

MSAD 54's Wellness Corner



October 2022 Healthy Celebrations



The policy says:

"Parents to provide daily healthy snacks from home and food for classroom parties or events."

Did you know:

"Free/reduced lunch forms can be filled out any time there is an income change. Not just at the beginning of the school year. Having these forms filled out accurately from all parents (regardless of need) helps school nutrition program feed more kids and receive more funding."



Join Move More Kids & Skowhegan Outdoor for a quick hike up Mosquito Mountain for some early leaf peeping and lunch at Moxie Falls

Saturday, October 1, 2022, 8:00 AM - 4:00 PM

Free Transportation at these locations:

- ~ Skowhegan Municipal Parking Lot
23 Commercial Street, Skowhegan
- ~ Madison Municipal Parking Lot
189 Main Street, Madison
- ~ Carrabec High School,
160 N. Main Street, North Anson
- ~ Moscow Elementary School
125 Canada Road, Moscow

Find us on Facebook to Register



The month of October

produce is a Core Fruit: PEAR

Fall Vegetable Salad

Ingredients:

- ¾ cup barley, whole grain couscous, or quinoa
- 1 medium bulb fennel
- 1 bunch hearty greens, such as kale, chard, collard greens or beet greens
- 1 small beet
- 1 medium **pear**
- 1 clove garlic
- ½ cup nuts or seeds, (pecans, almonds, walnuts)
- 1 medium lemon
- ¼ cup cider vinegar
- 1 Tablespoon Dijon mustard
- ¼ cup canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

