

The Buzz



Spring cleaning = Green cleaning?

If you are feeling energized and excited about the new season (?!), you may also find yourself contemplating some invigorating Spring Cleaning! Be careful though: many of the chemicals found in conventional cleaning products may be more dangerous than the dirt they're intended to clean. There are many alternatives available that can help you make your home squeaky clean, without jeopardizing your health, or the environment! **In honor of Earth Day this month, learn more about Green Cleaning by taking this [Be Well online refresher](#)** And while you're at it, consider these additional tips on green living: **Install a living air fil-**



ter—houseplants! Some of the most efficient air-cleaning houseplants include Spider plants, English ivy, and peace lilies.

Paint your walls green. If spring cleaning at your house involves a fresh coat of paint, consider the VOC content of the paint you are choosing. VOC's (Volatile Organic Compounds) are chemicals that form health-harming vapors at room temperature. Look for eco-conscious and safe paints such as: Eco-Spec, by Benjamin Moore; Clarity, by Dutch Boy; Enviro-Pure, by MAB Paint; American Pride Paint; and BioShield Milk Paint (Be Well is not endorsing any particular company or product)

HAPPENING IN APRIL!

Strong Farm Chicken Run— Head over to Vernon bright and early on Sunday April 13th for a fun, scenic 5k race, 2 mile walk, and 1/4 mile children's race. Click [here](#) for more information on this family-friendly event!

Full Moon Walk—As the evenings start to warm up, you may consider going on this month's Full Moon Walk. Sunday April 13, 7:00pm-9:00pm. Meet at the Information Shed at Trail Wood at 93 Kenyon Road in Hampton CT. For more information call 860-928-4948.

Happy National Public Health Week!

- ⇒ Public health starts at home. From family nutrition and maternal health to safety precautions and disaster preparedness, the first steps our community takes toward public health are in the comfort of our own homes. Encourage each other to take action at home through healthy meal planning, supporting breastfeeding mothers, conducting safety upgrades, and preparing for emergencies.
- ⇒ Public health professionals help communities withstand the impact of a natural or man-made disaster by planning ahead, acting as a source of information during the crisis and helping to mitigate the long- and short-term effects.



- ⇒ The system that keeps our nation's food safe and healthy is complex. There is a lot of information to parse in order to understand food labels and to learn the best practices during a food borne illness outbreak. Public health professionals can help guide people through their choices.
- ⇒ The U.S. spends far more on health care than any other country, with such costs rising tenfold from 1980 to 2010 and expected to rise faster than national income during the foreseeable future. However, investing just \$10 per person each year in proven, community-based public health efforts could save the nation more than \$16 billion within five years.
- ⇒ [Take action and support Public Health today!](#)



Be Well !

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Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from your employer. The goal of the program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Did you play an April Fool's Day trick on anyone?



Click on the yellow button to the left to take the Be Well poll!

Last month's poll: Do you eat fish every week? Only 32% said YES!



Recipe

Crustless Spinach, Onion, and Feta Quiche (6 servings)

Ingredients

1 medium onion, diced; 6 ounces Fresh Express Baby Spinach; 2 large eggs; 1/2 cup egg beaters (liquid substitute); 1/2 cup all purpose flour; 1/2 tsp baking powder; pinch cayenne pepper; 1 1/3 cups non fat milk; 1/2 cup feta cheese

Directions

Preheat oven to 400F. Lightly grease a 10-inch quiche/tart pan (or a pie plate). In a medium frying pan, cook diced onion with a bit of vegetable oil (or cooking spray) over medium-high heat until translucent and tender. Add in fresh spinach and cook until just wilted. Set aside to cool for a few minutes.

In a large mixing bowl, whisk together eggs, flour, and baking powder. Whisk in milk, then stir in spinach-onion mixture. Pour quiche base into prepared pan. Top with feta cheese. Bake for 25 minutes, or until center is set and the outside edge is golden brown.

Let set for 5 minutes, then slice and serve. A fresh side salad would be just scrumptious!

Nutritional Information per Serving

Calories: 134.1; Total Fat: 4.6 g; Cholesterol: 74.2 mg; Sodium: 249.0 mg; Total Carbs: 13.7 g; Dietary Fiber: 2.2 g; Protein: 10.3 g

Source: Sparkpeople.com



Health tip: Mustard, Ketchup, or Mayo— Which is the healthiest?

Ketchup is made of tomatoes, vinegar, sugar, salt and spices. A serving of ketchup is one tablespoon. It is only 15 calories, but all of them are from sugars! Ketchup is also surprisingly high in sodium, with 190 milligrams (about 10% of the daily maximum). The one redeeming value of ketchup is that it is made from tomatoes, and thus has some nutrients, especially lycopene a type of antioxidant.

Mayonnaise is a combination of raw eggs, oil, and spices. A serving of mayonnaise is one tablespoon. It has 90 calories, 6 times the amount in ketchup. All the calories are from fat, 9-grams worth. There are no proteins and no carbs. Mayo has about half the level of sodium of ketchup.

Mustard is made from the ground seeds of a mustard plant, water, vinegar, and optionally some flavorings and spices. Nutrition-wise, a serving of mustard (1 teaspoon) usually has less than 5 calories, no sugar, no fat, and only 55mg of sodium.

Bottom Line? Mustard is the healthier choice! If you love mayo, think of Greek yogurt or avocado slices as a replacement where appropriate. If ketchup is your thing, can salsa do the work in some cases? Otherwise, when employing ketchup or mayonnaise, try to use the smallest amount possible.

Source: Fooducate.com

