

BEE WELL

Thomas County Wellness Newsletter

April 2023

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*"Winter's done, and April's in
the skies,
Earth, look up with laughter in
your eyes!"*

—Charles G. D. Roberts,
'An April Adoration' 1896

Better Health Through Better Understanding | April 2023

The logo for Taste of College School Nutrition features a central circular emblem with "THOMAS COUNTY" at the top and "SCHOOL NUTRITION" at the bottom. Below the emblem, the text "TASTE OF COLLEGE" is written in a bold, sans-serif font. To the left of the emblem are five pennants representing different schools: Georgia Tech (red with a white 'G'), Georgia Tech (yellow with a black bee), Georgia Southern (dark blue with a white eagle), ABAC (green with a white horse head), and Georgia State (blue with a white lion). Below the pennants is a logo for Thomas County School Nutrition, featuring an apple with a bee and the text "THOMAS COUNTY SCHOOL NUTRITION Feeding Bodies. Feeding Minds." Below the logo are two blue silhouettes of a fork and a spoon.

THOMAS COUNTY CENTRAL HIGH SCHOOL
APRIL 24-28, 2023
TAKING SCHOOL LUNCH HIGHER!



NATIONAL
PUBLIC
HEALTH
WEEK

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

HARVEST OF THE MONTH

The Harvest of the Month for April is strawberry, the only fruit with its seeds on the outside!

This fruit is grown throughout Georgia and is in season from April to June. There are many local strawberry farms in and around Thomas County and Thomas County School Nutrition is proud to serve fresh strawberries from Ochlockonee Ridge Farms in our schools this month!

The vitamins, minerals, and antioxidants in strawberries can provide important health benefits. For example, strawberries are rich in vitamin C and polyphenols, which are antioxidant compounds that may help to prevent the development of some diseases.

To learn more about strawberries, check out these facts and to preview class activities, click here.

There are so many great way to eat strawberries but for a healthy take on a classic treat, try this Strawberry Shortcake Smoothie or these Strawberry Shortcake Overnight Oats.



CAFETERIA CONVERSATIONS

Taste of College Week at TCCHS (April 24-28)

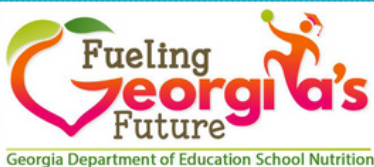
We are so excited to have Taste of College returning to TCCHS again this year! This event was so well received last year that we knew we wanted to make it an annual occurrence.

For one week, our TCCHS cafeteria will recreate menus from five colleges and universities throughout the state. Using each school's submitted recipes, our TCCHS students will get a taste of the foods offered at the different schools and have a chance to try popular items from each campus.

Schools participating in this year's event are:

- The University of Georgia
- Abraham Baldwin Agricultural College
- The Georgia Institute of Technology
- Georgia Southern University
- Georgia State University

To preview the menu for the week, check out our April menu *here*. We know that this will be a great week in school nutrition, and hope you will join us!



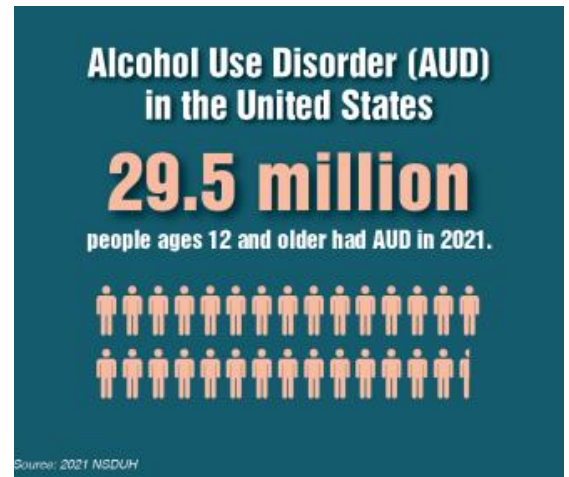
**What food
or type
of food
would
you like
to try?**

MONTHLY OBSERVANCES

Alcohol Awareness Month

Alcohol Awareness Month is recognized in April to raise awareness about alcohol misuse or abuse. Research has shown that people who misuse alcohol have a greater risk of liver disease, heart disease, depression, stroke, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum. These individuals may also have problems managing conditions such as diabetes, high blood pressure, pain, and sleep disorders.

Check out the [resources](#) from the National Institute on Alcohol Abuse and Alcoholism for more information and for [Tips & Tools to Help You Quit Drinking](#).



National Minority Health Month

Every April, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) observes **National Minority Health Month** to highlight the importance of improving the health of racial and ethnic minority and American Indian/Alaska Native (AI/AN) communities and reducing health disparities.

This year's theme, **Better Health Through Better Understanding**, focuses on improving health outcomes for racial and ethnic minority and AI/AN communities by providing them with culturally and linguistically competent healthcare services, information, and resources.

To read more about National Minority Health Month, click [here](#).

National Public Health Week (NPHW) - April 3-9

Our cultures have always shaped our health. We learn from the communities we are born in and that we build together. For this NPHW, join the American Public Health Association April 3-9 for "Centering and Celebrating Cultures in Health".

During each day of National Public Health Week, the focus is on a particular public health topic (community, violence prevention, reproductive and sexual health, mental health, rural health, accessibility, and food and nutrition). These areas are critical to our future success in creating the healthiest nation, and everyone can do their part to help.

To read more, click [here](#).



BE WELL - SHBP

April Step Challenge

If you are a State Health Benefit Plan (SHBP) member or covered spouse enrolled in an Anthem Blue Cross and Blue Shield or UnitedHealthcare Commercial (non-Medicare Advantage) Plan Option, you can enroll in the April Steps challenge and earn 40 points upon completion. (Points can be redeemed for your choice of reward). **Plus, everyone who successfully completes the challenge is automatically entered into the sweepstakes to win a \$200 Foot Locker eGift card.**

To join this month's challenge, follow these steps:

- 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 complete the RealAge® Test for 2023.**
- Click on the "Achieve" navigational link and then proceed to the Challenges section to join.
- During the month of April, track at least 21 days of 7,000 or more steps to successfully complete the challenge.
 - NOTE: you can sync the Sharecare app with many of your fitness devices to make tracking steps easier! Sync [here](#).

Please note: If you are getting physical activity OTHER than steps but would like to join - you can! Linked is a "[Steps Conversion Chart](#)" where you can calculate how many steps you've earned by completing another activity, and then manually enter your steps.



Biometric Screenings



SHBP members and their covered spouses can complete a biometric screening at no additional cost by attending an SHBP sponsored onsite screening event, going to a Quest Patient Service Center (PSC), or through an in-network physician using the 2023 Physician Screening Form. Biometric screenings can help you understand the state of your health so that you can take the necessary steps to improve it. To learn more about biometric screenings, you can read through a list of FAQs [here](#). And to help you prepare for your screening, please follow the guidelines [here](#).

Thomas County Schools will be hosting onsite screening events throughout the spring at various locations. Starting February 1st, you can register for an appointment by following these [steps](#).

BOE, Transportation, BH, RC, Pathways - March 3rd

Garrison-Pilcher, Cross Creek - April 13th

TCCHS - April 26th

TCMS, Hand in Hand - May 4th