

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

Healthy Foods Access

Healthy Foods Access Portal is a web information resource that provides successful planning and implementation of policies, projects, and programs by improving access of healthy food to all people in low-income communities. The portal is designed to help people access resources related to healthy food policy efforts, funding opportunities, and finding successful retail strategies. In 2009, three organizations - Policy Link, Food Trust, and the Reinvestment Fund, partnered together to raise awareness and educate policy makers about limited and inequitable food access of grocery stores and supermarkets throughout America.

Since January 2013, Healthiest Weight Florida has been working to motivate Florida’s children, adults, families, communities, and businesses on making informed choices about healthy eating and active living. One of the five strategies of Healthiest Weight Florida is to make healthy food available for all communities. In a partnership with Healthy Foods Access, healthier foods would be made available by improving access to healthy foods in targeted locations. The goal of reducing obesity rates could be met through providing healthier options.

Visit www.healthyfoodaccess.org to the searchable map to find policy efforts and resources in your state, find available funding opportunities in our updated database, learn from your peers via new profiles, webinars, and stories and see videos of healthy food leaders from around the country.



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Back to School Healthy Lunchbox!

Thumper's Wrap Sandwich

- Printed template (optional)
- 1 whole wheat tortilla
- 1 slice turkey
- 1 slice ham
- 1 slice low fat yellow cheese (such as American)
- 1 slice low fat white cheese (such as provolone)
- 2 olive slices
- Lettuce and tomatoes for garnish



How to Make It:

1. Cut a whole wheat tortilla head, ears, and muzzle. Cut turkey eyes and cheeks, a ham nose, and pink ham ears. Cut white cheese for eyes and teeth and yellow cheese for Thumper's muzzle and mouth.
2. Place the tortilla head in the middle of a plate and top with turkey eyes and cheeks, placing white cheese over Thumper's turkey eyes.
3. Add a tortilla muzzle between Thumper's turkey cheeks. Use yellow cheese for Thumper's mouth and a square of white cheese for teeth. Place a ham nose at the top of Thumper's yellow cheese muzzle.
4. Finish Thumper's face by adding olive slices as pupils.
5. For ears, layer ham on top of small tortilla circles and fold. Slide the ears under the tortilla head to secure.
6. Serve with low fat mayonnaise and mustard for dipping. Garnish the plate with lettuce and tomatoes for kids to layer on once they've enjoyed looking at their Thumper face. When it's time to eat, have them roll up their wraps and dig in!

Source: *Spoonful*, <http://spoonful.com/recipes/thumpers-wrap-sandwich>

National Breastfeeding Month

August is National Breastfeeding Awareness Month. The breastfeeding campaign, funded by the US Department of Health and Human Services highlights new research on why breast feeding makes for healthier babies.

In celebration of National Breastfeeding Month (NBM) 2014, USBC will host a social media campaign inviting participants to share six word stories on what breastfeeding means to them. Participants will post a "selfie" photograph on Facebook and/or Twitter, holding a sign with their six word story using the hashtags #NBM14 and #SixWords.

Each week the campaign will focus on a specific sector/system of support with an aligned legislative goal:

August 1-3: Launch #SixWords campaign at USBC events in Washington, DC

August 4-10: Workplaces

August 11-17: Hospitals / Health Care

August 18-24: Communities

August 25-31 (Black Breastfeeding Week): Families



Partner Updates

Second hand smoke has been an issue to some residents who desire to live in a smoke free environment. On July 17, 2014 The South East Florida Apartment Association held the 2014 Multifamily Conference and Exposition event at the Broward Convention Center. The Florida Department of Health and partners interacted with regional and property managers from the tri county area to educate on the costs and benefits of implementing smoke free policies in multiunit housing. They were briefed on the steps to establish a smoke free policy. According to the Tobacco Free Florida more than 600 Florida multi-unit properties have a smoke free policy. Smoke free apartments are becoming the new way of healthy living throughout Florida not only to tenants but also to owners and investors. Miami Dade County achieved a number of contacts and meetings are being set up for future presentations.

This month accomplishments:

- *On July 1st, 2014 The Village of Miami Shores passed a Resolution *No 1244-14* banning the sale and distribution of flavored tobacco products which are marketed to young adults.
- *On July 1st, 2014 The Cutler Bay Sports Bar and Grill implemented a smoke free policy at their premises; the policy affects both patrons and employees.



National Immunization Awareness

Going back to school means getting ready by preparing your child's backpacks, textbooks, and school supplies. But it's also the time to get up-to-date with vaccines.

Immunizations prevent against dangerous and deadly diseases such as the flu, measles, and tuberculosis. Children especially need to stay current with vaccinations.

Not getting vaccinated can put your child and others at risk for diseases. Schools are highly susceptible to outbreaks of infectious diseases because students can easily transmit their illness to others due to poor hand-washing, uncovered coughs, and being in close proximity with other students.

Some tips to keep in mind:

- *Check childhood immunization schedule for all recommended vaccines ages 7 to 18:
www.cdc.gov/vaccines/schedules/easy-to-read/preteen-teen.html*
- *Educate yourself and learn about the benefits and possible side effects of vaccinations.*





School Physical Day!
Saturday, August 16, 2014
8:30 AM — 12:30 PM

Doris Ison Health Center
10300 SW 216 Street
Miami, FL 33190
(305)252-4820

Reservations are encouraged!

School Physicals: \$30

Immunizations: Free

*Please bring immunization records

For Sports Physicals, please call back during regular business hours to make an appointment at (305) 252-4820

Coconut Grove Health Center
3831 Grand Avenue
Miami, FL 33133
(786) 245-2700
8:30 AM — 12:30 PM

Everglades Health Center
19300 SW 376 Street
Florida City, FL 33034
(305) 246-4607
8:00 AM — 12:00 Noon

Marathon Health Center
2855 Overseas Highway, MM 48.5
Marathon, FL 33050
(305) 743-4000
10:00 AM — 2:00 PM

M. L. K. Clinical Campesina
810 West Mowry Drive
Homestead, FL 33030
(305) 248-4334
8:30 AM — 12:30 PM

Naranja Health Center
13805 SW 264th Street
Naranja, FL 33032
(305) 258-6813
8:30 AM — 12:30 PM

South Dade Health Center
13600 SW 312 Street
Homestead, FL 33033
(305) 242-6069
8:00 AM — 12:00 Noon

South Miami Health Center
6350 Sunset Drive
South Miami, FL 33143
(786) 293-5507
8:30 AM — 12:30 PM

Tavernier Health Center
91200 Overseas Highway, #17
Tavernier, FL 33070
(305) 743-0383
10:00 AM — 2:00 PM

West Perrine Health Center
18255 Homestead Avenue
Perrine, FL 33157
(305) 234-7676
8:30 AM — 12:30 PM

For additional information or to participate in the Consortium contact us at:
Tel: 305-278-0442 www.healthymiamidade.org
To contribute content to the newsletter contact Amelinda.Loddo@flhealth.gov