

Check Out The New Food Pyramid!

The MyPyramid Food Guidance System symbolizes a personalized approach to healthy eating and activity. The symbol has been designed to be simple. It has been developed to remind consumers to make healthy food choices and to be active everyday.

The different parts of the symbol include:

- **Activity**—This is represented by the steps and the person climbing them, as a reminder of daily physical activity.
- **Moderation**—This is represented by the narrowing of each food group from bottom to top. The wider base stands for foods with little or no solid fats or added sugars. These should be selected more often. The narrower top area stands for foods containing more added sugars and solid fats. The more active you are, the more of these foods can fit into your diet.
- **Personalization**—This is shown by the person on the steps, the slogan, and the URL. Find the kinds and amounts of food to eat each day at www.mypyramid.gov.
- **Proportionality**—This is shown by the different widths of the food group bands. The widths suggest how much food a person should choose from each group. The widths are just a general guide, not exact proportions.
- **Variety**—This is symbolized by the 6 color bands representing the 5 food groups of the pyramid and oils. This illustrates that all groups are needed each day for good health. (Orange=Grains; Green=Vegetables; Red=Fruits; Yellow=Oils; Blue=Milk; and Purple=Meat and Beans)
- **Gradual Improvement**—This is encouraged by the slogan. It suggests that individuals can benefit from taking small steps to improve their diet and lifestyle each day.

Steps to a Healthier You



MyPyramid.gov

Food Safety for Picnics

Warm temperatures help bacteria to grow faster and if your food is not handled safely, you can end up with a foodborne illness. Picnic foods can be hazardous for many reasons including:

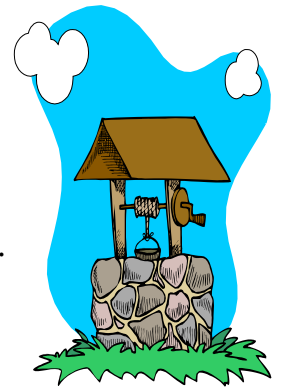
- Picnic food is handled by a lot of people and requires a lot of handling during preparation. Example: Cutting fruit, making hamburger patties, putting together salads
- Food is not cooled quickly after it is cooked.
- Equipment to keep cold food cold and hot food hot is not used at a lot of picnics and the food sits out for long periods of time.



Visit http://www.scottcountyiowa.com/health/food_picnics.php to learn about the steps to help keep your family and friends safe.

Financial Assistance Available for Water Well Plugging, Well Rehabilitation, and Free Water Samples

Now and through June 30, 2005, or until it runs out, financial assistance is available to Scott County property owners desiring to properly plug abandoned wells or rehabilitate their existing water well. Property owners may qualify for up to a maximum amount of \$200.00 to plug a water well or up to \$350.00 for well rehabilitation.



Scott County has also received a grant for free water quality testing. All Scott County non-public water wells are eligible for a free bacteria and nitrate analysis.

In an effort to protect our groundwater supplies and to protect your health, please do your part by plugging abandoned water wells, rehabilitating your existing water wells, and having your water wells tested. This will ensure that our water supplies will not be contaminated by abandoned wells and you are consuming safe drinking water.

If you are interested in more information regarding water well plugging, well rehabilitation, or a free water sample, please contact the Health Department at 563-326-8618.

Nuisance Complaint Form Available Online

Residents of Scott County may now file a nuisance complaint online at http://www.scottcountyiowa.com/health/nuisance_form.php. A nuisance may include air quality, garbage, junk, illegal burning, illegal dumping, tires, vehicle fluid, rats/mice/rodent, dead crows, animal feces, roach/insect, sewage, water, and food/restaurant complaint.



Scott County Health Department HIV Testing Program

The HIV Antibody Testing Program includes confidential pre and post test counseling and oral swab testing for the HIV Antibody for all Iowa residents that meet the priority guidelines. The service is provided free of charge. For positive tests, counseling and referral services are available as well as partner notification services.

Walk-in Pre test Counseling and Testing are Available on:

- Tuesdays & Thursdays: 1-4 p.m.
- Fridays: 8:30-11 a.m.
- Appointments are also available

Walk-in Post Test Counseling is Available:

- Monday-Friday: 8-4 p.m.

Visit http://www.scottcountyiowa.com/health/hth_hivtest.php for more information.

