



# HEAL

Health Education & Awareness for a Lifetime

March  
2014

A newsletter from the Florida Department of Health in Wakulla County  
48 Oak Street, Crawfordville, FL 32327  
850-926-0400



## Go Green !



There are so many ways to “Go Green” this Spring! Here are a few “green” suggestions:

**Plant a Garden...** Growing your own food encourages you to eat nutrient-packed fruits, vegetables and herbs. While store-bought produce can be somewhat unappetizing, home-grown is nearly irresistible. Other benefits of gardening include:

- Getting more exercise
- Reducing stress
- Saving money on groceries

Delay planting seeds outdoors until near or after the season’s last frost. If your planting season is in April or May, March is a good time to plan which plants to include in your garden. You can also purchase seeds and often begin to grow sprouts indoors if it’s not yet time to plant outdoors. The UF/IFAS Extension office in Crawfordville can provide how-to information on when, where, how and what to plant. You don’t have to have a huge garden either! You can plant in small squares, 2-gallon buckets or large flower pots. If this is your first try at a garden, start small - just a few easy-to grow items such as peppers, cucumbers, beans, tomatoes, as well as herbs such mint, basil, parsley, and cilantro just to mention a few.

**Recycle...** Everyone knows to recycle cans, glass bottles and jars, plastic bags and containers. But, you can “recycle” food scraps, grass clippings, leaves and paper into a compost bin or “bed”. This recycling effort pays off with a nutrient-rich additive to add to your garden. It can attract earthworms which are great for the soil and gardens as well. Be sure to place your compost “bed” away from the house, not too far but not right at the back door either. Composting isn’t difficult and you can find good information at [http://www.sparkpeople.com/resource/nutrition\\_articles.asp?id=1323](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1323). This article helps you with what to add to your compost bed and what to avoid. You’ll be surprised at how much of your kitchen waste can help grow your garden through composting.

**Eat Green-er...** Choosing green-colored foods is a simple way to eat and live healthy. Some green foods can replace the protein you get from meats and they are all full of nutrients such as: magnesium, folate, lycopene, beta carotene and lutein, Vitamins K, C, A, and E, not to mention they are excellent sources of fiber. Green foods aren’t just lettuces either - don’t forget to try kale, asparagus, broccoli, avocado, green peppers, kiwi, green beans and peas. Don’t forget to include green herbs such as basil, mint, sage, thyme and rosemary.

**Buy Green...** Buying produce to supplement your garden at Farmers' markets lets you get the fresher produce, and often it's organic (grown with non-chemical fertilizers and pesticides). Buying from local farms and farmers' markets also helps the economy and the environment because the food was produced locally. There are several markets in our area that offer local produce, honey, etc. And always keep an eye out for roadside stands that pop up during the summer as fruits and vegetables are harvested.

**Save Green...** With the popularity of websites like Pinterest, there are so many ways to make your own cleaning products such as laundry detergent, fabric softener, general cleaners, etc. All you need are a few simple ingredients like baking soda, vinegar, lemon, and borax. These home-made products are easy to make, inexpensive and non-toxic. You can also make weed killer and plant fertilizer for you garden. You can even find products to make for your pets that are inexpensive and a healthier alternative to products you buy in the stores. Involve your children in making these products and they will learn to "Grow Up Green."

### Just to Try...

**Roasted Broccoli:** Line a cookie sheet with foil. Place broccoli on pan and drizzle a little olive oil. Season with salt, pepper, garlic or your choice of seasonings. Bake at 400 in oven til tender. (This keeps all the nutrients from leeching out as when you boil broccoli in water.)

**Kiwi Yogurt Treat** - Spoon some greek yogurt into a small bowl, stir in sliced or chopped kiwi pieces. Drizzle with a little bit of honey for sweetness. Enjoy!

**Homemade Weed Killer:** Mix: 1 quart vinegar (can use white or apple cider vinegar), 1/4 cup salt, & 2 tsp. dish soap. The acid in the vinegar kills the plant. The salt pulls moisture out of the weeds. The dish soap keeps the weed killer on the plant. *Word to the wise: this mixture will kill any plant it comes into contact with; it's not selective at all.* Once you mix up your weed killer, pour in a spray bottle. Then, wait for a day that is going to be dry, hot and sunny and spray away.

**Ant Repellant Spray:** 15 drops of peppermint essential oil mixed with 1/2 cup of water. Mix in spray bottle and shake well. Spray at an ant trails. (supposedly ants don't like peppermint!)



