



Schools across the county have partnered with the Florida Department of Health in Okaloosa County to present Healthy Okaloosa Schools. Together we are making Okaloosa County a Healthier Place to Live, Learn, Work and Play!



Eat five or more fruits and vegetables every day.

A small amount of fat is an essential part of a healthy, balanced diet. Fats help the body absorb vitamins A, D, and E. Eating too much fat, especially saturated fat, can increase your risk of heart disease. Live healthier! Try these small, achievable changes:

- Eat more fruits and vegetables.

- Read nutrition labels on all products. Choose foods lower in fat.
- Bake, broil, steam, or grill foods rather than frying or roasting.
- Trim all visible fat from meats before cooking.
- In recipes, use two egg whites instead of one whole egg.
- When eating out, ask that sauces and dressings be served on the side.

Source: [Texas Heart Institute](#)



Limit recreational screen time to two hours or less each day.

Some studies show that smart phones can be addictive. Think about how much time you or your friends spend on your smart phones. Consider these questions on your smart phone use:

1. Do you feel like you must check your smart phone every couple of minutes?
2. Do you follow rules around phone use, such as limiting to two hours or less?
3. Do you take your smart phone with you everywhere you go (even the bathroom)?
4. Are you easily distracted by your smart phone?



Source: [nprED. How Learning Happens](#)

Silly Valentine's Jokes

Q: What do you call two birds in love?

A: **Tweethearts!**

Q: What did the bee say to the other bee on Valentine's Day?

A: **You are bee-utiful!**

Q: What did the stamp say to the envelope on Valentine's Day?

A: **I am stuck on you!**

Q: What did the drum say to the other drum on Valentine's Day?

A: **My heart beats for you!**

Q: What did the pickle say to the other pickle on Valentine's Day?

A: **You mean a great dill to me!**

Source: [Kids Play and Create](#)

Healthy Happenings

February

- [American Heart Month](#)
- [National Cancer Prevention Month](#)
- [National Children's Dental Health Month](#)
- [February 10 - 16 Random Acts of Kindness Week](#)
- [February 6 National Girls & Women in Sports Day](#)

Source: [National Wellness Institute, INC](#)

Healthy Spotlight



The Big 8: Food Allergies

Food allergies can be serious. The School Nutrition Association states, "an estimated 13% of school aged children in the U.S. have one or more food allergies". Eight foods are responsible for 90% of food allergy reactions in the U.S. These include: milk, egg, peanut, tree nuts, fish, shellfish, wheat, and soy. If you think you or your loved one may have a food allergy, speak with your doctor.

Source: [School Nutrition Association](#)



Be physically active at least one hour every day.



Valentine's day is usually the time to buy chocolate and other types of candy. Make this Valentine's Day fun and healthy! Instead of eating too many sweets, be active. Get your heart pumping at a local 5K walk or race. Look for Valentine's themed 5Ks in your area. Themed runs are fun, relaxed, and offer lots of entertainment. Invite your friends or your Valentine's date to share in the heart pumping fun!

Source: [Running In The USA](#); [Active](#)

Healthy Recipe

Pocket Fruit Pies

Ingredients:

- 4 - eight inch tortillas, whole wheat
- 2 medium pears
- 1/4 teaspoon ground cinnamon
- 2 tablespoon brown sugar
- 1/8 teaspoon nutmeg, ground
- 2 tablespoon skim milk

Directions:

- Warm tortillas in microwave or oven
- Peel and chop pears into slices or cubes
- Place 1/4 of the fruit on one side of each tortilla
- In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit
- Roll up tortillas, starting at the end with the fruit
- Place tortillas on un-greased baking sheet and make small slashes in each tortilla. Brush with milk
- Bake at 350 degrees Fahrenheit in oven for 8-12 minutes or until lightly browned



Source: [Fruits & Veggies - More Matters](#)



Cut back on soda, sugar-sweetened tea, fruit or sport drinks.

For kids of all ages, water and milk are the best choices. Water is a no-sugar thirst-quencher with zero calories! One cup of milk has 300 milligrams of calcium. Calcium is needed to build strong bones.

Choose fat-free (skim) or low-fat (1%) milk products most of the time. The current dietary guidelines for milk or equivalent dairy products or fortified soy beverages are:

- Kids ages 2 to 3 should drink 2 cups everyday
- Kids ages 4 through 8 should drink 2½ cups everyday
- Kids ages 9 and older should drink 3 cups everyday



Source: [Kids Health](#)



Eliminate use of and exposure to tobacco and nicotine products.

Through With Chew Week is February 18-24, 2019.

Through With Chew Week raises awareness about the risks of smokeless tobacco use. Smokeless tobacco like chew, dip and snus is harmful. It can lead to nicotine addiction. Smokeless tobacco use can cause white or gray patches inside the mouth that can lead to cancer. It can cause gum disease, tooth decay and tooth loss. It is not a safe substitute to smoking. For more facts, go <https://www.thefactsnow.com/smokeless/>

Source: [The Facts Now](#)

Tooth Truth

What you eat can affect your teeth. Some of the best food choices for the health of your mouth include cheeses, chicken or other meats, nuts, and milk. These foods provide calcium and phosphorus which help protect our teeth's enamel. For those people that are lactose intolerant and cannot ingest milk products, green vegetables such as broccoli and spinach are high in calcium. Also try to limit how much candy you eat. Too many sugars can cause tooth decay.

Source: [WebMD](#)



1-877-U-CAN-NOW