

HEALTHY HERALD

NOVEMBER 2023

November is Sweet Potato Awareness Month

Sweet Potato and Apple Bake

Source: MyPlate.gov



Ingredients

- 3 1/2 cups sweet potatoes, drained (save 2 Tablespoons of the liquid)
- 2 cups apples (peeled, cored, and cut into bite-sized pieces)
- 6 teaspoons of brown sugar
- 1/3 cup chopped nuts (pecans, walnuts, or any other type)
- 2 tablespoons flour
- 2 tablespoons butter, melted

Directions

Wash hands with soap and water

- 1) Preheat oven to 350°F
- 2) Put sweet potatoes in baking dish
- 3) Add apples
- 4) Pour 2 Tablespoons of the sweet potato liquid over the mixture
- 5) Mix brown sugar, nuts, flour, and melted butter together in a small bowl
- 6) Sprinkle over the top of the sweet potato/apple mix
- 7) Bake for 20-30 minutes, until the top is golden brown and bubbly

6 servings per recipe
Nutrition per serving (3/4 cup):
230 calories, 8g fat, 64mg sodium,
38g carbohydrate, 4g fiber, 3g protein

MCHD Health Education Program Update

We hope you and your family are looking forward to a wonderful Thanksgiving holiday!

Our next Living with Diabetes meeting will take place on Tuesday, November 21, 2023 from 5:30 to 7:00 PM at MCHD.

This free meeting is open to anyone living with diabetes or pre-diabetes, as well as their support person(s).

Registration is now open for our 2024 community CPR classes. We offer two different class types: \$50 Adult and Child CPR/AED as well as our free Infant CPR, Safety, and Care. Registration is required - Call (734) 240-7830 for more info and to reserve your spot.

Sincerely, the MCHD Live Well. Be Well.
Health Education Team

Healthy
MONROE
LIVE WELL. BE WELL.

COVID-19 Information

MCHD COVID Info: www.healthymonroecounty.com
(Call 734-240-7830 for vaccine appointments)

Michigan COVID Info: www.michigan.gov/coronavirus
CDC COVID Info: www.cdc.gov/covid19

Enjoy a Safe & Healthy Thanksgiving!

Follow these tips from the Centers for Disease Control and Prevention to help you safely prepare your next holiday meal:

- Frozen raw turkey should be stored in the freezer until you are ready to thaw it.
- Thaw your turkey safely, which means never leave it out on the counter or in the sink at room temperature. Place it in a container to thaw in the refrigerator.
- Handle your turkey correctly. Wash your hands, use a separate cutting board, do not wash or rinse raw turkey— to help prevent the spread of bacteria.
- Cook turkey and stuffing thoroughly, to 165°F.

Don't Forget About Leftovers!

Refrigerate leftovers at 40°F or colder as soon as possible and within 2 hours of preparation to prevent food poisoning.

Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they can cool quickly.

Reheat all leftovers to at least 165°F before serving.

