



CONSORTIUM CONNECTION

✳️ "Healthy Environment, Health Lifestyles, Healthy Community" ✳️ HealthyMiamiDade.org



December At a Glance

- ✳️ Happy Holidays and Happy New Year
- ✳️ Farm Share Drive-Thru Event
- ✳️ 6th Annual Bounty of Health Event Success Story
- ✳️ Holiday Food Safety and Meal Tips
- ✳️ Coping and Managing Holiday Stress

CONSORTIUM
FOR A
HEALTHIER
MIAMI-DADE



Attention!

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month.

For more information, please email:
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A Special Thank You to our Consortium Partners...

Happy Holidays and Happy New Year

Happy Holidays, Consortium Partners! As we wrap up another year, we want to express our deepest gratitude for your continued collaboration and support. Together, we've achieved remarkable milestones and cultivated a vibrant community of innovation and growth. This festive season, we hope you find joy and relaxation with family and friends, and return refreshed for another successful year ahead. Here's to celebrating our shared accomplishments and looking forward to new opportunities in the coming year. Wishing you all a joyous holiday season and a prosperous New Year!





Farm Share Drive-Thru Food Distribution Event Hosted on Thursday, November 6, 2025

On November 6, 2025, the Florida Department of Health and the Consortium for a Healthier Miami-Dade hosted the Farm Share Drive-Thru Food Distribution event in partnership with Farm Share to continuously address food insecurity in Miami-Dade County.

The Drive-Thru event served 500 households with protein, vegetables and fruits, and a variety of food items. The total pounds of food served at this event was approximately 4,358.50 pounds.



6th Annual Bounty of Health Event Hosted on Friday, December 12, 2025

This year, the Florida Department of Health in Miami-Dade County and the Consortium for a Healthier Miami-Dade proudly hosted the 6th Annual Bounty of Health event on Friday, December 12, 2025, a community-centered initiative aimed at empowering residents to achieve optimal health and wellness through access to vital services and resources. The event successfully served approximately 180 residents with health and wellness resources from 9 vendors, and distributed holiday inspired food items, fruit juice, and bookbags to 129 households.

This year's theme centered on healthy lifestyles and overall wellbeing, with a special emphasis on addressing food insecurity. With a broad range of resources and engaging activities, the event provided residents with the tools they need to care for themselves and their families. The Caring for Miami Mobile Food Market also contributed significantly by ensuring attendees had access to nutritious food.

We are proud of the success of this year's event and remain committed to promoting health and wellness across Miami-Dade County!





Holiday Food Safety Tips

Holiday gatherings often involve large meals and shared dishes, making food safety essential. The CDC highlights four key steps to prevent foodborne illness: clean, separate, cook, and chill. Wash hands and surfaces frequently, keep raw meats away from ready-to-eat items, and cook foods to safe internal temperatures—turkey should reach 165°F. Avoid leaving perishables out for more than two hours, as bacteria grows rapidly at room temperature. It is recommended to store leftovers in shallow containers so they cool quickly, and reheating foods to at least 165°F before serving again. By following these simple precautions, you can keep your celebrations delicious and safe for everyone.



Source: [CDC Food Safety](#)



Coping and Managing Holiday Stress

The holidays can bring joy—but also stress from financial strain, busy schedules, and family expectations. The CDC and mental health professionals recommend maintaining healthy routines, including regular sleep, balanced meals, and daily movement. Budgeting ahead of time can ease financial pressure, and delegating tasks can help prevent overwhelm.

Set realistic expectations and allow yourself to say no when needed. Mindfulness techniques—like deep breathing, stretching, or short breaks—can restore calm during hectic moments. If feelings of sadness or anxiety persist, consider reaching out to a mental health professional or supportive friend. Taking care of yourself enables you to fully enjoy the season.

Source: [CDC Managing Stress](#)

Healthy Holiday Meal Tips

Check out [MyPlate](#) for resources on tips for Healthy Holiday menu and meal planning tips.



