

PUBLIC HEALTH CONNECTION



Eat Your Greens!

National Nutrition Month

March is National Nutrition month. Dietitians and nutritionists encourage everyone to eat a variety of foods from all the food groups. This is a great time to focus on adding more greens (produce) to your diet. Fruits and vegetables can be fresh, canned, or frozen.

Easy Ways to Add Greens Each Day

There is a big difference between agreeing that eating more greens is good and actually doing it on a daily basis. Planning ahead is key. Pick a goal like a fruit with each breakfast or a veggie with each dinner. Set one date to start and another to check on your progress. As with any change in habits, start small to make it achievable. Once you've mastered it, add more!

Give these ideas a try:

- Use romaine and red leaf lettuce in salads instead of iceberg.
- Add chopped cabbage to soups.
- Layer fresh spinach into your sandwiches.
- Add chopped arugula or spinach to pasta sauce.
- As a side, sauté Swiss chard or Kale with garlic and add balsamic vinegar.
- Eat a side of coleslaw with your sandwich instead of potato chips.

Do you need some serious help making a plan? The nutrition experts, dietitians and nutritionists, can help you create the change needed to improve your life. You will find these professionals at grocery stores, WIC clinics, long term care facilities, hospitals, and in private practice. Learn more from the Academy of Diet and Nutrition at eatright.org.



OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

OUR VISION:

Scott County—
A safe and healthy
community.



SPECIAL EVENTS

- *Scott County Board of Health Meeting, Scott County Administrative Center, 1st Floor Boardroom, 12:00 PM, Thursday, March 24, 2022.*

Links

- [Academy of Nutrition and Dietetics](https://eatright.org)
eatright.org
- [20 Ways to eat more Fruits & Veggies](#)

Set Your Clocks—Check Your Stocks

Set Your Clocks—Sunday, March 13

Daylight savings time—the day we set our clocks 1 hour ahead—begins Sunday, March 13, 2022. Use this date as an opportunity to “check your stocks”. Are you ready for an emergency, both in and outside your home?

Check Your Stocks (Stockpile)

Emergencies happen and often don't give much warning (like the severe weather in December!). Inside your home, check that your smoke detectors are operating correctly. When preparing for emergencies outside your home (storms, power outages, etc.), it's important to have supplies you need already at hand. Keep a 3-day supply of food and water (at least 1 gallon of water per person/day) - choose foods that don't require refrigeration. Non-food supplies should include a flashlight, manual can opener, radio, batteries, and medical supplies. Learn more about being prepared at www.getreadyforflu.org/clocksstocks.



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