

# YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



## Fall Issue

### Fall Health Tips from Your School Nurse

As the vibrant colors of fall foliage emerge and the air turns crisp, it's a perfect time to focus on maintaining good health. Here are some essential tips to help you and your children boost their immunity as they stay healthy and happy throughout the fall season.

#### 1. Practice Good Hand Hygiene

With the return to school and increased indoor activities, germs can spread more easily. Teach your children to wash their hands frequently with soap and water for at least 20 seconds, especially before eating and after using the restroom.

#### 2. Get Enough Sleep

A consistent sleep schedule is crucial for maintaining good health. Ensure that your children are getting the recommended amount of sleep for their age. This is generally 8-10 hours a night. Establish a bedtime routine that includes winding down without screens to help them fall asleep more easily.

#### 3. Limit Screen Time

With shorter days, it can be tempting to spend more time indoors with screens. Set limits on screen time and encourage other activities like reading, puzzles, or family games.

#### 4. Healthy Eating Habits

With the abundance of seasonal produce, fall is a great time to introduce new fruits and vegetables into your family's diet. Incorporate nutrient-dense foods like apples, pumpkins, sweet potatoes, and leafy greens to ensure your children are getting the vitamins and minerals they need.

#### 5. Stay Hydrated

While it's easy to remember to drink water in the hot summer months, staying hydrated is equally important in the cooler fall weather. Encourage your children to drink plenty of water throughout the day to keep their bodies functioning optimally.

#### 6. Manage Stress

The return to school and busy fall schedules can be stressful. Teach your children stress-management techniques such as deep breathing, mindfulness, and taking breaks when needed. Encourage open communication about their feelings and provide support as needed.

#### 7. Stay Active

As daylight hours decrease, it's important to find ways to stay active. Encourage your children to participate in physical activities. Regular physical activity helps improve mood, energy levels, and overall health.

#### 8. Stay Updated on Vaccinations

Make sure your children are up to date on their vaccinations, including the flu shot. Vaccinations are a key part of keeping your family and community healthy.

#### 9. Prepare for Allergies

Fall allergens such as ragweed and mold can cause discomfort for allergy sufferers. Keep windows closed on high pollen days, use air purifiers, and encourage your children to shower and change clothes after playing outside to reduce allergen exposure.

By following these tips, you can help ensure a healthy and enjoyable fall season for you and your family. If you have any concerns or need more personalized advice, feel free to reach out to the school nurse. Your health and well-being are our top priorities!



JILL E. HARPER, R.N.  
OPTIMAL HEALTH DIRECTOR  
WAYNE COUNTY COMMUNITY SCHOOLS



## IN THIS ISSUE:

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Nurse's Office

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**Public Health**  
Prevent. Promote. Protect.  
Wayne County, NY



SAVE TIME. SAVE MONEY. EAT HEALTHY.



The Wayne County  
**Partnership**



**WAYNE COUNTY**  
Community Schools

# Butternut Apple Crisp

## Ingredients

### Butternut Apple Filling Ingredients:

- 1 small (about 1 pound) **butternut squash**
- 3 medium tart **apples**, sliced
- 2 Tablespoons **lemon juice**
- ½ cup packed **brown sugar**
- 1 Tablespoon **corn starch**
- 1 teaspoon **ground cinnamon**
- ½ teaspoon **salt**



### Oat Topping Ingredients:

- ½ cup all-purpose **flour**
- ½ cup **oats** (old fashioned rolled or quick-cooking)
- ¼ cup packed **brown sugar**
- ¼ cup **margarine or butter**, melted

## Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. Heat oven to 375 degrees F. Lightly grease a 13x9-inch baking dish.
4. Peel squash and cut in half lengthwise; discard seeds. Cut squash into thin slices.
5. In a large bowl, stir together the filling ingredients until well mixed.
6. Pour filling into baking dish. Cover and bake for 20 minutes.
7. In a medium bowl, stir together brown sugar, flour and oats. Mix in the margarine or butter and set aside.
8. Remove baking dish from oven and sprinkle topping over filling. Return uncovered dish to oven.
9. Bake 25 minutes longer or until squash and apples are tender and topping is lightly browned. Serve warm.
10. Refrigerate leftovers within 2 hours.

