website is Live!

The website features information about the grant, updates for each Healthier Together county, healthy recipes, monthly newsletters, healthy lifestyle infographics, Faithful Families lessons and many other amazing resources to help you become healthier one step at a time!

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? **Please make sure to join us on December 16th for our Faithful Families Interest Webinar to learn more! The Zoom link will be emailed out to community members and can also be found in the important dates section of this newsletter.**

To check it out, just follow this link:

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

2019-2020 HEALTHIER TOGETHER CALHOUN ANNUAL EVALUATION REPORT



Overall Impact

Brought community **together**

Personal impact on coalition members

Community **acceptance**

Ripple Effects



Food Access

Grab-n-Go cooler at Sweet Georgia Brown restaurant

- Previously established GGCs are successful

Three **community gardens** established:

- Mr. Floyd's Garden
- Head Start Garden
- Leary Garden

Increased local **interest** in gardening



Figure 1. Arlington Community Garden.



Physical Activity

Walking Trails

- Arlington Baseball Fields (0.3 mi.)
- Paths are well used by community members

Exercise equipment added along four previously established trails



Future Vision

Desire for **healthier community**

Continue current work

Expansion of projects

Greater sense of **community**



VISIT OUR WEBSITE TO READ THE FULL REPORT:

[HTTPS://SITE.EXTENSION.UGA.EDU/HEALTHIERTOGETHER/2020/11/HEALTHIER-TOGETHER-CALHOUN-2019-2020-EVALUATION-REPORT/](https://site.extension.uga.edu/healthiertgether/2020/11/healthier-together-calhoun-2019-2020-evaluation-report/)

2019-2020 HEALTHIER TOGETHER CLAY ANNUAL EVALUATION REPORT



Overall Impact

Community **acceptance**

Opportunities for senior citizens

Increased **access** to healthy foods

Obstacles:

- Lack of **resources**
- **Separations** within community
- **Not enough** people taking advantage of HTC



Food Access

Rubo's Grocery **Grab-n-Go cooler**



"Rubo's is stocking better produce, [making it] more accessible."



Physical Activity

Walking Paths

- Clay Historic Site Trail (0.25 mi.)
- Clay Health Clinic Trail (1.0 mi.)

15 **walkability signs** created

Total Mileage

- 1.25 mi.
- 6,600 ft.



Future Vision

Greater **access** to fresh produce

More opportunities for **exercise**

More **health conscious** community

Increase **church** involvement



VISIT OUR WEBSITE TO READ THE FULL REPORT:

[HTTPS://SITE.EXTENSION.UGA.EDU/HEALTHIERTOGETHER/2020/11/HEALTHIER-TOGETHER-CLAY-2019-2020-EVALUATION-REPORT/](https://site.extension.uga.edu/healthiertogether/2020/11/healthier-together-clay-2019-2020-evaluation-report/)

2019-2020 HEALTHIER TOGETHER DOOLY ANNUAL EVALUATION REPORT



Overall Impact

Brought community **together**

Increased **awareness** of healthy choices

Increased **access** to healthy foods

Increased motivation for physical activity

Community **acceptance**



Food Access

Himm's Grocery **Grab-n-Go cooler**

Plans established for two community gardens:

- implementation delayed due to COVID-19



Figure 1. Grab-n-Go cooler.



Physical Activity

Successful **walk audit**

19 **wayfinding signs** created

Planned improvements to **County Rec Center track**



Future Vision

Desire for **healthier community**

Greater **access** to healthy foods

More **exercise** opportunities

Sustainability of the project



VISIT OUR WEBSITE TO READ THE FULL REPORT:

[HTTPS://SITE.EXTENSION.UGA.EDU/HEALTHIERTOGETHER/2020/11/HEALTHIER-TOGETHER-DOOLY-2019-2020-EVALUATION-REPORT/](https://site.extension.uga.edu/healthiertogether/2020/11/healthier-together-dooly-2019-2020-evaluation-report/)

2019-2020 HEALTHIER TOGETHER STEWART ANNUAL EVALUATION REPORT



Overall Impact

Brought community **together**
Increased **access** to healthy foods
Increased **walking**
Community **acceptance**

Obstacles

- Limited success working with **stores**
- Difficulty recruiting **volunteers**



Food Access

Grab-n-Go cooler at Lumpkin City Hall

Two **community gardens** established:

- Richland Community Garden
- Lumpkin Teaching Garden



Figure 1. Richland Community Garden.



