

BEE WELL

Thomas County Wellness Newsletter

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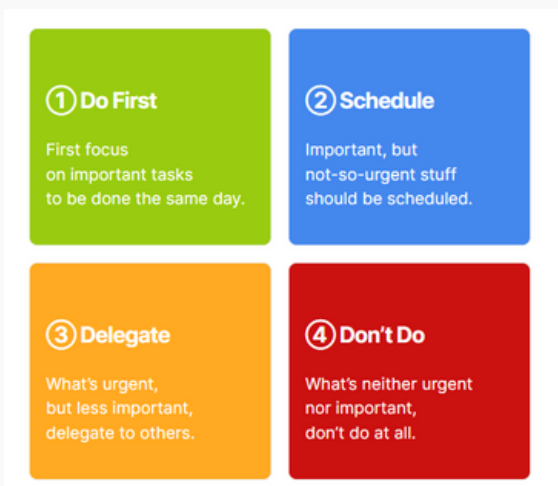
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*"Be the change that you wish to
see in the world."*

~Mahatma Gandhi



Strawberry



Scan the QR code to learn more about the superfood of the month!



NUTRITION FACTS
per 1 cup sliced, fresh strawberries (166g)

Calories 53
Total Fat 0g
Saturated Fat 0g
Cholesterol 0mg
Sodium 2mg
Carbohydrates 13g
Dietary Fiber 3g
Total Sugars 8g
Protein 1g

Strawberries are a fan favorite fruit on MyPlate. These little red gems are bursting with nutrients and antioxidants that offer a surprising variety of health benefits. One of the biggest advantages of strawberries is their Vitamin C; one cup of strawberries has almost 150% of your daily recommended Vitamin C intake. They are also a great source of dietary fiber, folate, and other antioxidants that make up a healthy diet and support the body. Strawberries can be eaten fresh or frozen in a multitude of ways which makes them a sweet treat that can be enjoyed at any time of year!



Strawberry Mango ‘Nice’ Cream

INGREDIENTS

- 12 oz. mango, frozen in pieces
- 8 oz. strawberries, frozen whole or sliced
- 1 Tbsp lime juice

METHOD

1. Place mango, strawberries and lime juice in a food processor; process for 1–2 minutes.
2. Stop the processor and scrape down the sides.
3. Continue processing until smooth, an additional 2–3 minutes, adding up to 1/2 cup water to help process the fruit, if necessary.

To make ahead: While this recipe will have the best texture if served immediately, it can be stored in the freezer for up to 3 months. Allow it to soften at room temperature for about an hour before serving. This dish meets the Live Better nutritional guidelines for a snack. Portion: 3/4 cup; Yield: 4 servings. Calories: 70; Total Fat: 1g; Saturated Fat: 0g; Cholesterol 0mg; Sodium: 2mg; Total Carbohydrate: 17g; Dietary Fiber: 3g; Sugars: 14g; Protein: 1g; Potassium: 234mg; Calcium: 19mg

LIVE BETTER- Superfood Try-Day @ Garrison Pilcher & Wellness Tip



This Live Better message is brought to you by Archbold and our partner UGA Extension Office.



Live Better is an Archbold-led collaborative of key community leaders and partners focused on improving the overall health of the citizens of Thomas County, Georgia.

Wellness Wednesday Tip

Stretch for Less Stress

Feeling stressed? Try yoga to relax! Yoga uses movement and breathing exercises to help you feel calmer and stronger. Here's how you can get started:

Find a Comfy Spot. Lay down a mat or use a carpet. Sit down and start to focus on keeping your back straight and shoulders back.

Breathe Deeply. Breathe slowly through your nose, feeling your stomach push out. Then breathe slowly through your mouth and pull your stomach in. Do this a few times.

Stretch. Stand tall like a tree and reach your arms high, all while taking deep breaths. Touch your fingertips together overhead. Imagine roots growing from your feet to keep you grounded.



GEORGIA'S PUBLIC EDUCATION

Employee Assistance Program

a partnership with:



MONTHLY TIP

Clutter to Clarity: Organizational Skills for Better Living

Feeling overwhelmed by clutter? Disorganization can lead to stress, wasted time, and decreased productivity. Mastering organizational skills can transform your daily life by boosting efficiency, reducing anxiety, and creating a clearer mindset.

