

Countryside Public Health

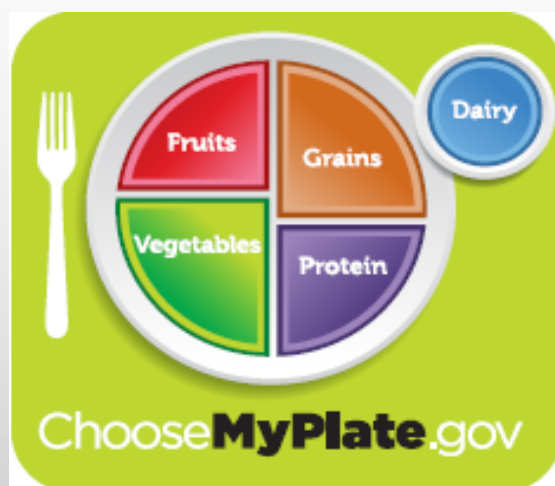
Monthly Newsletter

November 2018



Public Health
Prevent. Promote. Protect.

Healthy Eating



eat a rainbow

red

strawberries, raspberries, tomatoes,
red bell pepper, watermelon,
cherries, pomegranate, guava

orange

orange bell pepper, sweet potato,
carrots, peaches, oranges, nectarines,
apricots, squash, pumpkin, cantaloupe

yellow

bananas, yellow bell pepper,
pineapple, lemons, papaya, mango,
corn, yellow apples, yellow pears

green

spinach, lettuce, green apples, kiwi, pears,
celery, cucumbers, peas, broccoli, zucchini,
green bell peppers, honeydew, green beans

blue

blueberries, black currants, black grapes,
prunes, blackberries

purple

red grapes, plums, purple cabbage,
raisins, figs, prunes, eggplant,
purple carrots, purple cauliflower

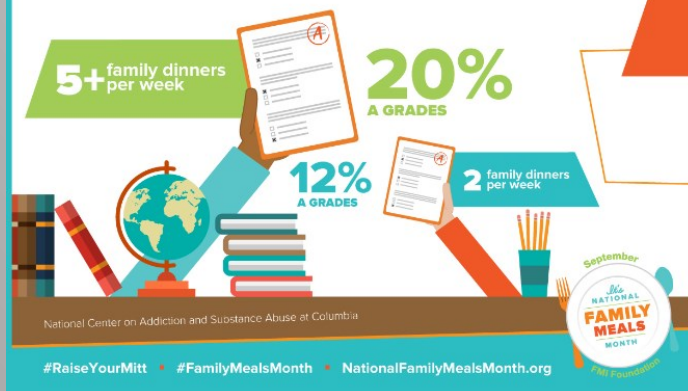
Try to make at least half your plate fruit and vegetables!



Family meals are very important for children's development. Family meals can affect school performance, emotional well being, and future use of tobacco, alcohol and other drugs.

FAMILY MEALS MAKE THE GRADE

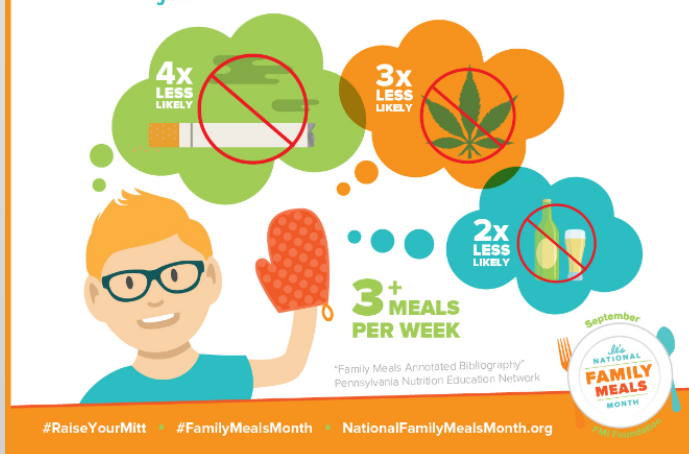
Kids—from elementary to high-school age—who eat meals with their families four times a week or more **earn better test scores and succeed in school.**



Family meals are a time to sit down together without any screen time such as tv, phones, or tablets to focus on each other.

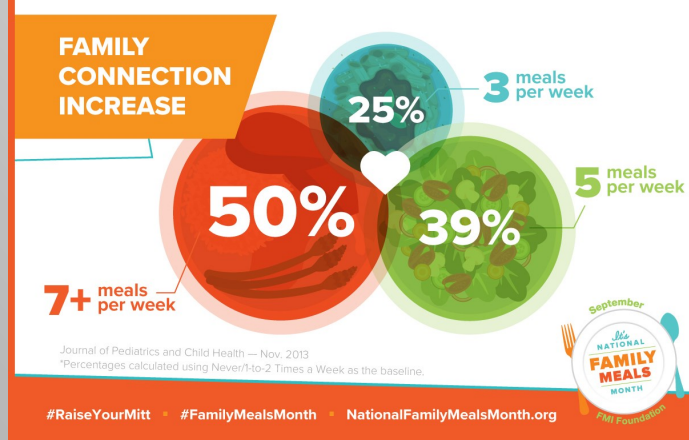
FAMILY MEALS FEND OFF RISKY BEHAVIORS

The more families share meals, **the less likely** their kids are to drink alcohol, smoke or use marijuana.



FAMILY MEALS FOSTER EMOTIONAL BALANCE

Frequent family meals increase self-esteem, a sense of wellbeing, positive social behaviors and stronger family relationships.



Information from : <https://www.fns.usda.gov/tn/myplate>, https://www.fmi.org/images/default-source/family-meals/infographics/risky-behaviors.jpg?sfvrsn=97847f6e_4, https://www.fmi.org/images/default-source/family-meals/infographics/make-the-grade.jpg?sfvrsn=e5847f6e_2, https://www.fmi.org/images/default-source/family-meals/infographics/emotional-balance.jpg?sfvrsn=e7847f6e_2, www.countrysidepublichealth.org