

The Noble County Health Monitor

A monthly publication sponsored by the Noble County Health Department

Reduce Food Waste

Reduce, reuse, repurpose provides a new look of food for Nutrition Month. Reduce food waste this March and beyond by using the information below. Food choices affect your health and the environment. Between 30% and 40% of food in the U.S. is thrown out or wasted each year, according to the Department of Agriculture. That equals about 133 billion pounds and \$161 billion. Food loss occurs at every step in the food supply chain from production to consumption. Some examples are spoilage during storage and transport, or exposure to insects and rodents, bacteria or mold. Sorting out blemished or imperfect produce results in loss, as does consumers buying more than they need or can consume. Not only is edible food wasted, but all the energy, fertilizer and land use that went into producing that food is wasted as well.

Reduce. Buy reusable plates instead of buying paper or plastic. Make a list before you shop. Store food properly and check expiration dates. Use dip-it bowls and MyPlate to help with portion sizes. Eat all edible parts of fruits and veggies or save the scraps to give to animals like chickens.

Reuse. Use leftover veggies in casseroles, frittatas, stir-fries, baked goods, pasta and salads. Freeze leftover fruit for smoothies or as a quick topper for oatmeal or cereal. Serve leftover items before making new meals. Freeze or store leftovers in smaller portion sizes, so they are easier to use for packed lunches, a one-person meal, or as a snack.

Repurpose. Use leftover pancakes instead of bread for sandwiches. Make breadcrumbs or croutons from heels of bread. Put leftover meat, eggs, fruit and veggies on a pizza crust, English muffin or tortilla. Use any leftover items for any meal or snack the next day. Try planting the leftover seeds or pits from the fruit and vegetables to grow your own! You can always try and start your own compost pile as another way to reuse and repurpose food items.



March 2025

March 17th –
St. Patrick's Day

March 20th –
First Day of Spring

Stay committed
to your
decision, but
stay flexible
in your
approach.

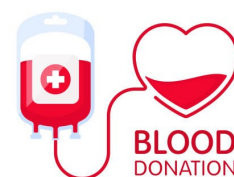
- Tony Robbins

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Upcoming Blood Drives

The American Red Cross Bloodmobile will be at the Summerfield VFD 605 East Cross Street on Thursday March 14 from 8am-2pm. They will also be at the Noble County Community Center on Wednesday, March 19, from 11 am to 4pm. Donations are always needed and greatly appreciated. Please consider donating.



For more health
information contact:
**NOBLE COUNTY
HEALTH
DEPARTMENT**
740-732-4958
www.noblecohd.org

National Women & Girls HIV/AIDS Awareness Day

March 10th is National Women and Girls HIV/AIDS Awareness Day. Today, there are more options than ever to prevent HIV. Join us in taking action to help all women have the knowledge and tools they need to protect themselves and their partners.

What Can Women Do?

Talk about it. Learn the facts about HIV, and share this lifesaving information with your family, friends, and community. Get tested for HIV. CDC recommends that every American get tested for HIV at least once and those at high risk get tested at least once a year. If you are pregnant or planning to become pregnant, get an HIV test as soon as possible.

The Noble County Health Department's Reproductive Health and Wellness Program has testing and education available. To find another testing site near you, visit Get Tested, text your ZIP code to KNOWIT (566948), or call 1-800-CDC-INFO. More resources on testing are available from CDC's Act Against AIDS campaign *Doing It*.

If you are sexually active or use injection drugs, more tools than ever are available to prevent HIV:

- Use condoms (male or female) the right way every time you have sex.
- If you are HIV-negative but at high risk for HIV, take daily medicine to prevent HIV, called pre-exposure prophylaxis (PrEP). Talk to your doctor about post-exposure prophylaxis (PEP) if you think you have been exposed to HIV in the last 72 hours and are not on PrEP.
- Choose less risky sexual behaviors.
- Limit your number of sexual partners.
- Get tested & treated for other sexually transmitted diseases.
- Never share needles or other equipment to inject drugs.

Remember, abstinence (not having sex) and not sharing needles are the only 100% effective ways to prevent HIV.

World Sleep Day

World Sleep Day (WSD) which is on March 14, 2025, is a global call to action about the importance of healthy sleep. The focus of WSD is to bring awareness to the many burdens of sleep problems, as well as the importance of healthy sleep. The focus this year is "Make Sleep Health a Priority." Studies have shown that stable bedtimes and rise times are linked with better sleep quality in young, middle-aged adults, and seniors. Regular sleepers have better mood, psychomotor performance, and academic achievement. The scientific evidence is clear: your sleep is essential to health and wellbeing. Good sleep promotes wellness and resilience while poor sleep negatively impacts almost all aspects of your body and mind. Your sleep is just as important as nutrition and exercise!

Sleep is essential to health it can help:

- memory and learning
- clear waste from the brain and promote brain health
- support brain health
- supports immune health
- helps to recycle old cells and maintain our bodies and energy levels

Poor sleep health can have multiple significant impacts on human health:

- Poor sleep has been linked to obesity, diabetes, coronary artery disease, and cardiovascular mortality
- Poor sleep can lower immune response, creating greater susceptibility to infections that further reduce sleep quality
- Certain sleep disorders like obstructive sleep apnea and rapid eye movement sleep behavior disorder are associated with cognitive impairment, dementia, risk of seizures, and increased risk of stroke
- Poor sleep can result in reduced reaction times, impaired judgment, and cognitive impairment similar in effect to alcohol intoxication





National Nutrition Month

Food Connects Us Stone Soup

Come for the Tastes,
Stay for the Tales!

Join us at the Caldwell Public Library in the Dr Suess Room
for a reading of the book Stone Soup.

Sharing and working together can lead to great outcomes.
Learn about all the different ways Food Connects Us!

March
21

10:30AM-
11:00AM

517 Spruce St
Caldwell, OH
43724



Department of
Health
Women, Infants, and
Children Program (WIC)



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HEALTH DEPARTMENT



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