



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.

Vitamins and minerals boost the immune system, support growth and development, and help cells and organs do their jobs. We get vitamins and minerals from the foods and drinks we consume. Have you heard that carrots are good for your eyes? It is true! Carrots are full of substances that your body converts into Vitamin A, which helps prevent eye problems.

Likewise, your body uses vitamin K to clot blood, which helps cuts and scrapes to stop bleeding. Vitamin K is found in green leafy vegetables, broccoli, and soybeans. To have strong bones, your body needs the mineral calcium. Calcium is found in milk and foods such as yogurt and green leafy vegetables. Eating right is important. The body needs a variety of vitamins and minerals to develop and stay healthy.



Source: Kidshealth.org/teenshealth



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

TV and other screened devices seem to be the go-to activity when we get bored. Too much time spent on these devices can get in the way of bonding with others. Interacting with other people boosts our physical and social growth. If boredom sets in, try not to reach for that remote or controller.

Come up with a fun activity to do with your friends or your family instead!



Source: Let's Go

Draw a line from the statement to the correct body part. Ask your parents to help!

I help your body move.
I am made of calcium



Vitamin A is good for me. I can help you see



I beat to get oxygen through your body



No biting. I can help you peel your oranges



I am found all over the body. I keep you warm



Source: KidsHealth.org

Healthy Happenings

November

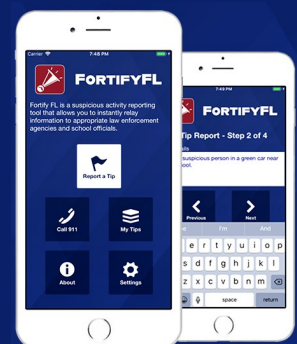
- [American Diabetes Month](#)
- [National Healthy Skin Month](#)
- [Native American Heritage Month](#)
- [Lung Cancer Awareness Month](#)
- [November 13 World Kindness Day](#)
- [November 15 America Recycles Day](#)
- [November 15 Great American Smokeout](#)

Source: National Wellnes Institute, INC

Healthy Spotlight

FORTIFYFL: Suspicious Activity Reporting App

FORTIFYFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials. Learn more at www.getfortifyfl.com.





Be physically active at least one hour every day.

Kids and teens are often active for short bursts rather than for long periods of time. That is okay! These short bursts throughout the day can add up to meet the one hour of daily physical activity! For the most health benefits, chose activities that are moderate or vigorous in intensity!

Moderate physical activity includes activities where you breathe hard like:

- fast walking, hiking, or dancing

Vigorous physical activity includes doing activities where you sweat, like:

- running, swimming, or basketball.



Source: [Let'sGo](#) & [MyPlate](#)

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



Sugary drinks are often served during holiday celebrations.

Sugary drinks are beverages that contain added sugars or sweeteners. These



include: soda and other carbonated drinks; energy drinks; sports drinks; fruit-flavored or powdered drinks; vitamin-enhanced drinks; sweet tea; coffee drinks; and flavored milk or milk alternatives. The added sugars in these drinks add calories with little to no nutrients. Swap sugary drinks with water to avoid the empty calories. If you want some flavor to your water, try adding fruit or herbs. Use fruit that match your holiday décor for a festive, refreshing treat without the added sugar.

Source: [State of Alaska: Healthy Futures Program](#)



Eliminate use of and exposure to tobacco and nicotine products.

Nicotine is a harsh chemical found in cigarettes, chewing tobacco, electronic cigarettes, and other tobacco products. Nicotine is addictive. This means that people that use nicotine will feel a strong need to get more. Nicotine can also change the way your brain works. The addiction can make it hard to stop these products once you start. Youth are at a greater risk for nicotine addiction because their brains are still growing. To keep your mind and body healthy, stay away from tobacco and nicotine products.



Source: [Scholastic](#)

Healthy Recipe

[Sweet Corn and Feta Dip](#)

Ingredients:

- 4 ears sweet corn, shucked
- 1 tablespoon olive oil
- 1 tablespoon white vinegar
- 2 tablespoons crumbled feta cheese
- 2 tablespoons fresh basil, chopped

Directions:

- Cut kernels from corn
- Heat oil in a large skillet
- When oil is hot, add corn and simmer on medium heat for 4 minutes, stirring occasionally
- Add vinegar, cheese, and basil; mix well
- Remove from heat and serve immediately
- Serve with tortilla chips or toasted pita bread



Source: [Fresh From Florida](#)

Tooth Truth

During the holidays, there will probably be more sweets and desserts than usual. Eating all that sugar is not good for your teeth. Hard candies and sticky candies such as taffy and caramel are especially bad. Try not to snack on these sweets. If you do have dessert or candy, make sure to brush your teeth or rinse your mouth out with water afterward.



Source: [Colgate](#)

From the Kitchen

Is Your Child's Snack A Smart Snack?

Take the guesswork out by using the [Smart Snacks Product Calculator](#) from Alliance for a Healthier Generation! Simply enter the product information, answer a few questions, and you will have the answer.



1-877-U-CAN-NOW