

Spring Wyandot County Public Health News

April Showers Bring...Severe Weather!

Thunderstorms are most prevalent across Ohio during the spring and summer months, producing damaging winds, deadly lightning, large hail, flash flooding, and tornadoes. In addition, effects of extreme heat can be exasperated by power outages caused by these storms. Are you prepared for the likelihood of a storm in your area?



Familiarize yourself with storm terminology. A **watch** means there is the potential or conditions exist for a dangerous weather event. A **warning** means that a dangerous weather event is imminent. Immediate action must be taken to protect life and property. A weather **advisory** means weather conditions that are less serious than a warning are imminent. These events may cause a significant inconvenience, and if caution is not exercised, it could lead to a situation that may be threatening to life and property.

Prepare for the possibility of a power outage. Keep flashlights, water, and non-perishable foods in an up-to-date emergency supply kit.



IMMUNIZATION CLINICS

(APPOINTMENT ONLY)

DUE TO COVID-19, CLINIC HOURS HAVE TEMPORARILY CHANGED!

Wyandot County Public Health

Upper Sandusky

Mondays

9:00-4:00

Main focus: Children under 3 years old and Flu Vaccines

**Family Planning
Immunization
Teen & Family**

Call:

**419-294-3852
for appointment**

**WIC Clinic
419-294-3341**

**COVID-19 Clinics
Scheduled as Vaccine
is Received**

**Wyandot County
Public Health
24/7**

**EMERGENCY PHONE
419-294-3852**

Treat Every Day like Earth Day

On Earth Day, which takes place on April 22 every year, we celebrate the environment and express how we can better care for our planet. Need some ideas?

- ◆ **Vegetable and Flower Power:** April is the best time for plants and flowers to flourish. Plants help to provide clean air and oxygen while also beautifying the community.
- ◆ **Don't Suck:** Ditch the plastic straws in favor of stainless steel or none at all to reduce plastic waste.
- ◆ **Trash Pick-up:** Take a walk in your neighborhood, and pick up any trash you find. Recycle what you can.

- ◆ **Upcycle:** Those glass jars and bottles could be used as vases or utensil holders. That milk carton? A unique birdhouse. Get creative with the whole family!



- ◆ **Bright Idea:** Use long-lasting light bulbs, and don't forget to flip the switch when you leave the room.
- ◆ **Conserve water:** The less water you use, the less runoff and wastewater that end up in the ocean.
- ◆ **Spend some time outdoors** and enjoy the beauty of nature.

There is only one Earth, so let's keep it clean and healthy for ourselves and future generations.

March is National Nutrition Month

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Personalize Your Plate.**" There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds, and tastes!

Start each week of March with these goals, and enjoy a healthier you!

Week One: Eat a variety of nutritious foods every day!

- Include healthful foods from all food groups.
- Hydrate healthfully
- Learn how to read Nutrition Facts Panels
- Avoid distractions while eating.
- Take time to enjoy your food.

Week Two: Plan Your meals each week!

- Use a grocery list to shop for healthful foods.
- Be menu-savvy when dining out.
- Choose healthful recipes to make during the week.
- Enjoy healthful eating at school and at work.



- Plan healthful eating while traveling.

Week Three: Learn skills to create tasty meals!

- Keep healthful ingredients on hand.
- Practice proper home food safety.
- Share meals together as a family when possible.
- Reduce food waste.
- Try new flavors and foods.

Week Four: Consult a Registered Dietitian Nutritionist (RDN)!

- Ask your doctor for a referral to an RDN.
- Receive personalized nutrition advice to meet your goals.
- Meet RDNs in a variety of settings throughout the community.
- Find an RDN who is specialized to serve your unique needs.
- Thrive through the transformative power of food and nutrition.

For more information and tips from the Academy of Nutrition and Dietetics, visit

Sow What? Your Seeds!

It's finally time to start thinking about your garden, but where do you start? Begin by clearing limbs, dead leaves, and debris leftover from fall and winter from the garden. After removing weeds and debris, you can start to dig and prepare the soil for planting. Mix in compost or manure to nourish the ground.



Now that the soil is ready, start planting crops that can survive the frost. This includes radishes, carrots, peas, and lettuce—don't forget your annual herbs! You may also want to start cultivating seeds indoors to transplant outdoors after the last frost of the season for summer harvest. Some of these plants include cucumbers, tomatoes, okra, beans, eggplants, cantaloupe, peppers, and melons.

Gardens are a great way to produce an abundance of healthy foods for your family. Be sure to check out the next newsletter for more Ohio gardening tips and tricks. Follow Wyandot County Public Health on Facebook to see the progress in our Community Garden as well!

