




Spring




Newsletter

March-May 2024

Our Location

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Monday-Friday
• 8:30 AM-4:00 PM

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NorthWest Bergen Regional Health Commission



@nwbrhc_nj

Upcoming Holidays :

- Daylight Savings - March 10
- First Day of Ramadan - March 11
- St. Patrick's Day - March 17
- Spring Begins - March 19
- Good Friday- March 29
- Easter- March 31
- Earth Day- April 22nd
- Cinco De Mayo- May 5th
- Mother's Day- May 12th
- Memorial Day- May 27th



What's on the Nutrition Facts Label

The New Nutrition Facts Label

In 2016, the U.S. Food and Drug Administration (FDA) updated requirements for the Nutrition Facts label on packaged foods and drinks. FDA required changes to the Nutrition Facts label based on updated scientific information, new nutrition research, and input from the public. This was the first major update to the label in over 20 years.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving Sizes Get Real

Servings per container and serving size information appear in large, bold font. Serving sizes were also updated to better reflect the amount people typically eat and drink today.

NOTE: The serving size is not a recommendation of how much to eat.

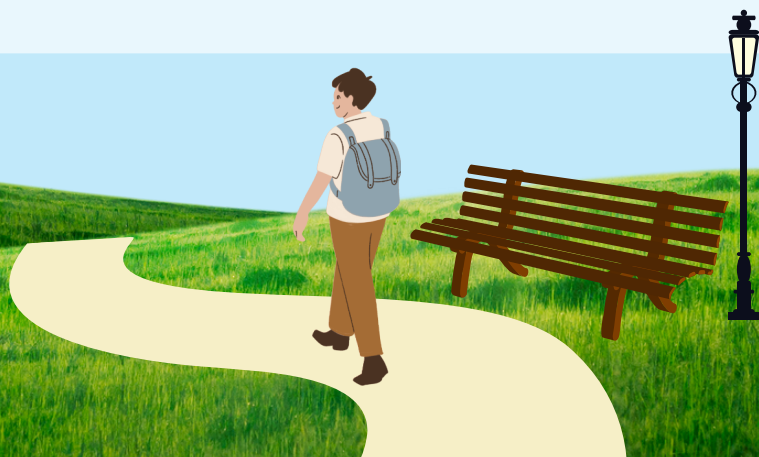
The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however some containers may also have information displayed per package. One package of food may contain more than one serving.

Calories Go Big

Calories are in large and bold font to make the information easier to find and use.

2,000 calories a day is used as a guide for general nutrition advice. Your calorie needs may be higher or lower depending on your age, sex, height, weight, and physical activity level.

Source: U.S. Food and Drug Administration



What's on the Nutrition Facts Label Continued...

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The Lows and Highs of % Daily Value

The percent Daily Value (%DV) shows how much a nutrient in a serving of food contributes to a total daily diet. Most Daily Values for nutrients were updated. As a general guide:

5% DV or less of a nutrient per serving is considered low.

20% DV or more of a nutrient per serving is considered high.

The footnote at the bottom of the label was updated to better explain %DV.

Nutrients: The Updated List

What information was no longer required on the label?

Calories from fat was removed because research shows the type of fat consumed is more important than the amount.

Vitamin A and C are no longer required on the label since deficiencies of these vitamins are rare today. These nutrients can be included on a voluntary basis.

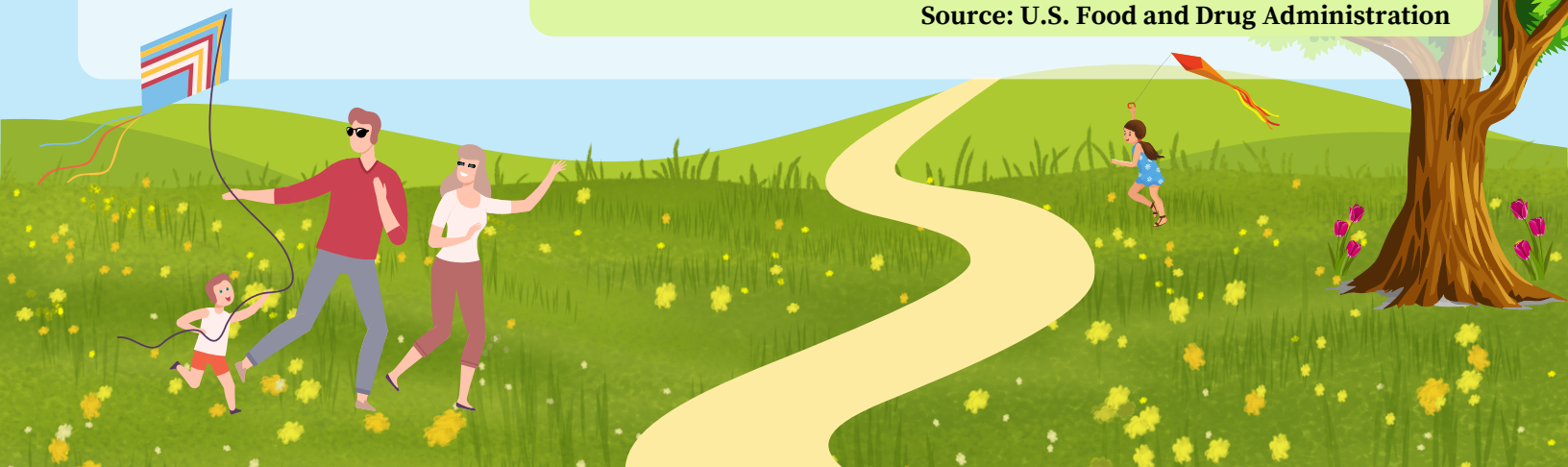
What information was added to the label?

