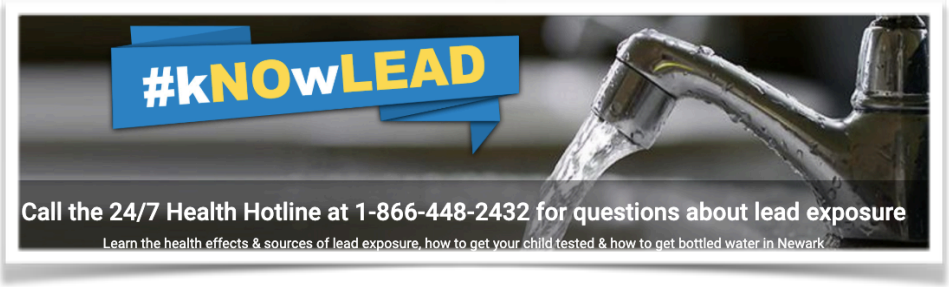
November Newsletter

West Windsor Health Department
Serving the communities of West Windsor • Robbinsville • Hightstown

What's New in Public Health?

NJ Department of Health's Campaign #kNOwLEAD

Public Health
Prevent. Promote. Protect.



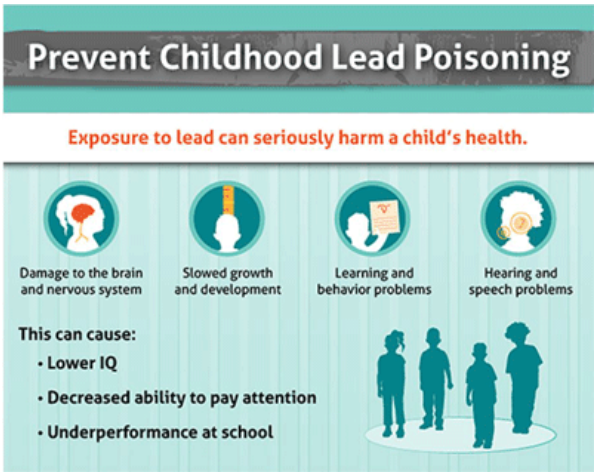
Hotline Calls to the Health Hotline are answered 24/7 by trained medical professionals doctors, nurses, and pharmacists. Assistance is available in 150 languages. Visit the NJDOH website at **nj.gov/health/childhoodlead**.

Theme for This Year's National Lead Poisoning Prevention

1. Get the Facts
2. Get Your Home Tested
3. Get Your Child Tested

About The Campaign

The #kNOwLEAD public education campaign aims to increase awareness of all lead hazards in homes, schools, and educate residents on what they can do to prevent exposure and safeguard their child's health.



Exposure to lead can seriously harm a child's health, including damage to the brain, nervous system, slowed growth and development, learning and behavior problems, hearing and speech problems.

Know The Sources of Lead Contamination

- **Lead based paint-** If your house was built before 1978
- **Imported goods**- Some imported goods such as toys, cosmetics, candy, and spices.
- **Herbal remedies**- Some herbal remedies and folk medicines
- **Lead pipes**- Old water pipes with lead
- **Ceramic pottery**- Lead has long been used in ceramic ware in glazes.

November is National Diabetes Awareness Month!

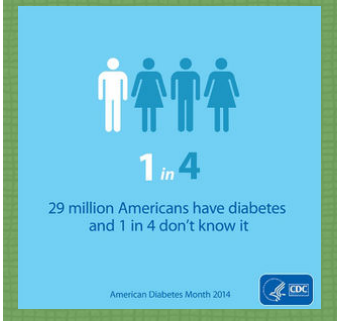
Diabetes is one of the leading causes of disability and death in the US. One in 10 Americans have diabetes.

84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. Making healthy changes can greatly lower your risk to help prevent type 2 diabetes:

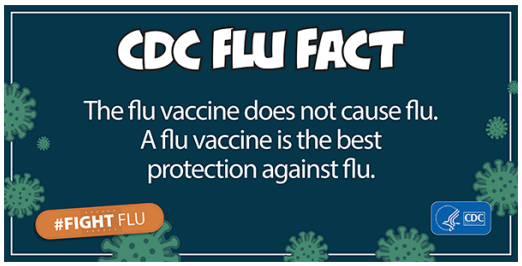
1. Watch your weight
2. Eat healthy
3. Get more physical activity

*Information from: https://www.cdc.gov/



Prevent Flu! Get a Flu Vaccine and Take Preventative Actions

CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications. While there are many different flu viruses, flu vaccines protect against the 3 or 4 viruses that research suggests will be most common.



1. Take the time to get a Flu Shot

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza. Everyone over 6 months old should get a flu vaccine every year before flu activity begins. CDC recommends getting vaccinated **by the end of October.** Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

People at high risk of serious flu complications include:

- Young children and Pregnant women
- People with chronic health conditions like asthma, diabetes or heart and hung disease
- People 65 years and older.

Vaccination is also important for healthcare workers, and other people who live with or care for high risk people to keep from spreading flu to them.

