

# December Newsletter

## West Windsor Health Department

Serving the communities of West Windsor • Robbinsville • Hightstown

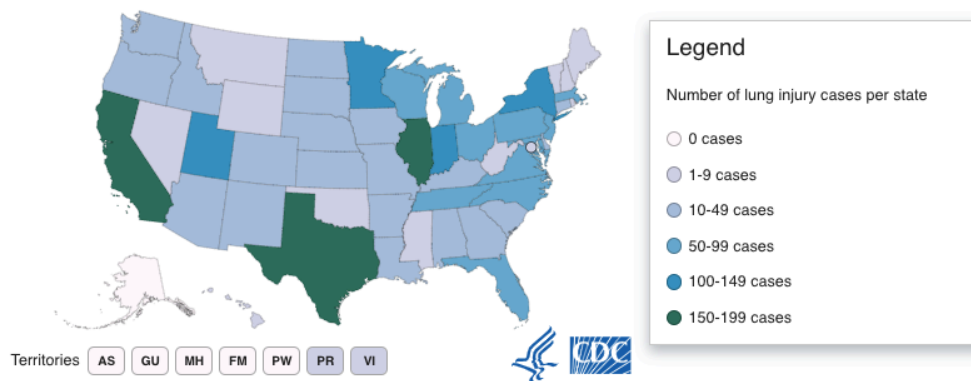


**Public Health**  
Prevent. Promote. Protect.

### What's New in Public Health?

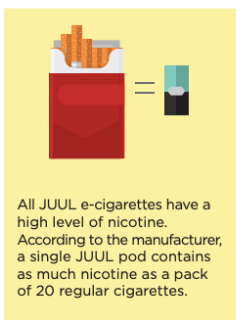
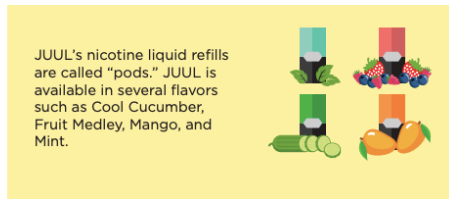
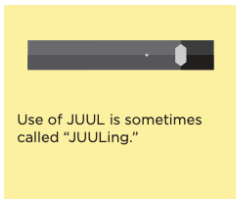
#### Update on lung injury cases and pressure from FDA causes e-cigarette producer JUUL to suspend sales of all fruit flavored products

Number of Lung Injury Cases Reported to CDC as of November 19, 2019



The e-cigarette giant Juul announced early in October that it is suspending online sales of its popular fruit flavored e-cigarette flavors ahead of a Trump administration policy that is expected to remove all flavored e-cigarettes from the market. Last year Juul stopped selling its flavored cigarettes in retail stores due to overwhelming pressure from the FDA. Juul said it will continue selling its mint and menthol nicotine pods in the meantime.

#### What is a Juul and what is Juuling?



#### Updates on the outbreak

As of November 20, 2019- 2,290 cases of e-cigarette, or vaping, product use associated lung injury have been reported to CDC from 49 states (all except Alaska), the District of Columbia and 2 U.S. territories (Puerto Rico and U.S. Virgin Islands). Forty-seven deaths have been confirmed in 25 states and the District of Columbia. CDC has identified vitamin E acetate as a chemical of concern among people with e-cigarette, or vaping product use associated lung injury. CDC recommends people should not use THC-containing e-cigarette, or vaping, products, particularly from informal sources like friends, or family, or in-person or online dealers.

#### Take a second to think about Mental Health

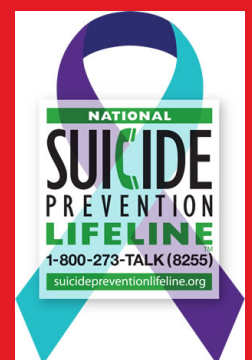
Mental health problems don't only affect adults. Children, teens and young adults can have mental health problems too.

Three out of four people with mental health problems showed signs before they were 24 years old.

If you're thinking about harming yourself get help immediately or call 1(800) 273-8255

Call the Township of West Windsor Health Department at (609) 936-8400 Created by the West Windsor Health Department

\*Information from: <https://www.cdc.gov/> <https://tinyurl.com/y4p6aaew> and <https://www.mentalhealth.gov/>



## Winter Weather Wellness Tips

During extremely cold weather, staying warm and safe can be a challenge. Learn how to prepare for winter storms, prevent cold temperature-related health problems and protect yourself during a winter storm!

### Take These Precautions Outdoors

- ▶ **Layer clothing:** wear a turtleneck under a sweater, glove liners inside of mittens, and double socks to maintain body heat. Remember to always wear a hat and scarf!
- ▶ Be cautious of **overexertion:** the combination of cold weather and exhaustion from shoveling, scraping or walking in deep snow can strain the heart and trigger a heart attack in people already at risk. Always check with your doctor before doing any strenuous exercise.
- ▶ **Stay Dry:** Wet clothing loses its ability to insulate. Keep spare clothing, socks and mittens ready for a “quick switch”
- ▶ **The Elderly:** Being at high risk for cold related illnesses, check on your senior loved one(s) more frequently during cold spells.

### Don't Forget to Prepare Your Car

- ▶ Service the radiator and maintain antifreeze level; check tire tread or if necessary, replace tired with all weather or snow tires.
- ▶ Keep gas tank full to avoid ice in the tank and fuel lines.
- ▶ Use a wintertime formula in your windshield washer.
- ▶ Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:



1. Portable charger, extra batteries;
2. Blankets; along with food and water;
3. Booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
4. Compass and maps;
5. Flashlight, battery-powered radio
6. First-aid kit; and plastic bags (for sanitation)

### Equip in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages.

- ▶ Stock food that needs no cooking or refrigeration and water stored in clean containers.
- ▶ Ensure that your cell phone is fully charged
- ▶ When planning travel, be aware of current and forecast weather conditions.
- ▶ Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamp
- ▶ Protect your family from carbon monoxide.
  - ▶ Keep grills, camp stoves, and generators out of the house, basement and garage.
  - ▶ Locate generators at least 20 feet from the house.
  - ▶ Leave your home immediately if the CO detector sounds, and call 911.