Of all the things you teach your kids, **how to nourish themselves and the people they love is way up there in importance.**

Katie Kimball, KCRF Creator

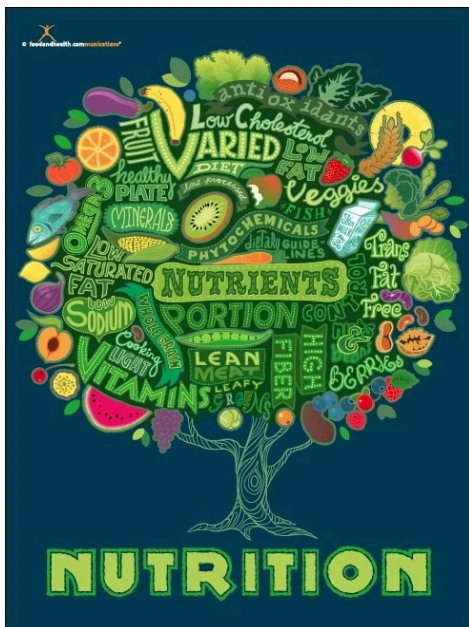
## ONE-DISH ROASTED POTATOES AND APPLES WITH CHICKEN SAUSAGE

## Ingredients

- 3 red potatoes or your favorite potato variety (about 1 pound)
- 1 tablespoon canola oil
- 2 red apples (Fuji, Pink Lady, Honeycrisp, Gala, etc.)
- 1 yellow onion
- 4 chicken herb link sausages (12 ounces)
- 2 tablespoons cider vinegar
- 1/2 teaspoon ground mustard
- 1 tablespoon honey

## Directions

1. Preheat oven to 425 °F.
2. Cut potatoes into chunks, place in 2-quart baking dish.
3. Drizzle with canola oil. Toss to coat.
4. Roast potatoes in oven for about 20 minutes.
5. While potatoes are roasting, cut apples and onions into chunks, and sausage into 1/2-inch slices.
6. Remove baking dish from oven and reduce heat to 375 °F. Add all remaining ingredients to baking dish and toss.
7. Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.



RECIPE SOURCE:

[HTTPS://WWW.FOODHERO.ORG/RECIPES/BUTTERNUT-APPLE-CRISP](https://www.foodhero.org/recipes/butternut-apple-crisp)

RECIPE SOURCE: CHOOSEMYPLATE.GOV

RECIPE/ONE-DISH ROASTED POTATOES AND APPLES WITH CHICKEN SAUSAGE



# Where can I get food for my family?



WAYNE  
COUNTY  
FOOD  
PANTRIES



**Foodlink**  
NOURISHING LIVES

Foodlink and the Wayne County Partnership bring you the following 2024 food distribution events:

## October

- |               |   |
|---------------|---|
| 1 (Tues.)     | Lyons Transportation Facility, 70 Clyde Road, Lyons                       |
| 10 (Thurs.) * | United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM</b> * |
| 11 (Fri.)     | Savannah Fire Department, 1770 NYS Route 89, Savannah                     |
| 16 (Wed.)     | BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)   |
| 22 (Tues.)    | Myers Hospital Campus, 6692 Middle Road, Sodus                            |
| 23 (Wed.) *   | Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM</b> *           |
| 30 (Wed.)     | Walworth Town Complex, 3600 Lorraine Drive, Walworth                      |

## November

- |               |   |
|---------------|---|
| 1 (Fri.)      | Huron Town Barns, 10880 Lummisville Road, Wolcott                         |
| 14 (Thurs.) * | United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM</b> * |
| 15 (Fri.)     | BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)   |
| 20 (Wed.) *   | Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM</b> *           |

## December

- |               |   |
|---------------|---|
| 3 (Tues.)     | Clyde Fire Department, 15 Ford Street, Clyde                              |
| 12 (Thurs.) * | United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM</b> * |
| 13 (Fri.)     | Martin Builders / (Shady Brook Plaza), 4460 NYS Route 414, Rose           |
| 16 (Mon.)     | Williamson Town Park, 3773 Eddy Road, Williamson                          |
| 18 (Wed.)     | BOCES Conference Center, 131 Drumlin Court, Newark (Vienna Street-side)   |
| 18 (Wed.) *   | Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM</b> *           |

\* Distributions in Marion and Palmyra are not Partnership events. Rules may be different. Please contact event hosts for details.

