

Just for the Health of It

Warren County Public Health Newsletter March 2023

Children and the Dangers of Edibles

“Certain substances in your home may be intended for adult use they also may pose a serious risk in little ones hands keep all medications over-the-counter prescription drugs legal substances such as marijuana and alcohol and of course illegal drugs away from their reach when children put these substances in their mouth the result is quite dangerous even

Catastrophic the worst consequences serious injury to your child or even death children rely on the adults around them to use common sense safe storage is outlined in Connecticut state law including the penalties if a child gains access to something that should be locked up for the sake of all of Connecticut's children please spread this message to anyone who will listen it is our collective job to keep kids safe after all it's not about us it's about them whether legal or illegal adult substances can be poisonous to children so keep your eyes on what their hands and mouths can reach”

– Vanessa Dorantes

*Commissioner of the
Connecticut State Department
of Children and Families*

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Health Events

Watch out for our new episodes on the Just for the Health of It podcast! We will be interviewing all sorts of different people this month! From colorectal cancer screenings to poison prevention! Make sure to subscribe to our YouTube channel so you never miss another video again!

Colorectal Cancer Awareness

Colorectal cancer, or CRC, is the second deadliest cancer in the United States. Every March, National Colorectal Cancer Awareness Month spotlights this disease and inspires more people to get checked starting at age 45. One in 24 people will be diagnosed with CRC in their lifetime, but you can make a difference today.

Overview

Colorectal cancer, or CRC, is a disease of the colon or rectum, which are parts of the digestive system. Unlike most cancers, colorectal cancer is often preventable with screening and highly treatable when detected early. Most cases of colorectal cancer occur in people ages 45 and older, but the disease is increasingly affecting younger people. Each year, about 150,000 Americans are diagnosed with this disease and more than 50,000 die. Colorectal cancer may develop without symptoms. If you are 45 or older and at average risk, it's time to get screened.

Risk factors

While anyone can develop colorectal cancer, a few conditions can increase risk.

- Inflammatory bowel diseases such as Crohn's disease or ulcerative colitis
- A personal or family history of colorectal cancer or colorectal polyps
- A genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome)
- Black/African Americans and Ashkenazi Jews are at higher risk.

Common symptoms

Colorectal cancer often develops without symptoms. When they occur, symptoms may include:

- Blood in or on stool
- Persistent unusual bowel movements like constipation or diarrhea
- Stomach pain, aches, or cramps that don't go away
- Losing weight for no reason

More about Colorectal Cancer

Most colorectal cancers start as an abnormal tissue growth, called a polyp, inside the colon or rectum. With the help of screening tests, doctors can detect polyps, remove them, and prevent them from developing into colorectal cancer.

Colorectal cancer is the second most common cancer in the US among men and women combined. But it is highly treatable when it is discovered early. Even if it spreads into nearby lymph nodes, surgical treatment followed by chemotherapy is very effective.

In the most advanced cases — when the cancer has spread to the liver, lungs, or other sites — chemotherapy can often make surgery an option, prolonging and adding quality to life. Research is ongoing to learn more about this disease and provide more hope to people with all stages of colorectal cancer.

The Cancer Services Program is a New York State Cancer Screening Program for men and women who:

- Live in New York State
- Do not have health insurance
- Have health insurance with a cost that makes the cost of screening too high
- Meet the program rules for age and income

Contact the Cancer Services Program today by clicking the link [here or call](#)

518-926-6570

National Nutrition Month

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

A trip to the grocery store may cost you a bit more these days. With rising prices and falling budgets, it's more challenging than ever to bring home the fixings for balanced meals. But, saving money at the supermarket doesn't mean giving up nutritious foods. Here are some tips to save you money while nourishing your family.

Get into a Frugal Frame of Mind

- **Be healthier to be wealthier.** Consider the money you'll save down the road by eating well today and teaching your family to make wise food choices. Good nutrition could mean fewer days missed from work and school and fewer medical bills now and in the future.
- **Expect to spend a little extra time buying groceries — at least at first.** Making lists, checking store flyers and comparing unit prices on packages take time. Give it a few weeks, and you'll get faster.
- **Make your mantra: Raw, whole and bulk.** Raw and whole foods are not prepared or processed so these items usually cost less than buying their precooked and ready-to-eat counterparts. Buying staples in bulk also can mean some huge savings on those family favorites. Look for items such as breakfast cereals, which can really put a dent in your budget.
- **Fall in love with your freezer.** When you prepare a recipe, double it and put the extra portions in the freezer. You'll be glad it's there on that night when nothing goes as planned. Instead of calling for home delivery, you can zap a delicious meal that you know your family loves. When freezing, add a date to the outside package and eat the items with the earlier dates first.

