Middle-Brook Regional Health Commission

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March Newsletter 2025

Latest in Public Health and Upcoming Events

April Teen Speak Virtual Workshop Series with Empower Somerset. April 8 AND 15 from 5:30 - 7:30 PM. This virtual workshop is designed for parents, caregivers, and guardians of Somerset County. Participants will receive a $25 gift card for completing both sessions. Seating is limited and registration is required. Register at bit.ly/4kkbXhB. To learn more about the series, click here.

National Poison Prevention Week is March 16-22, 2025. This year's theme is "When the unexpected happens, Poison Help is here for you." Whether you have general questions or an emergency, Poison Help is available 24/7/365 at no cost to you. Call Poison Help with questions for medications, cleaning products, insect bites, and food poisoning, just to name a few! Save the number today: 800-222-1222.

Are you planning to travel outside of the United States? Check your destination on CDC's Travelers Health page for location-specific health risks and safety concerns. You may need to take additional steps to protect yourself and your loved ones! Schedule an appointment with your doctor 4-6 weeks before you leave. They can help you with destination-specific vaccines, medicines, or other information about your travel plans. For more information, visit: cdc.gov/travel.

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Preparedness Corner

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It's Not Luck ☘

No one should rely on luck when it comes to being prepared for disasters and emergencies. Don't leave first aid emergency preparedness to chance.

This month, the Middle-Brook Regional Health Commission would like to highlight the importance of first aid training especially for family caregivers with young children, older adults, and those with special needs.

First aid is designed to help you stay prepared. First aid training teaches you to recognize when someone needs assistance and equips you to take action when every second counts. Emergencies can occur at any time, whether you're at home with loved ones, at work, running errands, or out in nature. While it may involve something as simple as treating minor cuts and scrapes, first aid can also be a critical life-saving skill, keeping someone stable until professional help arrives.

Get trained! American Red Cross and National Safety Council offer first aid trainings. It does not take long and there are many options to take classes online, in person, or hybrid!

First aid kits should be part of go-kits and kept at your home, work, and car. First aid kits should include:

- Gauze (compress dressings, sterile pads), bandages (rolled, triangular), cloth medical tape, instant ice pack (unpopped)
- Antibiotic ointment packets, antiseptic wipes, hydrocortisone cream packets, aspirin (ibuprofen, acetaminophen)
- Non-latex gloves, oral thermometer (non-mercury), scissors, tweezers
- Breathing barrier (mask), space blanket
- First Aid instruction booklet and/or First Aid APP from American Red Cross

Only provide emergency medical care for which you are qualified.

Pour yourself a pint of preparedness this St. Patrick's Day and visit ready.gov for more information.

National Nutrition Month

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Food Connects Us
2025 NATIONAL NUTRITION MONTH®

March is National Nutrition Month! The Academy of Nutrition and Dietetics is celebrating the 2025 theme Food Connects US. Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

Benefits of Eating Healthy Include:

- Supports muscles.
- Boost immunity.
- Strengthen bones.
- Keeps skin, teeth, and eyes healthy.
- Lowers risk of heart disease, type 2 diabetes, and some cancers.
- Supports healthy pregnancies and breastfeeding.
- Helps the digestive system function.

Incorporate a healthy eating routine that works for you. Don't know where to start? Check out myplate.gov to explore tools that can help you begin your journey! Build healthy eating habits one goal at a time. Check out these resources:

- **Dietary Guidelines made simple –** learn how to incorporate the Dietary Guidelines for Americans into your routine.
- **Eat Healthy on a Budget –** explore tips and tricks to make every dollar count while maintaining a balanced diet.
- **Grocery List Planning –** Use this sheet to help you plan your next trip to the grocery store!
- **Weekly Meal Calendar –** Are you a planner? Try out this weekly calendar to plan out your grocery game plan.
- **Meal Planning –** Meal planning should not be intimidating. Check out these tips to get you started!

Recipe of the Month

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CHICKEN & VEGETABLES BROWN RICE BOWL

Ingredients

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons canola or corn oil
- 16 ounces boneless chicken breast (cut into 1-inch cubes)

(4 Servings)

- 2 cloves garlic (minced)
- 1 small white onion, cut into small wedges (about 1/8 inch thick)
- 3 medium carrots, peeled and thinly sliced (1 cup total)
- 1 1/2 cups small broccoli florets
- 1 medium red bell pepper (cut into 1 -inch pieces)

Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

For more recipes, visit: myplate.gov