

BEE WELL

Thomas County Wellness Newsletter

November 2022

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"It looked like the world was covered in a cobbler crust of brown sugar and cinnamon."

—Sarah Addison Allen

SCHOOL NUTRITION

Thanksgiving Dinner Served Nov. 10th

Go ahead and mark your calendars and break out your stretchy pants, November 10th will be our annual Thanksgiving dinner at all Thomas County Schools.

Turkey and gravy, cornbread dressing, yam patties, turnip greens, and cranberry sauce will complete our traditional dinner.

Our staff are already making plans and preparing for what is sure to be a tasty feast that you don't want to miss!

Never Lost a Tailgate Yet!

The following day, November 11th, our schools will be fueling our Jackets on to victory with a special Tailgate menu for the big home playoff game.

At TCMS and TCCHS, Buffalo Chicken Dip & Chips will be the centerpiece of our tailgate and we can't wait to get into the spirit with this gameday meal!  

At our elementary schools, it's "You had me at pizza & football" as our younger Jackets chow down on this pregame staple!

We love being a part of the whole school environment and love showing our Jacket Pride!

Cinnamon Roll Fundraiser

And if you think November couldn't get any better, just you wait! Our annual cinnamon roll sale will be held the week before Thanksgiving this year, rather than at Valentine's Day.

Each cafeteria will sell up to 100 dozen to be picked up on Friday, November 18th, just in time for those lazy mornings over Thanksgiving Break.

To place an order, please see your cafeteria manager to purchase a ticket to be used to redeem your dozen(s) on that Friday. Cinnamon rolls are \$12/dozen and tickets will be sold until each cafeteria reaches their 100 dozen limit.

This is always such a wonderful event and helps fund our Georgia School Nutrition Association local chapter where our staff take part in enrichment and professional development, culinary competitions, and network with other school nutrition staff in Southwest Georgia.



"AND THE DIP IS GOOD!"
TAILGATE MENU



**BUFFALO
CHICKEN DIP**



HARVEST OF THE MONTH

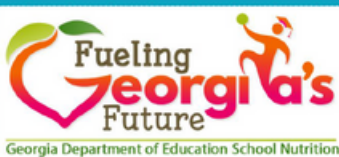
The Harvest of the Month for November is Sweet Potato, a root vegetable that thrives in our Georgia climate!

Grown in Georgia from August through November, sweet potatoes are an excellent source of beta carotene, vitamin C, and potassium and also contain fiber which helps you feel full longer and helps keep your blood sugar from spiking after eating.

Ocilla, GA, is home to the annual Sweet Potato Festival that has been celebrated since the 1960s and includes a parade and cooking contests.

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

There are so many great ways to enjoy sweet potatoes! As a side, this Cinnamon Honey Butter Baked Sweet Potatoes dresses up a traditional dish while this Hot Honey Sweet Potatoes recipe combines sweet and spicy flavors. And sweet potatoes make for a great filling for main dishes too. Check out this Smoky Sweet Potato & Black Bean Casserole as a tasty vegetarian entrée option where the middle is so good you don't miss the meat!



**If you were
a farmer,
what would
you want to
grow or
raise on
your farm?**

CAFETERIA CONVERSATIONS

Local Satsumas in the Cafeteria

Thomas County School Nutrition is proud to serve local produce in our cafeterias throughout the year, and we are excited to feature F&C Family Farm out of Boston, GA, and their Thomas County grown satsumas during the satsuma season.

Codie Frick is owner and operator of F&C Family Farm, an up and coming family run, home grown, satsuma and strawberry farm. Located on Hwy 84 opposite the Boston Gin, you probably have seen the big red barn located just off the highway or even stopped in for some homemade ice cream.

F&C Family Farm also offers you-pick options if you are looking for a fun, family activity and a way to take some of this delicious fruit home. Check out their Facebook page here for hours and other fun thing happening on the farm.

