

BEE WELL

Thomas County Wellness Newsletter

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"We must find time to stop and thank the people who make a difference in our lives."

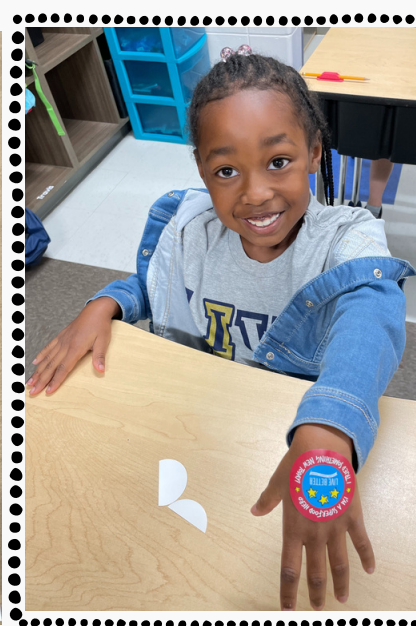
—John F. Kennedy



LIVE BETTER SUPERFOOD TRY-DAY

Garrison-Pilcher

Archbold hosted a Live Better Superfood Try-Day at Garrison-Pilcher on October 20th. They brought in Pumpkin Bread for the students and teachers to taste, and it was delicious! We even had requests from some of the students to add it to the breakfast menu, so Cross-Creek and Garrison will have the recipe featured on their breakfast menu in November.



CAFETERIA CONVERSATIONS

Golden Radish Award

Thomas County School Nutrition was one of 47 winners from across the state of the 2022-2023 Golden Radish Award, which recognizes outstanding efforts in Farm to School work. Our school nutrition department has worked diligently over the past few years to connect with local framers and bring local products into our school kitchens. A few of the Farm to School products we served over the past year are blueberries from Burton Brambles in Coolidge, strawberries from Ochlockonee Ridge Farms in Moultrie, and satsumas from F&C Farm in Boston. We are always looking to grow our farm to school program, so if you know a local farmer that has products to sell, please have them to reach out to us!



HARVEST OF THE MONTH

The Harvest of the Month for November is Sweet Potato! Sweet potatoes are a red-orange Superfood! They are good sources of vitamin A, potassium, and dietary fiber (among other nutrients.) Sweet Potatoes are also high in the antioxidant beta-carotene which is important to keep the cells in your body healthy, especially your eyes, skin, and immune system.

Sweet potatoes are considered a long season crop, making them perfect for growing during Georgia's long hot summers.



- For fun facts and information on sweet potatoes, click [here](#).
- For a food based learning lesson with sweet potatoes, click [here](#).
- For information on how to grow sweet potatoes at home or in your school garden, click [here](#).
- There are so many great ways to enjoy sweet potatoes. Click on each of the sweet potato pictures below for links to sweet potato recipes.





Sweet Potato Souffle with Marshmallow Oat Crumble

a recipe adapted from Clayton County School Nutrition

Portions: 50

Portion Size: 1/2 cup

Meal Components:



Sweet Potato Souffle		Marshmallow-Oat Crumble:	
Potatoes, sweet, #10 cans, drained	3 each	Oats, rolled	4 cups
Sugar, light brown	2 cups	Flour, all-purpose	0.5 cup
Oil, vegetable	1 cup	Orange, fresh, zest	2 each
Milk, 1%	1 cup	Sugar, light brown	1 cup
Orange, juice	2 cups	Spice, allspice, ground	1 tablespoon
Vanilla, extract	2 tablespoons	Butter, unsalted, melted	1 cup
Spice, cinnamon, ground	1 tablespoon		
Spice, ginger, ground	1 tablespoon	Marshmallow, mini	4 cups
Eggs, fresh, large	10 each		

Steps:

To make the Sweet Potato Souffle

- Using a large mixer with whisk attachment or VCM, add sweet potato, sugar, oil, milk, orange juice, vanilla, cinnamon, and ginger.
- Mix on medium speed for 3 minutes.
NOTE: This step is important. It is the mixing time that will give your souffle great texture.
- Add the eggs and mix at medium speed an additional 2 minutes.
- Evenly spread the sweet potato mixture into 2-inch pans.
NOTE: This is a great make ahead recipe. These pans can be wrapped, labeled, and dated. Freeze until needed and thaw in the cooler one to two days prior to production.

To make the Marshmallow-Oat Crumble

- Using a large mixing bowl combine oats, flour, orange zest, sugar, and allspice.
- Stir in melted butter, creating a nice crumble texture.

To Bake

- Bake the sweet potato souffle, WITHOUT topping, at 350°F for 15 minutes.
- Evenly sprinkle the oat crumble over the top and continue baking 20-30 minutes.
Critical Control Point: Cook the sweet potato souffle to an internal temperature of 145°F for 15 seconds.
- Remove from oven and sprinkle on mini marshmallows.
Critical Control Point: Hot hold at 135°F or higher.
NOTE: This recipe holds well and does need to be batch cooked for quality. Serving is 1/2 cup.



Tips:

This recipe works great with fresh, local sweet potatoes.

