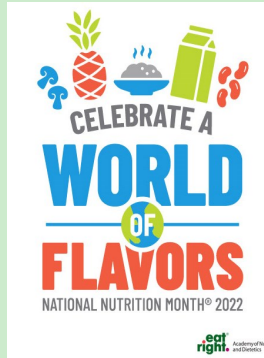




MARCH 2022

MONTGOMERY COUNTY DEPARTMENT OF HEALTH

Lets Celebrate National Nutrition Month 2022 Together!



The theme this year is “Celebrate a World of Flavors”.

Throughout the month of March, let us embrace the foods and flavors from around the world by trying out some new healthy recipes!

In This Issue

Pg. 2..COVID News

Pg. 3. Department News

Pg. 4. Fight the Bite Art Competition

Pg. 5. New Recipe

Pg. 6 COVID Testing Locations

COVID Vaccines and Boosters are Available

Vaccines are available to all individuals ages 5-11 or 18+ at the Department of Health
Adults are eligible for boosters if it has been at least 5 months since last vaccination.

See page 2 for more information

Kidney Healthy Lifestyle Tips for National Kidney Disease Month

- Include healthy foods and beverages you enjoy in your diet
- Stay active and manage your weight
Ex. taking stairs or walking
- Make sure you are getting enough rest

Fight the Bite of Mosquitos and Ticks

- Avoid having standing pools of water
- Dusk and Dawn is when most mosquitos bite be sure to use bug spray during this time
- Use Deet bug spray

Health News

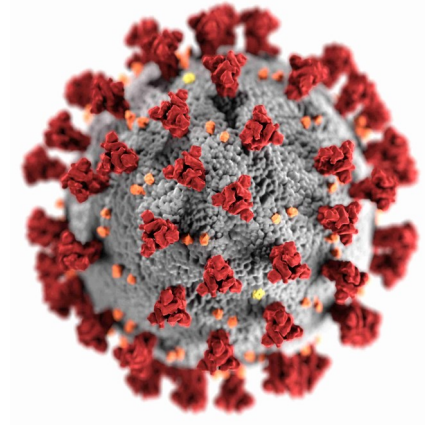
MCDH Vaccine Information

**The COVID-19 Vaccine is available
for all individuals ages 5-11 old
years or 18 and older**

Appointments are required.

You may register for a vaccine appointment by submitting a form online at montgomerycountync.com or by phone at (910)-572-1393.

Forms are also available outside the department of health building and should be returned to the outside drop box.



COVID-19 Vaccine for Homebound Individuals

Are you or a loved one
homebound and need a
COVID-19 vaccine?

To schedule an appointment for a homebound individual please contact Margaret Gibbons by phone (910-572-1393 ext. 1228) or email (Margaret.gibbons@montgomerycountync.com).

COVID-19 Testing

COVID-19 testing will be available at

West Montgomery High School

417 Warrior Drive

Mt. Gilead, NC 27306

The times are as follows:

Monday, Wednesday, and Saturday:

9am to 2pm

Tuesday and Thursday: 12pm to 5pm

To register visit

Lhicare.covidtesting

or call 887-562-4850

Department News

Safe Sleep Class March 25th

We are offering our 1-hour Safe Sleep Class through zoom on March 25th at 10am. The class is available to all Montgomery County residents who are pregnant (preferably at least 5 months along), or the parent of a newborn less than 6 months old. After completing the class you will receive a free crib or pack n play. To sign up, contact Kimberly Burger (910-572-1393 ext. 1227) or fill out our online form (<https://bit.ly/3zjVwuw>). The class will cover practical steps that parents can take to lower the risk of a SIDS death.

WIC Program Updates

- The **Fruit & Vegetable Cash Value Benefit Increase** continues! It has been extended through March 2022. We will continue to provide \$24/ month for children, \$43 per month for pregnant and postpartum women, and \$47/ month for postpartum women who are breastfeeding.
- We're giving out FREE cooking kits to our participants (one per family), which includes a reusable shopping bag, measuring cups and spoons, a small cutting board, potholder, a bag clip and sandwich spreader/citrus peeler. Kits can be picked up any time during normal business hours.

Nutrition Month Information

Follow us on Facebook to see a new recipe every Tuesday that will focus on flavors from around the world!

Stay tuned for our staff Fruit and Veggie Costume Contest on March 18th where you can vote on your favorite outfit of the day!