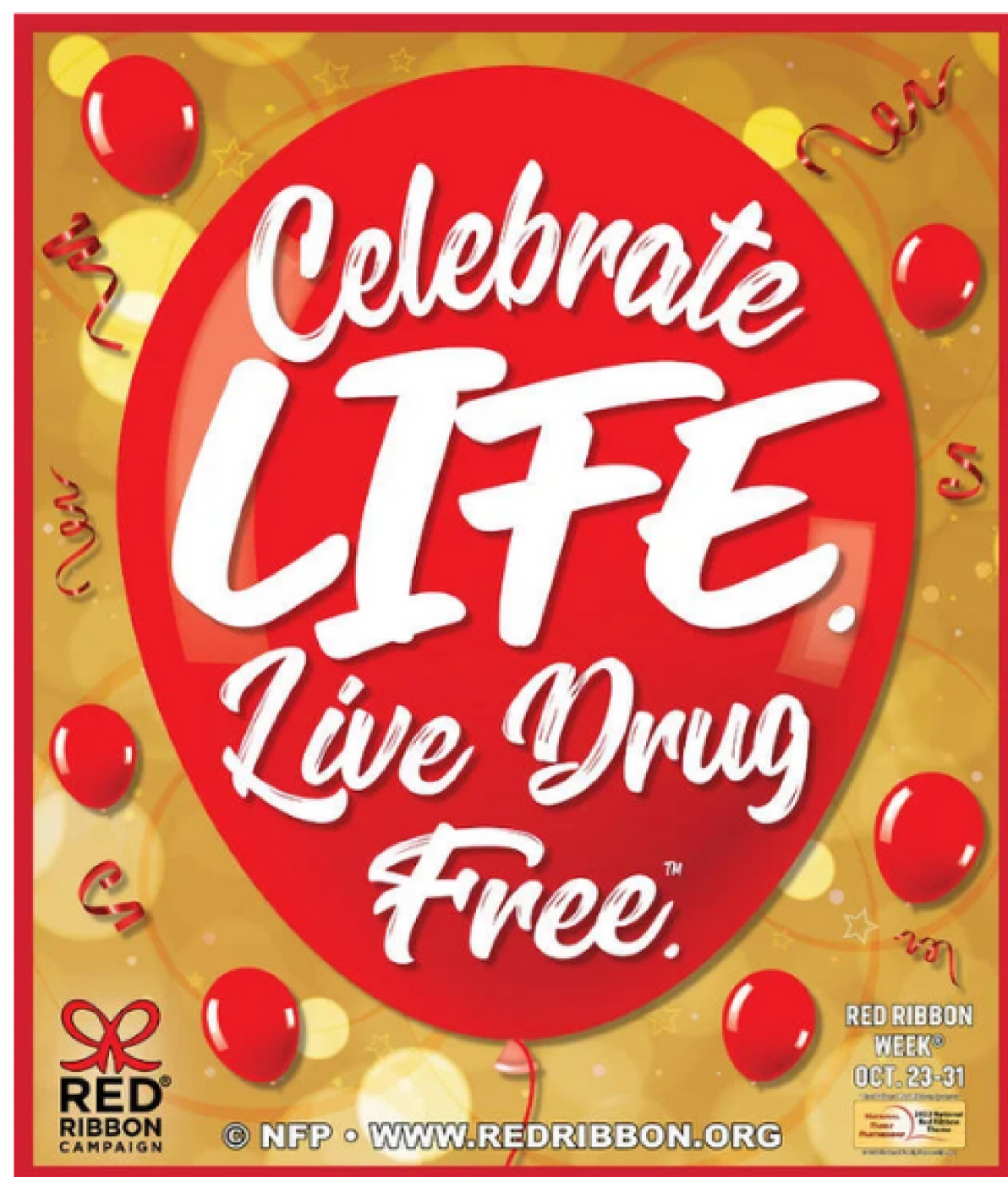


Instructions:

1. Cook grains following package directions. Put in large bowl to cool.
2. Rinse fennel, greens, beet and **pear**.
3. Cut long stalks and fronds off fennel. Cut out core, slice thin.
4. Remove stems from greens, slice thin.
5. Peel and cut beet & pear into ¼" cubes.
6. Peel and mince garlic.
7. Crumble cheese or cut into 1/4" cubes (Optional)
8. In a small skillet over medium-low heat, add nuts or seeds Cook until fragrant, 3-5 minutes. Transfer to a small bowl to cool.
9. Rinse lemon, cut in half. Squeeze juice in a small bowl, discard seeds.
10. Add vinegar, minced garlic and mustard to lemon juice. Whisk with a fork to combine. Slowly drizzle in oil, whisk, add salt and pepper.
11. When grains are cool, add fennel, greens, beet and **pear**. Drizzle with dressing and toss to combine. Sprinkle with the toasted nuts and cheese if using.

SUBSTANCE USE PREVENTION

OCTOBER 2022



RED RIBBON WEEK

Red Ribbon Week is October 23-31. The 2022 theme, **Celebrate Life. Live Drug Free.™** is a reminder that everyday Americans across the country make significant daily contributions by being the best they can be because they live Drug-Free!

How can you get involved?

- Enter the National **Red Ribbon Week Photo Contest** for a chance to **WIN an iPad & \$1,000 for your school.**
- Enter the **Red Ribbon Theme Contest** for a chance to **WIN \$500 in Red Ribbon theme merchandise** in 2023.
- Plan **celebration days** during Red Ribbon Week, such as:
 - Wear Red Day
 - Put A Cap On Drugs (hat day)
 - Put A Sock On Drugs Day (mismatch socks day)
 - Be On A Drug Free Team Day (wear favorite team gear)
 - Shade Out Drugs Day (wear sunglasses)
- Share Red Ribbon Week **morning announcements**
- **Boy Scouts and Girl Scouts** can earn a patch from the DEA. Learn more at **GetSmartAboutDrugs.gov**

Contest info and more: RedRibbon.org

#LIVINGMYBEST

Speaking of living drug free, we're please to share that Somerset County youth are **living their best lives without substances!** Did you know most middle school students have **NEVER** used any drug?

Here's what they do instead...

Horseback riding, dance, karate, sports, art, swimming, hiking, and playing or listening to music.

How does your middle/high student live their best life without substances? Let us know!



Featuring updates from the following Somerset Public Health Programs:
Drug-Free Communities, Tobacco Use Prevention, Substance Use Prevention Services,
Pathways to Recovery, and Patient Navigator