Added sugars was added to the label because consuming too much added sugars can make it hard to meet nutrient needs while staying within calorie limits. Added sugars include sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Vitamin D and potassium were required to be listed on the label because Americans do not always get the recommended amounts. Diets higher in vitamin D and potassium can reduce the risk of osteoporosis and high blood pressure, respectively.

What vitamins and minerals stayed the same?

Calcium and iron continue to be listed on the label because Americans do not always get the recommended amounts. Diets higher in calcium and iron can reduce the risk of osteoporosis and anemia, respectively.

Source: U.S. Food and Drug Administration



No Time for Lyme! Tick Safety

Tickborne diseases are on the rise, particularly in the spring, summer and early fall when ticks are most active, according to the Centers for Disease Control and Prevention.

That means if you are outdoors, you need to take precautions for yourself, your family and your pets before, during and after your visit.

Steps to protect against ticks. Follow these whether you work outside, enjoy your yard or spend time on a national forest or grassland. You should:

- Avoid areas with high grass and leaf litter and walk in the center of trails when hiking.
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Use products that contain permethrin to treat clothing and gear, such as boots, pants, socks and tents or look for clothing pre-treated with permethrin.
- Bathe or shower as soon as possible after coming indoors to wash off and more easily find crawling ticks before they bite you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon returning from tick-infested areas. Parents should help children check thoroughly for ticks. Remove any ticks right away.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed.
- It's a good idea to take preventive measures against ticks year-round. However, be extra vigilant in warmer months (April-September) when ticks are most active.

Source: USDA - Forest Service



8 Strategies for a Healthy Spring

1



Move More, Sit Less

Get at least 150 minutes of moderate-intensity physical activity every week. That could mean 30 minutes a day, 5 days a week. Do muscle-strengthening activities 2 days a week.

2



Eat Healthy Foods

Try healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.

3



Choose Your Drinks Wisely

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

4



Get Enough Sleep

Adults need at least 7 hours of sleep per night.

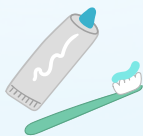
5



Be Sun Safe

Wear long-sleeved shirts and long pants, a wide-brimmed hat, and sunglasses and use broad-spectrum sunscreen with at least SPF 15.

6



Brush Your Teeth

Brush twice a day with fluoride toothpaste.

7



Don't Use Tobacco

Call 1-800-QUIT-NOW for free support to quit smoking.

8



Learn Your Health History

Talk to your family and your doctor about your family health history.

Source: Centers for Disease Control



Healthy Recipe: Vegetarian Slow-Cooker Pozole



Ingredients

- 1 cup dried cannellini beans, soaked overnight
- 1 tablespoon extra-virgin olive oil
- 2 cups chopped yellow onions
- 2 cups chopped seeded poblano peppers
- 3 large cloves garlic, finely chopped
- 1 tablespoon ancho chile powder
- 1 tablespoon chili powder
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 6 cups low-sodium vegetable broth
- 1 ¼ cups canned hominy, rinsed
- 6 tablespoons prepared tomatillo salsa
- 1 tablespoon lime juice
- ¼ teaspoon salt
- 1 cup shredded cabbage
- ¾ cup sour cream
- ½ cup sliced radishes
- ¼ cup chopped fresh cilantro

Directions

- Drain beans and transfer to a 6-quart slow cooker. Heat oil in a large skillet over medium heat. Add onions and poblanos; cook, stirring occasionally, until tender, about 4 minutes. Add garlic, ancho chile powder, chili powder, oregano and cumin; cook, stirring often, until fragrant, about 1 minute. Transfer the mixture to the slow cooker. Stir in broth and hominy. Cut a piece of parchment paper to fit inside the slow cooker and press it directly onto the pozole. Cover with the lid and cook on Low until the beans are tender, 7 to 8 hours. Discard the parchment paper.
- Stir salsa, lime juice and salt into the pozole. Serve topped with cabbage, sour cream, radishes and cilantro.

Source: www.eatingwell.com



Community Resources



NJ 211

- <https://www.nj211.org/>
- Assists community members in finding health and human service resources in local communities throughout our state



Bergen County Food Security Task Force

- <https://bergenfightshunger.org/>
- Email: bcfoodtaskforce2020@gmail.com
- The Bergen County Food Security Task Force was formed in 2020 due to the skyrocketing need caused by the COVID-19 pandemic.



Bergen County Homeless Family Services HEARTS – Housing, Emergency Shelter, Advocacy Resources, and Tools for Self-Sufficiency

- <https://www.co.bergen.nj.us/hearts-homeless-family-services>
- Phone Number: 201-336-7474
- Assists Bergen County families who are experiencing a homeless emergency find and transition to a healthy, safe, and secure living environment while they build on their family's strengths and develop the skills to overcome their family's unique challenges in order to live independently in the community.



National Alliance on Mental Illness (NAMI) - Bergen County

- <https://namigreaterbergen.org/>
- Phone Number: 201-935-6264
- Crisis Phone Number (NJ HopeLine): (855) 654-6735

Check out our website for Community Health Education programs offered by NWBRHC!

Bergen County Social Services Directory



English



Spanish



Korean



Polish