Try these simple strategies to bring order to your space and routine:

- 1.Declutter Regularly:** Take a few minutes each day to tidy up. Use the “one-year rule”—if you haven’t used it in a year, consider donating or discarding it. A clutter-free space promotes a clutter-free mind.
- 2.Prioritize & Plan:** Start each day with a to-do list. Break tasks into manageable steps and prioritize them by urgency and importance. The Eisenhower Matrix (urgent vs. important) can help you focus on what truly matters. (You can learn more about the Eisenhower Matrix and how to use it effectively here: <https://www.eisenhower.me/eisenhower-matrix/>)
- 3.Create Functional Spaces:** Organize your workspace with efficiency in mind. Use labels, storage bins, and designated areas for essential items. A well-structured space minimizes distractions and improves focus.
- 4.Develop Daily Routines:** Consistency is key! Establish morning and evening routines to maintain order effortlessly. Small habits, like putting things back immediately, prevent mess from piling up.
- 5.Go Digital:** Reduce paper clutter by digitizing documents and using productivity apps. Organizing files electronically saves time and keeps important information easily accessible.
- 6.Practice the “One In, One Out” Rule:** For every new item you bring in, remove one. This prevents accumulation and maintains balance in your environment.

By adopting these organizational skills, you’ll create a more peaceful, productive, and stress-free life. Start small, stay consistent, and enjoy the clarity that comes with order!

If you need support in creating a balanced lifestyle, reach out to you EAP for resources, guidance, and additional tools to help you thrive.

Help Starts Here

Free, confidential access to professional consultants and online resources, 24 hours a day, 7 days a week, 365 days a year.

1-866-279-5177
EAPHelplink.com
Code: GADOE

CAFETERIA CONNECTIONS- Taste of College

Our School Nutrition team is excited to host it's 4th Annual *Taste of College* event during lunch at TCCHS the week of April 21st-25th! Each day, the high school cafeteria will showcase a menu inspired by dining hall favorites from colleges and universities around Georgia.

This year's event will also highlight delicious Georgia Grown entrees, featuring pork from Thompson Farms, beef from Martin Farms Beef Co. and Herd & Passel, along with other Georgia Grown items. In addition to Georgia Grown entrees, the UGA menu (Friday) will feature locally grown produce with blueberries from Burton Brambles and strawberries from Ochlockonee Ridge Farms in a delicious Berry Mint Salad. *(If you're not at the high school, there is good news! All of our schools will feature locally grown blueberries and/or strawberries now through the end of school!)*

New this year: Representatives from ABAC will be on-campus during the ABAC themed lunch to talk with students about the wide variety of programs and opportunities available at ABAC.

Be sure to follow our School Nutrition Facebook page for daily updates and a look at all the fun and delicious food during *Taste of College* week.



Do You Know the Warning Signs for Autism?

Autism Spectrum Disorders (ASDs) can sometimes show signs as early as nine months. Early diagnosis and intervention are key with ASDs.

Some indicators to watch out for in toddlers include:

- Delayed speech
- Not responding to their name or making eye contact
- Body movements like rocking or hand flapping
- Babbling that sounds like humming or whining
- An unusual fixation on a particular object, like a toy
- Losing a gained ability, such as speech

If you are concerned about autism for your child, contact their pediatrician.

For more information, visit BeWellSHBP.com/Autism or call 888-616-6411.

Banana Chocolate Smoothie

Smoothies are a great way to get vitamins and protein into anyone's diet, but for people with autism who have food sensory aversion, they can provide vital nourishment. If you or a loved one is on the spectrum, this yummy smoothie may provide the flavor and texture you're looking for.



Ingredients

- 1 medium banana, frozen
- 1 scoop chocolate protein powder
- 1 cup water

Preparation

- Blend all ingredients until thoroughly combined, adding water until desired consistency is reached.

Nutrition (per serving)

Yield: 1 serving. Calories 256; fat 5.35g; carbohydrates 39.61g; fiber 9.2g; protein 17g; sodium 141mg

If you are concerned about autism for your child, contact their pediatrician.

For more information, visit BeWellSHBP.com/Autism or call 888-616-6411.