Physical Activity

Walking Trail Plans

Walkability Signs Created

- 10 signs in Lumpkin
- 14 in Richland

Park Additions

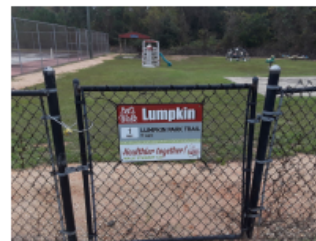


Figure 2. Lumpkin Walkability Signage.



Future Vision

Diversify coalition membership

Continue **bringing community together**

Desire for **healthier community**



VISIT OUR WEBSITE TO READ THE FULL REPORT:

[HTTPS://SITE.EXTENSION.UGA.EDU/HEALTHIERTOGETHER/2020/11/HEALTHIER-TOGETHER-STEWART-2019-2020-EVALUATION-REPORT/](https://site.extension.uga.edu/healthiertogether/2020/11/healthier-together-stewart-2019-2020-evaluation-report/)

The Fridge Edit

THE HOLIDAYS ARE COMING UP, AND IT IS TIME TO MAKE ROOM FOR ANY SMALL GATHERINGS YOU MAY BE HAVING WITH FAMILY.

STEP 1: EDIT

CLEAR A SPACE IN YOUR KITCHEN FOR FOOD AND HAVE A TRASH BAG NEARBY. TAKE EVERYTHING OUT OF THE FRIDGE AND WORK QUICKLY TO MAKE SURE NOTHING IN THE FRIDGE GOES BAD BY SITTING ON THE COUNTER (IF YOU HAVE A LARGE COOLER, YOU CAN ALSO PUT ITEMS IN THERE FOR UP TO 2 HOURS). FOR EACH ITEM IN YOUR FRIDGE, ASK YOURSELF THE FOLLOWING QUESTIONS:

- HOW LONG HAVE I HAD THIS FOOD?
- IS THERE A "BEST BY" OR "USE BY" DATE?

WHEN IN DOUBT - THROW IT OUT!

STEP 2: CLEAN

REMOVE ALL THE DRAWERS AND SHELVES IF POSSIBLE. USE WARM, SOAPY WATER AND A RAG TO CLEAN ALL THE SHELVES AND DRAWERS IN THE FRIDGE. USE A NEW, DRY CLOTH TO DRY THE SHELVES AND DRAWERS COMPLETELY BEFORE PUTTING THEM BACK IN THE FRIDGE.

IF THEY FIT IN YOUR BUDGET, CLEAR STORAGE BINS ARE A GAME-CHANGER IF YOUR FAMILY IS PRONE TO SPILLS AND STICKY MESSSES. BINS MAKE CLEAN-UP A BREEZE SINCE THE WHOLE FRIDGE SHELF DOES NOT HAVE TO BE TAKEN OUT!

GOOD FOOD SAFETY INCLUDES CLEANING UP SPILLS AS SOON AS YOU SEE THEM, NOT JUST DURING A FULL "FRIDGE EDIT". THIS WILL HELP PREVENT THE SPREAD OF HARMFUL BACTERIA THAT CANNOT BE SEEN OR SMELLED!



STEP 3: ORGANIZE

IT IS EASY TO FORGET WHAT IS IN YOUR FRIDGE WHEN YOU CAN'T SEE IT! THE HOME EDIT SUGGESTS SEPARATING FOODS INTO CATEGORIES, SUCH AS DAIRY, MEAT/POULTRY, FRUITS, VEGGIES, SNACKS, BEVERAGES, LEFTOVERS... IT IS ALL ABOUT CREATING A FLOW THAT WORKS FOR YOUR FAMILY.