**Stop Smoking Classes...** Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and WebCoach are available 24 hours per day, 7 days a week. For more information about local, in-person classes, call Tonya Hobby at 926-0400, ext. 217. Smoking affects every organ in your body and stopping using any kind of tobacco can help you live a longer and healthier life! To get started visit <http://floridaquitline.com> or call 1-877-U-CAN-NOW (1.877.822.6669).



The Florida Department of Health in Wakulla County has a Service Provider Kiosk to help you find who and what you are looking for. The kiosk is located in the lobby of the Health Department, which is open Monday through Friday, from 8 a.m. to 5 p. m.

You can search sites such as 211Big Bend, Whole Child Leon, Florida Department of Children and Families and Wakulla County Coalition for Youth Resource Directory. Many providers are local and have sliding fee scales. You can find many types of services from daily needs to emergency assistance. This service is also very helpful in the event that you have just moved into the area. There is no charge to use the kiosk.



## Classes offered by Florida Department of Health in Wakulla County

**For more information or to reserve your space, please call 850-926-0400, ext. 215 or 745-6042.**

**All classes meet at 48 Oak Street, Crawfordville, FL**



**Prenatal Care Class** - Suggested for newly pregnant mothers and their partners. This class teaches moms how to keep themselves and their babies healthy throughout their pregnancy. It covers the following information:

- Fetal Development – changes to baby and mom in each trimester
- Medical Care – choosing a provider, appointments, what to expect, what to ask
- Nutrition – weight gain, good eating habits, foods to avoid, based on MyPlate
- Exercise – guidelines, safe and unsafe activities, exercise tips by trimester
- Discomforts and how to manage them
- Hazards for pregnant moms and unborn babies
- Emotions – common stressors, stress-relief tips, support regarding body image, relationships, etc.

**Saturdays. 10:00 a.m. - 12 Noon, March 29 - April 12, 2014**



**Baby Basics** – Suggested for new parents and soon-to-be parents, grandparents, and other family members. The class includes the essentials to newborn care, common challenges, information for parents to make the healthiest choices for their new baby. The topics include:

- New Infant care to six weeks
- Physical and Mental Development
- Understanding Babies' Cues
- Comfort Techniques
- Nutrition
- Bathing and Diapering
- Sleeping
- Health & Safety
- Safety Proofing Your Home

**Mondays, 6:30 - 8:30 p.m., March 17 and 24, 2014**

**Childbirth Preparation...** The Healthy Start Program offers a 5-week Childbirth Education class for pregnant moms and their partners. Topics include: coping with labor and delivery, comfort techniques, infant care - including Infant CPR, post-partum care, breastfeeding and car seat safety and fittings. The next series of classes are scheduled for **March 18-April 15 from 6:30-8:30 p.m.**

**The next class series starts on April 22.** All classes are held at the Wakulla County Health Department. For more information or to sign up for the class, call Mary Westbrook at 926-0400, ext. 233. There is **no charge** for this class!



**The next Hands-only CPR class is on Thursday, March 13 from 7-9 p.m., 2014 at the Health Department.** The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person, **the fee must be paid in advance and there is no refund.**

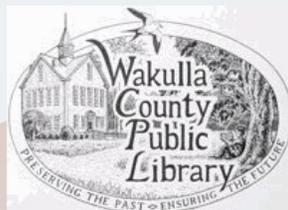
**Basic First Aid...** Please call for more information on the next class at the Health department. The course is endorsed by the American Safety and Health Institute. Call 926-0400, ext. 215 for more information or to register for a class. The cost is \$25.00 per person. The fee must be paid in advance and there is no refund.



**Health Education...** Is there a health-related topic you need more information about? Need information on diabetes care, meal planning, nutrition, etc.? Call Health Educator, Grace Keith at 850-926-0400, ext. 215 or email: [grace.keith@flhealth.gov](mailto:grace.keith@flhealth.gov)

# Welcome!

WakullaCommunityCenter.com your  
**One Stop Community Center**  
for fun, fitness, health, services and more.



The Wakulla County One Stop Community Center is now open to all Wakulla County residents. There are a number of free programs offered by community service providers and more will be added. You can also access many community services at the One Stop Community Center. If you would like to find out more information, please contact them at 850-745-6042 or visit the One Stop Center at 318 Shadeville Highway (at the intersection of Trice Lane and Shadeville Highway). Hours of Operation are currently Monday- Friday 9 a.m. to 6 p.m. The website is currently under construction but if you need immediate services or want to stay in touch electronically you can visit and complete an electronic information form at [www.wakullacommunitycenter.com](http://www.wakullacommunitycenter.com)