# Heart-Healthy Essentials for Meal Prep

Meal planning can help you save time and money by mapping out a week's worth of healthy, delicious meals for your family. Stay on budget at the grocery store by building your shopping list from your plan. Minimize cooking time by prepping some ingredients in advance and reusing leftovers. Learn how to stock and inventory a healthy pantry and freezer. And get the kids involved – meal planning can be a fun learning activity and help ensure they'll eat what you make. Boost your healthy meal planning skills with our tips and tricks.

## Cabinets & Pantry

- ▶ **“Dinner builder” items:** canned or dried beans, such as kidney, pinto, black, butter and navy; canned or pouched tuna, salmon and chicken; spaghetti sauce.
- ▶ **Canned vegetables:** for easy side dishes and adding to soups and sauces
- ▶ **Whole grains:** brown rice, oats, couscous, bulgur and quinoa; whole grain pastas, breads and tortillas (store extra bread and tortillas in the freezer); whole grain flour or cornmeal for baking.
- ▶ **Cooking oils:** nontropical vegetable oils, such as olive, canola and corn
- ▶ **Nuts, seeds and nut butters:** for stir-fried and garnishes (and satisfying snacks)
- ▶ **Broths:** fat-free, low sodium chicken, vegetable and beef for making soups



- ▶ **Dried herbs and spices:** keep a variety on hand and buy or create salt-free seasoning blends

## Refrigerator & Freezer

- ▶ **Proteins:** Un-breaded fish fillets, skinless chicken breasts, extra-lean or lean meats; tofu
- ▶ **Dairy products:** low-fat and fat-free milk, yogurt and cheese
- ▶ **Soft margarine:** made with non hydrogenated vegetable oil and containing no trans fat
- ▶ **Frozen fruits and vegetables:** choose a wide variety (lots of colors) without salt sauces and sugary syrups

## Compare Nutrition Labels

- ▶ Choose products **with lowest amounts** of sodium, added sugars and saturated fat, and no trans fat
- ▶ Look for **heart-check mark** to easily identify foods that can be part of your heart healthy eating plan!

For more information on heart healthy tips visit the American Heart Association's website at [www.heart.org/en/healthy-living/healthy-eating](http://www.heart.org/en/healthy-living/healthy-eating)

# December Recipe of the Month: Lentil Soup



This Lentil Soup recipe can be prepared in the slow cooker, in the Instant Pot, or on the stovetop for a simple make-ahead meal that reheats beautifully throughout the week. Nutritious food never tasted so good!

**TIPS:** For a **creamier texture**, use a handheld stick blender or a regular blender to puree some of the soup at the end of cooking. **Brown or green lentils** are best because they are "sturdier" and don't break down as easily during the cooking process. If you prefer a smoother soup with the lentils completely broken down, try a red lentil soup recipe by swapping out the green lentils for red!

## Ingredients

- 1 and ½ cups dry brown or green lentils (rinsed and drained)
- 3 medium carrots (peeled and chopped)
- 1 large sweet onion
- 2 stalks celery, diced
- ½ teaspoon of salt, and ¼ teaspoon of pepper
- 2 cups cauliflower florets (about ½ head of cauliflower)
- 1 and ½ tablespoons fresh minced garlic
- 8 cups chicken stock
- 1 (28) ounce can diced tomatoes (not drained)
- ½ teaspoon thyme and ½ teaspoon of cumin

## Instructions - Stovetop Method

1. In a large soup pot, add a dash of olive oil and cook carrots, celery onion and cauliflower and stir over medium heat for 6-8 minutes until tender.
2. Add garlic, cumin, thyme, salt and pepper and cook for 1 more minute.
3. Stir in lentils, chicken stock, and diced tomatoes. Bring to a boil. Reduce heat; simmer, cover, for 30-35 minutes (or until lentils and vegetables are tender).
4. Serve in individual bowls and top with your favorite garnish!

## Instructions - Slow Cooker Method

1. Add lentils, onion, carrots, celery, cauliflower and garlic to slow cooker. Stir in and top with olive oil.
2. Add chicken stock, diced tomatoes, cumin, thyme, salt and pepper. Stir, cover, and cook until lentils and vegetables are tender (on LOW for about 8 hours or on HIGH for about 4 hours).

Nutrition Facts	
Lentil Soup Recipe	
Amount Per Serving (1 cup)	
<b>Calories</b> 143	Calories from Fat 18
% Daily Value*	
<b>Fat</b> 2g	<b>3%</b>
<b>Cholesterol</b> 7mg	<b>2%</b>
<b>Sodium</b> 930mg	<b>40%</b>
<b>Potassium</b> 546mg	<b>16%</b>
<b>Carbohydrates</b> 19g	<b>6%</b>
Fiber 8g	<b>33%</b>
Sugar 2g	<b>2%</b>
<b>Protein</b> 10g	<b>20%</b>
<b>Vitamin A</b> 2820IU	<b>56%</b>
<b>Vitamin C</b> 24.3mg	<b>29%</b>
<b>Calcium</b> 41mg	<b>4%</b>
<b>Iron</b> 2.6mg	<b>14%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

For more information

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[www.westwindsornj.org](http://www.westwindsornj.org)

