

## "FALL" INTO GOOD EATING HABITS

The key to achieving and maintaining your ideal weight is to adopt healthy eating habits. One helpful habit is to be mindful of what, when, and how you eat. Below are steps you can take towards becoming a more mindful eater.

### Be mindful of your emotions.

Do you use food for comfort when you are tired, bored, or stressed? Choose an easy and fun activity to enjoy when you have these feelings.

- Take a nap
- Call a friend
- Enjoy a hot bath
- Go for a walk

### Slow the pace of eating.

Stretch your meals to 20 minutes to give your body time to know that you are satisfied. It is easy to overeat if you eat too fast.

- Take small bites
- Chew slowly
- Sip water and put your utensil down between bites

This fall, make it your goal to start eating more mindfully.

## CHANGE ONE THING:

### MAKE THE HEALTHY CHOICE THE EASY CHOICE

Keep your home stocked with healthy foods that are easy to grab when you want a quick snack. Here are some ideas to get you started:

- Hummus dip with veggies
- Fruit dipped in low fat yogurt
- Whole grain crackers with peanut butter
- Low fat yogurt parfait with fruit and cereal
- Quesadilla with whole grain tortillas and cheese



### LIVINGSTON COUNTY BABY FAIR

LESA, 1425 W. Grand River Ave.,  
Howell, MI 48843

Saturday, October 19  
9:00AM-12:00PM



More details at:  
<https://lacasacenter.org>

### SALVATION ARMY HOLIDAY ASSISTANCE SIGN UP EVENT

3600 E Grand River Ave,  
Howell, MI 48843



Friday, October 18  
12:00PM-7:00PM

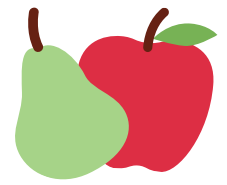
Saturday, October 19  
10:00AM-3:00PM

Friday, November 8  
12:00PM-7:00PM

Saturday, November 9  
10:00AM-3:00PM

More details at:  
<https://bit.ly/2MKEZKq>

# ARE YOU PRACTICING SAFE FOOD STORAGE AT HOME?



Get fruits & vegetables home and in the fridge in 2 hours or less

## Fruit and Vegetable Safety at Home



### Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



### Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



### Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



## JUST ASK WIC

Are you having trouble finding or purchasing WIC foods at the store? WIC staff can help!

Call our office today: 517-546-5459

## GEAR UP FOR FLU SEASON!

Flu is more dangerous than the common cold for children. Prevent flu by getting yourself and your children vaccinated and learn other ways to protect your family by visiting: [www.usa.gov/features/how-to-fight-flu-this-season](http://www.usa.gov/features/how-to-fight-flu-this-season)

### Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.  
with extended hours until 7:00 p.m. on the  
2nd & 4th Wednesdays of each month

## WIC Breastfeeding Peer Counselor

*Support when you need it!*



Jennifer Kaiser

Email: [jkaiser@livgov.com](mailto:jkaiser@livgov.com)

Call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support

This institution is an equal opportunity provider.