At Home

- **Keep a running grocery list.** Each trip to the supermarket will cost you extra time and gas money. By keeping a list, you won't have to run out for single items. Plus, fewer trips to the grocery store means fewer impulse buys.
- **Plan your menus around the sales.** Planning is key. Review several supermarket flyers or look for their specials online. You'll save the most money on sales for meats. When creating your menus, have a plan for leftovers such as making sandwiches with extra servings of chicken or pot roast.
- **Keep up with your favorite brands on social media.** You'll find some great bargains and coupons this way.

- **Grow your own.** Plant tomatoes, peppers, carrots, lettuce and more. Save money, have fun and get better flavor at the same time.
- **Cook more meals at home.** You get to control the ingredients, and you won't have the labor costs involved with restaurant meals.
- **Identify the foods you can prepare more cheaply at home.** There's no need to buy prepared gelatin, pudding and tea when they're simple and inexpensive to make yourself.
- **Do a 5-minute inventory of your refrigerator at least twice a week.** Find a use for everything before it goes bad. Toss wilting vegetables into a pot of soup or spaghetti sauce. Freeze leftovers for another day and ripe bananas for banana bread or smoothies.

At the Grocery Store

- **Use coupons only for foods you normally buy.** Find stores that host double- and triple-coupon days and shop during that time.
- **Invite the kids.** Shop with your kids and show them how to choose healthy fruits and vegetables.
- **Don't shop when you're hungry — or when the kids are hungry.** Have snacks before heading out to help you resist those impulse buys.
- **Don't reward with candy.** Don't use candy as a reward for your kids' good behavior while shopping.
- **Stock up.** Buy extra canned and frozen goods, cereals and even meats and fish when they're on sale. Wrap meats in a freezer bag before freezing. Limit the use of pre-packaged foods, chips, cookies, candy, and soft drinks or sugary beverages.
- **Buy generic.** Store brands often are as good or better than the pricier name brand. Compare ingredients lists and Nutrition Facts panels.
- **Check unit prices or prices per serving.** Search high and low because often the least expensive items are on the top and bottom shelves.
- **Use these high-nutrition, low-cost foods.** Instead of expensive meats, try beans lentils, eggs, peanut butter, tofu and canned fish (salmon, tuna or crabmeat). You also can usually find good prices on grains including oats, brown rice and barley. Sweet and white potatoes are low-cost filling options. And, frozen fruit and vegetables are rich in nutrients and less expensive than some fresh counterparts.

Chickpea Bruschetta

Bruschetta has to be one of the best creations on this Earth. A small handheld pizza with fresh veggies? Um, yes, please! This recipe is very refreshing and bright in flavor! The use of sun-dried tomatoes give this recipe a tart flavor and combined with the chickpeas makes for a delicious experience. Chickpeas also provide a great amount of protein and allows for all different diets to enjoy this amazing appetizer! Easy to make and packed with many flavors and benefits, this is sure to stand out on any occasion!

Ingredients:

- 1 can chickpeas, rinsed and drained
 - 1 baguette or rustic bread
- 2 Tbsp chopped parsley leaves, plus extra to serve
 - 6 sun-dried tomatoes, drained and chopped
- 1 Tbsp extra virgin olive oil or olive oil, plus extra to serve
 - 1 Tbsp lemon juice
 - 2 garlic cloves, peeled
 - 1/4 tsp fine salt, or according to taste
 - black pepper, to taste

Directions:

1. Smash the chickpeas and add in parsley, olive oil, sun-dried tomatoes, lemon juice, salt, and pepper and mix well
2. Cut your baguette into diagonal slices about ½ inch thick and place onto a baking sheet to bake at 400°F until crispy and dry (8-10 minutes). You can also toast these slices on the stove with olive oil until golden brown.
3. Brush on some garlic and top with your chickpea mixture. Drizzle some olive oil and garnish with parsley and enjoy!

Nutritional Information:

Serving size: 1 slice | Servings per recipe: 10 | Per serving: 142 kcal | Carbohydrates: 15.8g | Dietary fiber: 4.1g | Protein: 5.5g | Fat: 7.2g | Sodium: 267.7g | Sugars: 2.3g