MONTHLY OBSERVANCES

American Diabetes Month

November is National Diabetes Month and this year's focus is while diabetes might hit differently than it did previously, there are more tools available now to hit back. It's a chance to show the world what life with diabetes is really like and provide ways to manage it. The first step is assessing your risk. Millions of American adults have prediabetes, but the majority of them don't even know it. To learn more about your risk for diabetes, click [here](#). And if you are diagnosed with diabetes (1 in 10 adults are diabetic), you can hit back with these [tools](#).



Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer deaths in the U.S., and about every two and a half minutes, someone in this country learns they have the disease. The American Lung Association is shining a light on lung cancer to help all those impacted and move toward their vision of a world free of lung disease.

To defeat lung cancer, you can take the following important actions:

- Remember that anyone can get lung cancer.
- The best way to reduce your risk for the disease is to take steps to avoid exposure to the dangerous substances most likely to cause it.
- [Risk factors](#) for lung cancer include smoking, exposure to radon gas, air pollution and secondhand smoke.

National COPD Awareness Month

Every year, the National Heart, Lung, and Blood Institute (NHLBI) uses the month of November to recognize COPD, a long-term lung disease that affects millions of Americans.

This November, the Learn More Breathe Better® program marks National COPD Awareness Month by recognizing the spectrum of those who care for people with COPD.

Family caregivers, healthcare providers, and the chronic obstructive pulmonary disease (COPD) community can work together to improve the lives of the millions of people in America living with COPD. To learn more, click [here](#).



nhlbi.nih.gov/breathebetter



NIH National Heart, Lung, and Blood Institute

LEARN MORE BREATHE BETTER



NIH National Heart, Lung, and Blood Institute

LEARN MORE BREATHE BETTER



BE WELL - SHBP

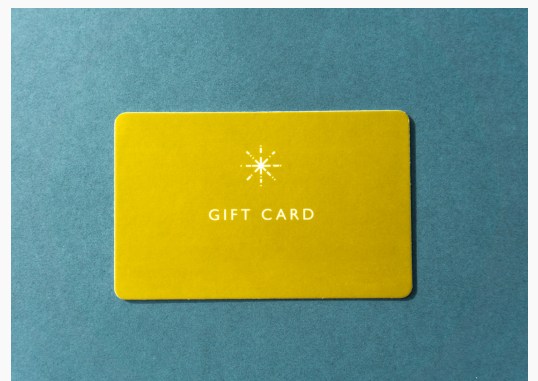
November Stress Less Challenge

Deep breaths can be calming, as the holidays ramp up. But no need to stress yourself out! Stay focused and track your stress every day as "never" or "sometimes" for at least 21 days in November, earning you 120 points.

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

- Log in to your [Be Well SHBP](#) account and make sure you have completed your RealAge® Test for 2022. (If you need to create an account, click [here](#)).
- Click on the "Achieve" navigational link and then proceed to the [Challenges](#) section. Switch to the "Available" view to see what is available to join.
- Register for the November Stress Less Challenge. During the month, track your stress every day and stay "calm" or "productive" for at least 21 days in November to earn you 120 well-being incentive points.

Also, 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 option, you and your covered spouse can take (or update) the RealAge® Test before November 21st, and automatically be entered into the RealAge Test Sweepstakes for a chance to win a \$200 Walmart eGift Card. 100 winners will be selected!



WELLNESS CHALLENGE

Drift Off Sleep Challenge

It's important to get enough sleep. Sleep helps keep your mind and body healthy. But, how much sleep do you need? Most adults need 7 or more hours of good-quality sleep on a regular schedule each night.

Getting enough sleep isn't only about total hours of sleep, it's also important to get good-quality sleep on a regular schedule so you feel rested when you wake up.

For this quarter's Wellness Challenge, we are focusing on our sleep hygiene with a 4-week challenge that is sure to have you rested and refreshed in no time! Sign up through the Google Form [here](#).