Free and open to all Wayne County Residents.

Pre-registration not required.

9:30 AM until food gone.

**PLEASE DO NOT ARRIVE AT THE  
SITE BEFORE 9:00 AM**

# FIRE SAFETY TIPS

## Fire Safety Planning: A Family Guide

It's essential for every family to be prepared for emergencies. Here's how you can create an effective fire safety plan together:

**Gather Everyone:** Bring your family together to discuss and plan your fire escape strategy.

**Inspect Your Home:** Walk through your house and identify all possible exits and escape routes.

**Create a Floor Plan:** For homes with children, draw a simple floor plan marking two ways out of each room—both windows and doors. Don't forget to note where your smoke alarms are located.

**Close Doors:** A closed door can help slow the spread of smoke, heat, and fire. Make sure all family members know this.

**Install Smoke Alarms and check that they work 2 times/year:** Place smoke alarms in every sleeping room, outside each sleeping area, and on every level of your home.

**Practice Your Escape Routes:** Regularly check that escape routes are clear and that doors and windows open easily.

**Choose a Meeting Spot:** Decide on a safe location outside your home—like a neighbor's house, a light post, or a mailbox—where everyone can gather after escaping. Be sure to mark this on your escape plan.

**Assist Vulnerable Family Members:** If you have infants, older adults, or individuals with mobility challenges, assign someone to help them during drills and emergencies. Make sure there's a backup person in case the primary helper isn't home.

By taking these steps, you can help ensure your family's safety in the event of a fire. Choose a day to practice with everyone in your household- and set it on the calendar.

Practice regularly and keep your plan updated!



See a fire?  
Call



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### Tips to have a healthy, happy, Halloween:

1. Buy your LEAST favorite Halloween candy to hand out to trick or treaters.
2. Wait until the LAST minute to buy candy, that way it's not a temptation in the month leading up to the holiday.
3. Buy non-food Halloween items. This is perfect for kids with allergies or food sensitivities. Bubbles, sidewalk chalk, glow in the dark rings, spiders, pencils, etc.
4. Feed your kids a well-balanced dinner before you go out trick or treating. That looks like a protein, a carb, a vegetable, and a fruit. This helps to keep kids from overeating on candy and subbing it out for dinner.
5. Have a candy limit each night after Halloween. For example, everyone can have 3 pieces of candy with dinner. Or with a fruit/veggie/yogurt. Pairing candy with substantial food does a lot to curb overeating. This allows food equity (all food is equal, junk food with dinner shows kids that all foods are welcome and it takes away the reward system of junk food. i.e. "you have to eat your dinner first") it also gives them freedom to eat the food items that they want with some guidelines. This teaches children moderation.
6. If your kids just got an insane amount of candy and there's no way they're going to eat it all by the next Halloween, take the bucket to your work or ship it overseas to soldiers.

### Trick-or-Treat Food Allergy Safety Checklist

- ✓ Epinephrine auto-injector and emergency care plan
- ✓ An adult trained to recognize and respond to a reaction
- ✓ Charged cell phone with emergency numbers in contact list
- ✓ Wipes for handwashing
- ✓ Safe treats to swap for unsafe ones



[kidswithfoodallergies.org](http://kidswithfoodallergies.org)

### TRICK OR TREAT CHECKLIST

- TRICK-OR-TREAT BAG ✓
- COMFY SHOES ✓
- EMERGENCY CONTACT CARD ✓
- FLASHLIGHT OR GLOW STICKS ✓
- REFLECTIVE STRIPS OR TAPE ✓
- WATER ✓
- FIRST AID KIT ✓
- TRICK-OR-TREAT ROUTE ✓
- CELL PHONE ✓
- WARM CLOTHES ✓
- WELL-FITTING COSTUME ✓