MONTHLY OBSERVANCES

Hunger and Homelessness Awareness Week

Hunger and Homelessness Awareness Week is November 11th-18th, the week before Thanksgiving. This week aims to bring awareness to the unfortunate reality that many people, even in our community, are living in poverty. As the holidays approach, it is important to remember that this season can be a difficult time for many. Hunger and Homelessness Awareness Week was created to educate the public, draw attention to these issues, and build up a base of volunteers and supporters for organizations that combat food insecurity and poverty. It is a great time to take action to help those in your community!

Hunger and Homelessness Statistics:

- 37.2 million Americans live below the poverty level
- 44 million Americans are at risk of suffering from hunger
- 1 in 6 children in the U.S. live in poverty
- **19% of residents in Thomas county are living in poverty.**
- **Over 30% of the students in Thomas County Schools live in households that receive food assistance.**

Some ways to take action include:

- Volunteer with [Hands on Thomas County](#), [Project Backyard](#), our local food bank, or other poverty assistance program.
 - Project Backyard (right here in Thomasville) hosts a community Thanksgiving meal every year. They are in need of desserts for the meal, volunteers to help set-up the day before, and/or volunteers to serve or deliver meals on Thanksgiving day.
- [Donate](#) to the local food bank or poverty assistance program.
- Organize an educational or fundraising event. For ideas, click [here](#).
- Have a discussion about hunger and homelessness with your family, friends, or coworkers.

**VOLUNTEERS
NEEDED**

Other November Observances

- Military Family Appreciation Month
- National Adoption Month
- National Diabetes Month
- National Gratitude Month
- National Native American Heritage Month
- National Pepper Month
- National Roasting Month
- National Peanut Butter Lovers Month
- All Saints' Day (Nov. 1)
- World Vegan Day (Nov. 1)
- Children's Book Week (Nov. 6-12)
- Hunger and Homeless Awareness Week (Nov. 11-18)
- World Kindness Week (Nov. 13-17)
- American Education Week (Nov. 13-17)
- National Recycling Week (Nov. 13-19)

GRATEFUL



- National Sandwich Day (Nov. 3)
- Daylight Saving Time ends (Nov. 5)
- Election day (Nov. 7)
- STEM/STEAM Day (Nov. 8)
- Veterans Day (Nov. 11)
- Diwali (Nov. 12)
- World Kindness Day (Nov. 13)
- National Pickle Day (Nov. 14)
- World Diabetes Day (Nov. 14)
- Great American Smokeout (Nov. 16)
- International Men's Day (Nov. 19)
- Eat a Cranberry Day (Nov. 19)
- Thanksgiving (Nov. 23)
- #GivingTuesday (Nov. 28)

Fall Back 1 hour!



VETERANS
DAY



BE WELL - SHBP

November Sleep Better Wellness Challenge

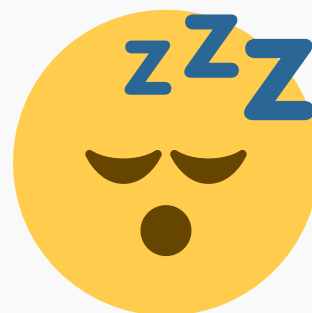
The State Health Plan Wellness Challenge for the month of November is a Sleep Challenge. Along with nutrition and physical activity, sleep is one of the important parts of a healthy lifestyle. Did you know that more than 1/3 of American adults get less than the recommend 7 hours of sleep each night? Lack of sleep has been linked to increased risk for heart disease, depression, Type II Diabetes, obesity, high blood pressure, and stroke, among other conditions. Getting enough sleep is something we all need for good health. Track your sleep for the [November Sleep Better Challenge](#).

If you are enrolled in the State Health Benefit Plan (SHBP) through either Anthem Blue Cross and Blue Shield or UnitedHealthcare Commercial (non-Medicare Advantage) Plan Options, you and your covered spouse can [enroll in the November Sleep Challenge](#) 20 points upon completion! (Points can be redeemed for your choice of reward).

Follow these steps to join the November Challenge!

- If you have never registered for an account on BeWellSHBP.com [register here](#); if you already have an account use your email and password to [log in here](#) (or log in to your account through the Sharecare app). Make sure you have completed your RealAge® Test for 2023.
- Click on the “Achieve” navigational link and then proceed to the Challenges section.
 - Register for the Sleep Better Challenge During the month of November, Track 7-9 hours of sleep for at least 21 days within the challenge period
 - NOTE: you can sync the Sharecare app with many of your fitness devices to make tracking sleep easier! [Sync your devices here](#).

Challenge





American Heart Association.
Healthy for Good™

3 TIPS FOR BETTER SLEEP

Your body naturally craves sleep, but it can be tough to get to bed on time. Here's how to get better sleep every night.



SET AN ALARM

Set a daily alarm for 1 hour before bedtime. This will remind you it's time to wind down.



SIGNAL YOUR BRAIN

Once your alarm goes off, do something your brain associates with bedtime, like brushing your teeth or washing your face.



RELAX AND UNWIND

Reclaim your calm by doing something that helps you unwind – a bath, reading, journaling or something else relaxing.

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If you consistently have trouble sleeping well, please talk to your doctor.

heart.org/sleep

