

# everyday

## health



www.fourcorners.ne.gov 2101 N. Lincoln Ave., York, NE (877) 337-3573 December 2022

### Pumpkin Hummus

- 2 cups prepared hummus
- 1 C canned pumpkin
- 1 tsp olive oil
- 2 Tbsp toasted pumpkin seeds
- 1 C cauliflower florets
- 1 C radishes, sliced
- 1 C sliced red peppers
- 3 each pita bread, toasted and cut in wedges
- ½ C curly kale leaves for garnish

1. Mix the pumpkin and hummus. Place in a serving bowl. Make a swirl in the top and fill with olive oil. Add the pumpkin seeds.
2. Place the bowl on a serving platter. Surround it with dippers.
3. Serve and enjoy!

**Nutrition Facts Per 2 Tbsp Serving:** Calories 96; Fat 5g; Saturated Fat 1g; Sodium 166mg; Carbohydrates 9g; Sugars 2g; Fiber 4g; Protein 4g



Source: Food and Health Communications Ready in minutes.

### Holiday Mental Health Tips

Anyone can be affected by holiday stress, which can create, or worsen mental health issues. For more, see our website. [www.elisplace.org](http://www.elisplace.org)

Get help if you need it - anxiety and depression can be distressing and even dangerous. If you need help, get it.

Family & Friends - You don't need to see everyone every year. Set boundaries. Visit for hours, not days.

Food - Plan for eating and activity levels, and reduce instead of eliminating. Plan ahead, make ahead, know your limits.

Focus - Focus on the people that matter, not things. Give children realistic expectations about gifts. Consider low stress gifts - like charitable giving or subscription services.

### Common Symptoms of a Cold, the Flu, and COVID-19

Learn more at [www.nia.nih.gov/flu](http://www.nia.nih.gov/flu)



Common Symptoms	Cold	Flu	COVID-19
Fever and/or chills		✓	✓
Headache		✓	✓
Muscle pain or body aches		✓	✓
Feeling tired or weak		✓	✓
Sore throat	✓	✓	✓
Runny or stuffy nose	✓	✓	✓
Sneezing	✓		
Cough	✓	✓	✓
Shortness of breath or difficulty breathing		✓	✓
Vomiting and diarrhea		✓	✓
Change in or loss of taste or smell			✓

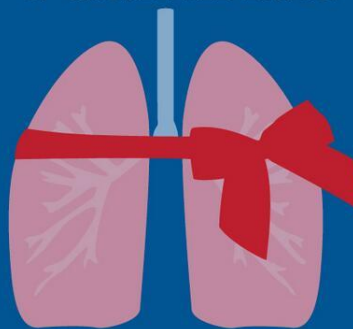
## WAYS YOU CAN FIND JOY TODAY

### Pick one and try it out!

- ◆ Reach out to a friend.
- ◆ Listen to a favorite song or playlist.
- ◆ Dance alone in your room or with friends.
- ◆ Spend time on a project or activity you like to do.
- ◆ Stream a funny movie or show.
- ◆ Journal if you find it enjoyable.
- ◆ Walk or sit outside in nature.

Source: The JED Foundation

THIS HOLIDAY SEASON, GIVE YOURSELF THE GIFT OF SMOKE-FREE LUNGS.



Quitting smoking can improve your health and give you more time with loved ones. For free help, call 1-800-QUIT-NOW.



### App of the Month Nebraska's Plow Tracker

Check out Nebraska's **Plow Tracker**. See where the plows are at throughout the state. View road conditions with the plow's camera. Use this along with **Nebraska 511** to check the roads before you go! Stay safe on the road this winter!

Access both sites here: <https://www.511.nebraska.gov/>. Free app available, too!



# STOP GERMS! WASH YOUR HANDS

Keeping hands clean is one of the most important things we can do to stop the spread of germs and be healthy.



**1** **Wet** your hands with clean, running water, and apply soap.

**2** **Lather** your hands by rubbing them together with the soap.

**3** **Scrub** your hands for at least 20 seconds.

**4** **Rinse** hands well under running water.

**5** **Dry** hands using a clean towel or air dry them.



[cdc.gov/handwashing](https://www.cdc.gov/handwashing)



## Tips for Making Healthier Holiday Meals

- Instead of butter, use a healthier vegetable oil or substitute equal parts unsweetened applesauce when baking.
- Use a lower-calorie sugar substitute.
- Use low-fat or nonfat milk instead of whole milk or heavy cream.
- Instead of only white flour, use half white and half whole-wheat flour.
- Instead of adding chocolate chips or candies, use dried fruit, like cranberries or cherries.
- Use extracts like vanilla, almond and peppermint to add flavor, instead of sugar or butter.
- Use whole-grain breads, rice and pasta instead of white.
- Bake, grill, or steam vegetables instead of frying.
- Compare labels of your holiday ingredients, and choose products with lower amounts of sodium and added sugars.
- Use spices, fresh herbs and citrus juice to flavor foods and drinks instead of excess salt and added sugars.

Source: <https://www.heart.org/-/media/aha/h4gm/pdf-files/hheatingguidefinalnohablogo.pdf?la=en>

## Toy Safety Tips

- Read age and safety labels
- Inspect all toys regularly
- Watch for toys that can become hazards
- Sign up to receive product recalls at [www.cpsc.gov](http://www.cpsc.gov)
- Ensure toys are used in a safe environment
- Store toys safely
- Supervise children when they play
- Keep toys intended for older children away from younger children



<https://www.safekids.org/coalition/safe-kids-nebraska>  
<https://www.safekids.org/>

## Tis the season for indoor workouts.

Exercise and unwind from the comfort of home.



#MoveItMonday

[MoveItMonday.org](https://MoveItMonday.org)



## UPCOMING EVENTS...

- **Tobacco Quitting Info Session**, Thursday December 1<sup>st</sup> at 4:00. Join virtually or in-person.
- **Kyle's Coffee at Captain Red Beard's**, York, Monday, December 5<sup>th</sup> from 6-11am.
- **Suicide Survivor Event**, Tuesday, December 6<sup>th</sup> at Gathering Grounds Coffee House, Osceola, 5-7pm
- **Suicide Survivor Event**, Thursday, December 8<sup>th</sup> at Neutral Grounds, Seward, 4:30-7pm
- **Mental Health First Aid**, January 25<sup>th</sup> 9am – 4:30pm in York. Learn the signs of mental health or substance abuse challenges, how to offer help, and guide a person toward appropriate care.
- **Wellness Recovery Action Plan (WRAP) Training**, February 8<sup>th</sup>, 9am – 4:30pm in Osceola. Renew your wellness your way!  
<https://fourcorners.ne.gov/community-ed-training/upcoming-events-workshops/>