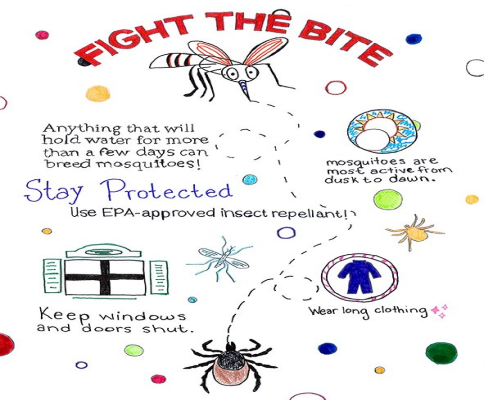
Fight the Bite Art Competition

Campaign Info

The NC Division of Public Health, Communicable Disease Branch is excited to announce the Fourth annual “Fight the Bite!” campaign. We want you to help educate North Carolinians about the prevention of vector-borne diseases by “fighting the bite!” Ticks and mosquitos cause of great deal of illness in North Carolina, including Rocky Mountain spotted fever, Lyme disease, and La Crosse Encephalitis. We invite all K-12 students across the state to create and submit an educational poster that may be used statewide.

Rules

1. The poster contest is open to all students k-12 across the state of North Carolina. There will be three grade categories K-4, 5-8, and 9-12.
2. Students must create their posters on an “8 ½ x 11” sheet of paper in either landscape or portrait layout. Only one submission per student is allowed.
3. All art must be original! Submissions should be colorful and eye-catching. Any text should be large enough to read, legible, and spelled correctly.
4. Students may pick any theme related to “Fight the Bite” or any topic related to the prevention of tick- and mosquito-borne illness.
5. Each student should fill out an entry form and tape it to the back of their poster. Do not staple.
6. The deadline to submit posters is Monday, April 11th, 2022.
7. Posters must be mailed to the address below in an envelope big enough to hold the poster without folding and should be labeled “Do Not Fold”. Posters can also be scanned and emailed to alexis.barbarin@dhhs.nc.gov. Fax submissions will not be accepted. Mail your submissions to Dr. Alexis M Barbarin 225 N. McDowell St. 1902 Mail Service Center Raleigh, NC 27699-1902.



New Recipe

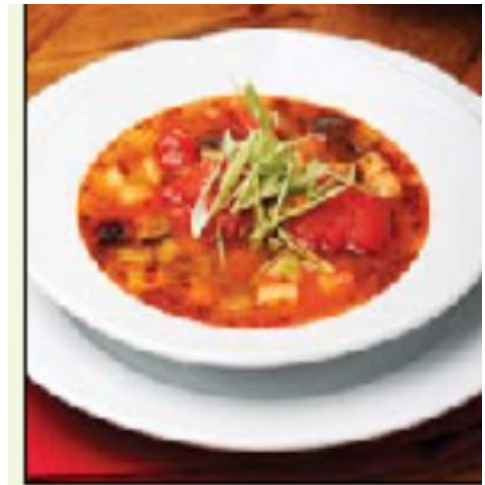
ENJOY THE FLAVORS OF THE MEDITERRANEAN

Minestrone Soup

Minestrone— is a popular soup that originated in Italy. It includes hearty vegetables and beans— basics of the Mediterranean diet.

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 clove garlic, finely chopped
- 6 cups low-sodium chicken broth
- 1 1/2 cups farfallini (small bowtie pasta)
- 2 cans (15-ounce) cannellini beans, rinsed
- 1 can (14-ounce) diced tomatoes in juice
- 1/4 cup grated parmesan



Directions:

1. Heat the oil in a large saucepan over medium-high heat.
2. Add the onion, salt and pepper, and cook, stirring, 4 to 5 minutes.
3. Add the garlic and cook, stirring, for 1 minute
4. Add the broth and pasta and bring to a boil. Reduce heat and simmer 8 to 10 minutes.
5. Stir in the beans and tomatoes and cook until heated through, about 2 minutes.
6. Remove from heat. Sprinkle with parmesan and serve.

Yields 6 servings

COVID Testing Locations

Montgomery County Testing Locations

OptumServe

West Montgomery High
School

417 Warrior Drive

Mt. Gilead, NC 27306

PCR Test

Hours: M, W, Sat 9-2

Tues & Thur 12-5

Contact Number

877-562-4850

[Lhi.care/covidtesting](https://lhi.care/covidtesting)

Troy Pharmacy

436 Albemarle Rd.

Troy

PCR Test

Hours: M-F 9-7

Sat 10-3

Contact Number

910-573-3431

Cochrane Ridenhour Drug

116 S Main Street

#9254, Mt. Gilead

PCR Test

Hours: M-Sat 8:30-5

Contact Number

910-439-6541

Montgomery Health Center

103 Cotton Creek Rd.

Star

PCR Test

Hours: Mon and Wed

1-4pm

Contact Number:

910-428-9020

Contact Information

For more information, contact the
Montgomery County Department of Health
at (910) 572-1393.

Margaret Gibbons

Health Education Supervisor

910-572-1393 Ext. 1228

Margaret.Gibbons@montgomerycountync.com

Kimberly Burger

Health Educator II

910-572-1393 Ext. 1227

Kimberly.Burger@montgomerycountync.com

If you would like to join the mailing list and ensure that you receive future communication from the Montgomery County Department of Health, please email Margaret Gibbons (margaret.gibbons@montgomerycountync.com).