



MARCH/APRIL 2023

PUBLIC HEALTH NEWS

RITCHEY RECEIVES SPOTLIGHT AWARD

In January, Wyandot County Public Health's Director of Environmental Health Jeff Ritchey was recognized with the 2023 Spotlight Award by the Wyandot Chamber of Commerce. The following was written about Jeff in the event program:

"Jeff has been the Director of Environmental Health for Wyandot County Public Health since February of 1996.

He has been fortunate enough to work with a lot of businesses in the county, and the public, over the years. This includes restaurants, campgrounds, realtors, excavators, plumbers, and the list goes on.

While doing this job, Jeff has come to realize that providing good customer service means being available to those that need you, and treating every individual the same. Being consistent, fair, and trying not to be that one thing the customer is waiting on, is also key to keeping people happy, Jeff says.

He considers himself blessed to be surrounded by such great team members at the health department, and privileged to work with the community and local partners to make Wyandot County a great place to call home."



FIND OUR COMMUNITY EVENTS ON YODEL

If you live, work, or play in Wyandot County, now is a great time to join Yodel to follow the Wyandot County Community Calendar. The Wyandot Improvement Network (WIN) has partnered with Yodel Community Connections to create the new all-inclusive calendar that organizations and businesses in Wyandot County can utilize.

Wyandot County Public Health is excited to share upcoming community events, clinic times, and board meetings in an easily accessible format. Come subscribe to our calendar and never miss a thing!

Here's how:

1. Scan the QR code or visit events.yodel.today/wyandotcounty
2. Create an account
3. Start favoriting schedules.





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. The theme for National Nutrition Month® 2023 is "Fuel for the Future." Here are some ideas to celebrate:

Week 1: Eat with the environment in mind

Enjoy more plant-based meals and snacks. Purchase foods with minimal packaging. Buy foods in season and shop locally when possible. Start a container or backyard garden.

Week 2: See a Registered Dietitian Nutritionist (RDN)

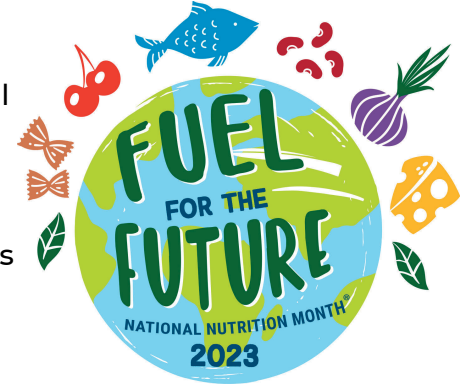
Ask your doctor for a referral to an RDN. Look for an RDN who specializes in your unique needs. Learn how nutrient needs may change with age. Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money

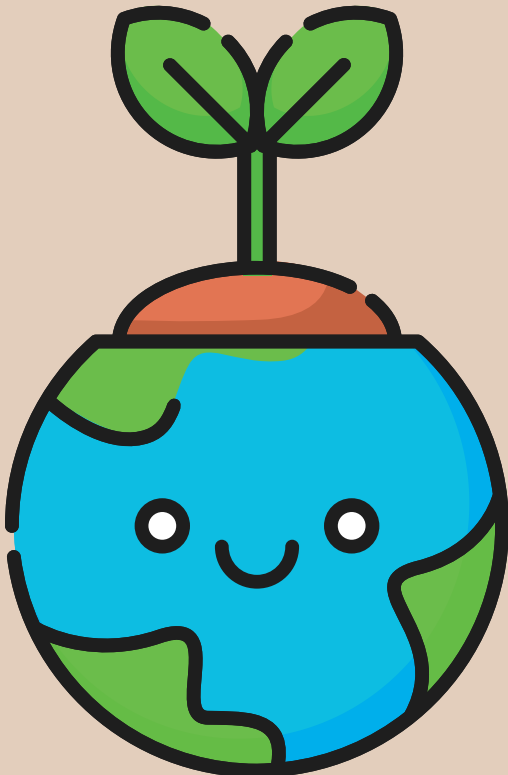
Plan your meals and snacks. See what food you have at home before purchasing more. Use a grocery list and shop sales when purchasing food. Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

Include your favorite cultural foods and traditions. Eat foods in various forms including fresh, frozen, canned and dried. Avoid fad diets that promote unnecessary restrictions. Practice gratitude for your body by giving it the fuel it needs.



CELEBRATE EARTH DAY IN YOUR GARDEN



Earth Day falls on Saturday, April 22 in 2023! What better way to celebrate than by getting back out in your garden and showing your patch of Earth some love! But where do you start?

1. Clear limbs, dead leaves, and leftover debris from last growing season and the fall.
2. Prepare the soil for planting by mixing in compost or manure to nourish the ground.
3. Start planting with hearty plants that can survive frosts such as radishes, carrots, peas, and lettuce. You can also start your annual herbs!
4. Less hearty plants can be started inside. These include cucumbers, tomatoes, beans, cantaloupe, peppers, and melons. Transfer these plants outside after the last frost of the season.
5. Plan for a pesticide free garden. Try natural and homemade pesticides to keep your family and the Earth healthy.

Gardens are a great way to produce an abundance of healthy foods for your family. If you don't have a space to grow your own food, contact Wyandot County Public Health to reserve a plot in the Wyandot County Community Garden!

Other ways you can celebrate Earth Day include:

- *Cleaning up trash at a local park, and utilizing the recycling center*
- *Planting a tree, or growing flowers and bushes for pollinators*
- *Conserving water by shortening showers and turning the water off while brushing teeth and shaving.*