

BEE WELL

Thomas County Wellness Newsletter

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“Worry pretends to be necessary but serves no useful purpose.”

— Eckhart Tolle

HARVEST OF THE MONTH

The Harvest of the Month for May is Blueberries!

Blueberries contain vitamins, minerals, fiber and antioxidants which make them a healthy part of your diet. In particular, blueberries are a good source of Vitamin A, Vitamin C, Fiber, manganese and potassium. Like most fruits, blueberries are fat-free, cholesterol-free, and contain almost zero sodium.

The United States is the world's leading producer of blueberries. Blueberries grow well in Georgia. In 2021 Georgia was the nation's leading producer of cultivated blueberries. South Georgia produces most of the state's blueberry crop with Bacon County leading the state as Georgia's top blueberry producer.

- For more information on growing blueberries in Georgia, click [here](#).
- For facts and information on blueberries, click [here](#).
- For food based learning lessons with blueberries, click [here](#).



CAFETERIA CONVERSATIONS

Taste of College

School Nutrition hosted our 3rd Annual Taste of College Week at Thomas County Central High School April 22nd-26th. Each day during Taste of College Week, the high school cafeteria featured a lunch menu from a different college or university from around the state of Georgia. This year we were able to source locally grown meats for several of our Taste of College recipes, including beef from Herd and Passel and Martin Farms Beef Co. and pork from Thompson Farms. Follow us on Facebook (Thomas County School Nutrition) for more from our Taste of College Week.



MONTHLY OBSERVANCES

Mental Health Month

Mental well-being is an essential part of overall wellness. Mental Health Month was established in 1949 as a way promote awareness, provide resources and education, and advocate for mental health.

- To access a toolkit put together by Mental Health America click [here](#).

"It is during our darkest moments that we must focus to see the light."

-Aristotle

→ WHERE TO START ←

four ways to improve your mental health

1

Take action

Try advocating for causes that are important to you - this can be therapeutic in its own way!

2

Find support

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3

Set boundaries

Create a healthier relationship with technology by limiting your screen time.

4

Develop skills

Invest some time figuring out the best coping skills to help you healthily manage your feelings.



Explore free Mental Health Month resources and learn more: mhanational.org/may

May Observances

- Mental Health Month
- Military Appreciation Month
- Food Allergy Awareness Month
- National Foster Care Month
- National Salad Month
- National Barbeque Month
- Jewish American Heritage Month
- Children's Book Week (May 2nd -8th)
- National Pet Week (May 5th-11th)
- National Nurses Week (May 6th-12th)
- Teacher Appreciation Week (May 6th-10th)
- Food Allergy Awareness Week (May 13th-19th)
- School Principal's Day (May 1st)
- National Day of Prayer (May 2nd)
- National Space Day (May 3rd)
- Kentucky Derby (May 4th)
- National Teacher Day (May 7th)
- National School Nurse Day (May 8th)
- Mother's Day (May 12th)
- National Endangered Species Day (May 17th)
- Memorial Day (May 27th) 

SHBP UPCOMING BE WELL CHALLENGES

School may be winding down for the year, but you can still earn Be Well incentive points by completing SHBP Wellness Challenges. Below are the upcoming wellness challenges that can help you earn points toward your 2024 State Health Benefit Plan Rewards Program.

MAY

Relax Your Mind Challenge

Track "never" or "sometimes" stress levels for at least 21 days within the challenge period.

40 POINTS

JULY

Healthy Breakfast Challenge

Eat a well-balanced, healthy, and nutrition diet for at least 21 days within the challenge period.

40 POINTS