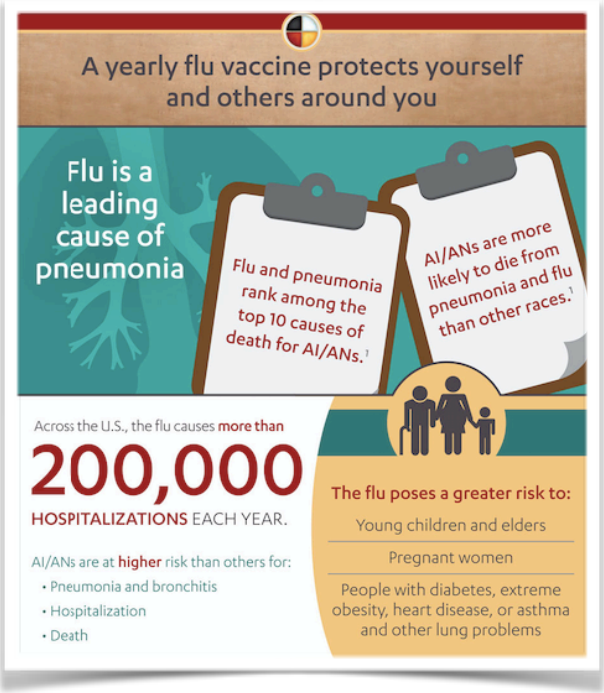
2. Take everyday preventative actions to stop the spread of germs

Try to avoid close contact with sick people. While sick, limit contact with others to keep from infecting them. If you are sick with flu-illness CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. (Your fever should be gone for 24 hours without using fever-reducing medicine).

Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it out and wash your hands. Wash your hands often with soap and water or use an alcohol based hand rub. Avoid touching your eyes, nose, and mouth. Be sure to clean and disinfect surfaces and objects that may be contaminated with germs like flu.

3. Take Flu antiviral drugs if your doctor prescribes them

If you are sick with the flu, antiviral drugs can be used to treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines and are not available over the counter. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.



Cooking Technique: Healthy Sautéing

Making a meal can seem pretty daunting, especially when you don't have the gift of time. But cooking at home doesn't have to be hard, and it sure doesn't have to be fancy. There are fun ways to prepare a meal that will leave you, your family, and even your guests amazed at how good healthy, simple food can taste. So think outside your microwave tonight and try this fun cooking technique – the "art" of sautéing.

Traditionally, sautéing uses fats and oils to cook vegetables, seafood and meats. Light sautéing uses just a small amount of liquid, like broth, wine, juice or even plain water. It seems like many basic recipes start with a sautéed onion. But not all sautéing is good for you. Who knew

Here's how to sauté the healthy way. And yes, it's still going to taste awesome - we promise.

Heat one to two tablespoons of broth or water in a skillet over medium heat. Once the liquid begins to bubble, add the chopped or sliced onions and cook, stirring frequently, for about five minutes. Don't stress if the onions start to stick to the pan. Just add a little more liquid and keep stirring. This will free the onions that got stuck to your pan and, believe it or not, those little sticky pieces can add delicious flavor to your dish. If your onions look like they're starting to burn, just turn the heat down a little.

Look at that! Now you've started so there's no looking back.There are many ways you can sauté – starting with just vegetables and going from there. If you do start with a selection of

veggies, it's a good idea to cut them in the same size pieces. Sauté them just until they're tender-crisp. Resist the urge to add more than a couple of tablespoons of liquid at a time, otherwise you'll just end up boiling your food.

Want to branch out even more?

Try sautéing meats! For meats like chicken breasts, chops, and steaks, start with a nonstick skillet lightly sprayed with cooking spray. Cook the meat over medium heat for about a minute or so on each side to brown it. Then add a few tablespoons of liquid to the pan (just like we talked about above) and cook until the meat is done. The great news is most meats will release some additional liquid as you cook, so you won't have to add much at all. As the liquid starts to boil down, you'll see it add a rich glaze to the meat. Sounds fancy, right?

Want to go bolder?

Think about fun flavor combinations, like orange juice with chicken or red wine with steak.

For more information on heart healthy tips visit the American Heart Association's website at www.heart.org/en/healthy-living/healthy-eating

American Heart Association®

November Recipe of the Month: Chicken Noodle Soup

This slightly creamy chicken noodle soup is the best of both worlds! You get the comfort and nourishment of a homemade soup. With Thanksgiving right around the corner you could also swap out chicken and use leftover turkey! Perfect for busy weeknights!

TIPS:

Make Turkey noodle soup by swapping out the chicken with an equal amount of cooked, diced turkey!

You can substitute other pasta for the egg noodles! Small pasta like ditalini or bowties works too!

Stir in extra water or broth, as desired, so that the soup reaches the

Ingredients

- 1 tablespoon olive oil
- 2 medium carrots, peeled diced
- 3-4 cups (about 1 lb.) diced, cooked chicken (or turkey)
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 teaspoon poultry seasoning
- 1 small onion, diced
- 3 celery stalks, diced
- 4 cups low-sodium chicken broth or stock
- 2 cups uncooked dry medium egg noodles
- Salt and pepper to taste
- Optional garnish: Chopped fresh parsley.

Nutrition Facts

Quick and Easy Homemade Turkey Noodle Soup

Amount Per Serving (1 cup)	
Calories 170.8	Calories from Fat 36
	% Daily Value*
Fat 4g	**6%**
Saturated Fat 1g	**6%**
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1.5g	
Cholesterol 55.1mg	**18%**
Sodium 550.5mg	**24%**
Potassium 303.4mg	**9%**
Carbohydrates 14.2g	**5%**
Fiber 1.7g	**7%**
Sugar 2.1g	**2%**
Protein 18.7g	**37%**

* Percent Daily Values are based on a 2000 calorie diet.

Instructions

1. Heat olive oil in a large saucepan over medium-high heat. Add carrots, onion, and celery and cook, stirring occasionally, until tender (about 10 minutes).
2. Add broth, soup, turkey, and poultry seasoning. Increase heat to high and bring to a boil. Stir in the noodles, reduce heat to low, and simmer at a low boil for about 7-9 minutes.
3. Season with salt and pepper, to taste. Stir in fresh parsley just before serving, if desired.

For more information

Call the Township of West Windsor Health Department at (609) 936-8400
Serving West Windsor, Robbinsville, and Hightstown
www.westwindsornj.org

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