- IT IS GOOD PRACTICE TO PUT RAW MEAT ON THE BOTTOM SHELF OF THE FRIDGE (OR WRAPPED SECURELY / IN A SEPARATE CONTAINER) TO PREVENT MEAT JUICE FROM DRIPPING ON OTHER FOODS, MAKING THEM UNSAFE. THIS INCLUDES MARINATING MEAT, WHICH SHOULD ALWAYS BE DONE IN A SEALED CONTAINER IN THE FRIDGE!
- SPEAKING OF SEALED CONTAINERS, GET INTO THE HABIT OF USING CLOSED CONTAINERS TO STORE FOOD, ESPECIALLY LEFTOVERS AND OPENED ITEMS. THIS WILL PREVENT MOISTURE LOSS AND THE ABSORPTION OF ODORS.
- THE DOOR SHELVES ARE USUALLY NOT AS COLD AS THE REST OF THE FRIDGE, SO VERY PERISHABLE ITEMS LIKE DAIRY, EGGS, AND RAW MEAT SHOULD NOT BE STORED ON THESE SHELVES, BUT DRINKS AND CONDIMENTS WILL BE FINE.



Want Flavor? Try These Instead of Salt



 fresh or dried herbs are full of flavor and are sodium-free 

BASIL

PARSLEY

CHIVES

ROSEMARY



SAGE

OREGANO

THYME

MINT

CILANTRO

 spices add tons of flavor 

NUTMEG



PAPRIKA

CAYENNE PEPPER

CHILI

TURMERIC

CINNAMON

 other unique flavors to add to any dish 

LIME ZEST OR JUICE

HOT PEPPERS

GARLIC

APPLE CIDER VINEGAR

RED WINE VINEGAR

BALSAMIC VINEGAR

PINEAPPLE CHUNKS OR

PINEAPPLE JUICE

GINGER

LEMON ZEST OR JUICE



RECIPE OF THE MONTH

HOLIDAY STUFFING

Put this savory stuffing recipe on your holiday menu for a delicious side dish that is healthy and easy to make. You don't have to forego taste to keep up your healthy eating habits during the holidays.

INGREDIENTS

- 10 cups whole wheat bread cubes (or white bread or buns, dry)
- 1/3 cup water
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 1 teaspoon parsley, dried or 1 Tbsp fresh parsley, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups milk
- 1 egg, lightly beaten
- 2 apples (optional - medium, pared, cored and chopped, or 1/4 cup raisins)

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Put bread cubes in a large bowl. Set aside.
3. Put water in a medium saucepan. Add onion, celery, parsley, salt, and pepper. Cook for 5 minutes. Do not drain. Pour over bread cubes.
4. Stir in milk and egg into the breadcrumb mixture. Gently stir in apples, and raisins, if desired.
5. Spoon into a greased 2-quart baking dish. Bake for 1 hour until liquids have soaked into the bread and it reaches an internal temperature of 165 degrees Fahrenheit.



WORKOUT OF THE MONTH

RAINY DAY WORKOUT

A Healthier Together workout for kids to get out their energy on rainy days!

3 MINUTES

STORMY STRETCHES

1 MINUTE

THUNDER JACKS

1 MINUTE

TORNADOES

1 MINUTE

RAIN DROP SQUATS

1 MINUTE

WINDY WALKING

1 MINUTE

LIGHTNING KNEES

1 MINUTE

SHAKY TREES

Repeat as many times as you want!!



IMPORTANT DATES UPCOMING

- **Virtual Tasty Success - Themed Kitchen with Crisp County Extension, Healthier Together, and the Cordele-Crisp Carnegie Library**
 - Thursday December 3rd - 4:30 PM to 5:30 PM
 - Join us Live on Facebook at:
<https://www.facebook.com/ugaextensioncrispcounty>
- **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!
 - December 4th - Buffalo Chicken Potato Skins
- **Faithful Families Interest Webinar**
 - Are you a faith community interested in Faithful Families? If so, join us virtually for an information session surrounding the programming!
 - Wednesday December 16th - 12:00 PM to 1:00 PM
 - <https://zoom.us/j/97302167596>

