

NEWSLETTER

# HEALTHIER TOGETHER

## Georgia

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### INCREASED STORAGE FOR FORT GAINES FOOD PANTRY

The Clay County Health Partnership Food Pantry is partnering with Healthier Together to increase their healthy food storage capacity! They will be adding a cooler for fresh produce and a freezer for frozen goods. The pantry is currently serving 48 families weekly and is an amazing resource for the Fort Gaines community!

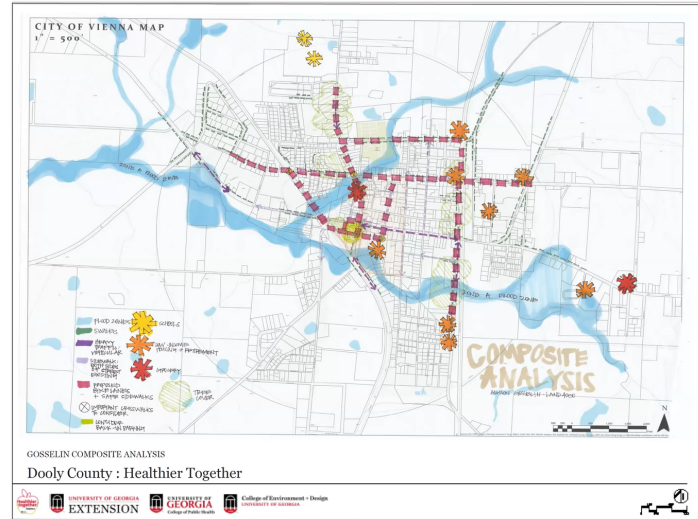
Healthier Together will also be providing nutrition information for patrons of the pantry to add to boxes. This nutrition information will be conveyed through recipe cards, infographics, flyers, and other materials!



### ROUTE REPAIR COMPLETED IN MORGAN

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

These repairs were completed on South Bermuda Street and on the sidewalks surrounding City Hall. These sidewalks are used daily by residents for exercise and transportation to important everyday destinations.



## CITY OF VIENNA LAND USE PLANS

UGA's College of Environment and Design and Healthier Together spent the Fall 2020 semester working virtually in Dooly County to develop Land Use plans to increase access to healthy foods and physical activity for community members.

The students have developed their final round of design and community planning for the City of Vienna. We will be presenting these plans to the Vienna City Council in the upcoming weeks. We hope to see the implementation of parts of this plan with Healthier Together grant funding in the coming months!

## UGA COLLEGE OF ENVIRONMENT AND DESIGN COMING TO FORT GAINES

UGA's College of Environment and Design will be coming to Clay County for the Spring 2021 semester. They will spend the semester developing land use plans for Fort Gaines to increase access to healthy foods and physical activity for community members.

The students will complete background analysis of Fort Gaines features such as traffic patterns, traffic counts, flood zones, existing infrastructure and other built aspect of the environment. The students will also ask for input from community members before completing final designs.

# 12 Goals for 2021

Here are twelve goals you can focus on during each month of 2021 to help you become a healthier version of yourself.

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*January - Practice Mindful Eating*

*February - Swap Soda For Water*

*March - Sleep 7-8 Hour a Day*

*April - Avoid Sitting For Long Periods Of Time*

*May - Get Outside*

*June - Eat Your Greens*

*July - Rinse Your Beans*

*August - Walk At Lunch*

*September - Eat More Yogurt*

*October - Cook At Home*

*November - Eat In Front Of Your Kids*

*December - Try Meatless Monday*

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# EATING FOR YOUR BEST IMMUNE SYSTEM

In addition to Covid-19, cold and flu season is coming up. The good news? There are many ways to prevent getting sick.

## 1 VITAMIN A

- Helps battle infections
- Helps white blood cells do their job
- Low levels can increase your risk for infection
- Sources: sweet potatoes, carrots, red peppers, mangos, black-eyed peas and apricots.

## 2 B VITAMINS

- B6 and B12 help white blood cells grow
- Low levels of B6 can lead to problems producing antibodies
- Low vitamin B9 can cause issues with white blood cells
- Sources: chickpeas, salmon, fortified breakfast cereals, asparagus, avocado and low-fat milk.

## 3 VITAMIN C

- Helps white blood cells grow in numbers when there is an infection
- It is an antioxidant, meaning it helps reduce harmful free radicals that are made in the body
- Sources: red peppers, orange juice, kiwi, broccoli and strawberries.

## 4 ZINC

- Help keep your skin ready to fight off infections
- Help fight the common cold
- Low zinc levels can lead to increased risk of infection
- Sources: oysters, fortified breakfast cereal, porkchops, baked beans and cashews.

## 5 SELENIUM

- Helps reduce free radicals as an antioxidant.
- Sources: brazil nuts, sardines, ham, turkey, chicken and egg.

## 6 GREEN TEA

- Green tea has been shown to protect against tumors and may help prevent heart disease.
- Green tea can also be an antioxidant.

## 7 HONEY

- Honey has many cancer-fighting benefits.
- It can help reduce inflammation.
- It is also an antioxidant.
- May help prevent cell death.

## 8 CURCUMIN

- Curcumin is found in the bright orange spice, turmeric.
- Curcumin fights inflammation and has cancer-fighting benefits.
- It is also an antioxidant.

## 9 GARLIC

- Garlic may also help our immunity.
- One research study found that people who ate aged garlic extract every day for 90 days had more immune cells and less cold and flu symptoms compared to people who did not eat the extract



