

## Support your mental health!

Mental health includes your emotional, psychological, and social well-being. It affects how you think, feel, and act. It also helps determine how you handle stress, relate to others, and make healthy choices.

Mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease.

It is important to devote time to taking care of both your mental and physical health.

Common signs that you may be experiencing stress include: an increase in irritability, outbursts of anger and frequent arguing, having trouble relaxing or sleeping, crying frequently, and worrying excessively. You may also feel depressed, angry or more sad emotionally while your body may feel the effects in different ways such as headaches, stomachaches and loss/increase of appetite.

If you or a family member are struggling with mental health, reach out for resources and support. Talk to friends or family about what you are experiencing. Also talk with your doctor about where you can get additional mental health support. Find more tips: <https://bit.ly/3la0N0j>



 Support changes everything.

### JUST ASK WIC

Livingston County WIC's Registered Dietitian, Amy, is here to support your family and help you reach your goals!

#### You can ask Amy for advice about...

- Boosting immune systems with healthy foods
- Transitioning to milk
- Tips and tricks for picky eaters
- Making family meals a part of your routine
- And so much more...

Find more resources and tips:  
<https://bit.ly/3aGqiRS>

### Nutrition to Keep Your Immune System Strong

Reduce your risk of getting COVID-19 by washing your hands, keeping your distance from others, covering your mouth and nose with a mask, and supporting your immune system.

Keep your immune system strong with Immune-Supporting Nutrients:

- Beta Carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.
- Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.
- Vitamin D is found in fatty fish and eggs. Milk and 100% juices that are fortified with vitamin D also are sources of this important nutrient.
- Zinc tends to be better absorbed from animal sources such as beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

## Don't let your child fall behind on vaccines.

Has your child missed a vaccine appointment? Flu season is right around the corner. Vaccines are the best way to protect your child from serious diseases like flu, measles, and meningitis. If your child missed a vaccine appointment, now is the time to catch-up. Learn more:

<https://bit.ly/3f8YI04>

**Livingston County Health  
Department Immunization Clinic  
is now open by appointment.**

Call for an appointment.

517-546-9850



## Oven-Roasted Fall Veggies

### Ingredients:

- 2 cups butternut squash, peeled and cut into 1 inch pieces
- 1 lb Brussels sprouts, trimmed and halved or quartered
- 2 tsp vegetable oil
- Pinch of salt
- Black pepper to taste
- Parsley, chopped (optional)

### Directions:

1. Preheat oven to 425°F.
2. In a bowl, toss the butternut squash, and Brussels sprouts with the oil, salt, and pepper. Mix thoroughly.
3. Line a large baking sheet with aluminum foil. Spread the vegetables on the sheet, arranging the Brussels sprouts cut-side down.
4. Bake 20-25 minutes, or until vegetables are cooked through. Garnish with chopped parsley if desired.

Makes 4 servings. Each serving provides: 112 calories, 4.5 grams protein, 18 grams carbohydrate, 2.5 grams fat, 70 milligrams sodium, 5.5 grams fiber.

*Recipe from the National WIC Association.*

## WIC Breastfeeding Peer Counselor



**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

Breast milk is still the best source of nutrition for baby, even during the COVID-19 pandemic.

**Support** is so important and we are here for you during this difficult time. **Call or text Jen today!**