



Fall Into Healthy Habits

Take advantage of Florida's fall weather and take a healthy camping trip

Fall is here and with it some of the best weather Florida has to offer. Why not spend some time enjoying our state's natural resources?

There are 161 state parks and 10 state trails in Florida! That's nearly 800,000 acres and 100 miles of beaches. You can camp, bike, hike, fish, picnic, swim and much more at Florida State Parks. Go to www.floridastateparks.org and plan your fall outing!

Florida's parks have something for everyone: boat camping in Biscayne Bay and Largo Sound; equestrian camping; primitive camping in the wilder areas of Florida; full-facility sites for tent campers and recreational vehicles; and group and youth camping.

Calendar

Nov. 10

- **Healthy Start Childbirth Education class**

Nov. 11

- **Health department closed for Veteran's Day**

Nov. 20

- **Health department at Exceptional Student Education Agency Fair, Vanguard High School**

Nov. 27-28

- **Health department closed for Thanksgiving**

Dec. 1

- **Safe Kids Marion meeting**

Dec. 3

- **WIC Mom & Baby Club meeting**

Dec. 9

- **WIC Breastfeeding class**

Stay hydrated

Drink water at each meal and between meals while outdoors. As a general rule, each person needs a minimum of two filled 32-oz. water bottles to drink throughout the day. Know in advance what your water sources will be and whether you'll need to treat the water available to ensure it's safe to drink.

Camping with a cooler

If you can get to your campsite by car, bring a cooler. A cooler makes it easy to bring a variety of different foods including fresh fruits and vegetables.

Make sure you pack produce that will last more than a day and doesn't bruise easily. Carrots, apples and oranges are good choices.

Plain yogurt and fresh eggs are good sources of protein, but make sure you consume them early in the trip and keep them iced. Cheese, cold cuts, hummus and cooked quinoa can also be stored in the cooler.

Pack the cooler with large chunks of ice instead of smaller cubes. Large chunks of ice melt slower. Drinks can also be frozen to serve as additional ice packs. Store the meals you plan to eat earlier in the trip on the top of the cooler to reduce the amount of time the cooler is open while you dig to the bottom for items

Backpacking without a cooler

Before you go on a trip, write out a menu with every meal you'll need, including snacks. Preparation is necessary to avoid getting hungry on the trail, and a menu can be used as a packing list for your trip.

Breakfast: Alternate days with light breakfasts and heavier breakfasts,

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depending on how much physical activity you have planned.

Oatmeal is a great option. Add trail mix or peanut butter to keep you fuller longer. Oats and nuts are both good sources of fiber, which is particularly important on the trail when it's harder to eat fresh fruits, vegetables and other regular sources of fiber.

Other good breakfast choices are whole wheat pancakes with fruit, protein bars or a vegetable omelet made with powdered eggs.

Lunch or dinner: Whole grain pita breads or wraps, which pack easily, are a good source of fiber and will sustain your appetite longer than white breads. Fill pita pockets or wraps with hummus and vegetables or tuna.

Purchase tuna or salmon in pouches, not cans, for lighter packing. Dried vegetables are another healthy and convenient option. You can buy dehydrated vegetables or make your own if you have a dehydrator. Combine your dried vegetables with spices and grains (rice, couscous, quinoa, etc.) in a zip lock bag. Just add these ingredients to water and boil for 10–15 minutes.

Snacks: Trail mix, granola and granola bars are great ways to pack healthy calories without taking up a lot of space. When shopping for these products, look for low amounts of added sugar. Reading the ingredient label on processed foods can help to identify added sugars. Stay away from foods listing high fructose corn syrup, honey, regular corn syrup, sucrose, or brown rice syrup as some of the first ingredients.

Plan your trip well and pack good foods for a safe, fun and healthy trip to one of Florida's beaches, parks or trails. You'll be glad you did.

COOKING MEAT IN THE FLORIDA OUTDOORS		
Ground Meat & Meat Mixtures	Beef, Pork	160°F
	Turkey, Chicken	165°F
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145°F
Poultry	Breasts, thighs, legs, wings, roasts	165°F
Pork & Ham	Fresh pork or fresh ham (raw)	145°F
	Precooked ham (to reheat)	140°F
Eggs & Egg Dishes	Eggs	Cook until yolk & white are firm.
	Fin Fish	145°F or cook until flesh is opaque & separates easily with a fork.
Seafood	Shrimp, lobster, crab	Cook until flesh is pearly & opaque.
	Clams, oysters, mussels	Cook until shells open during cooking.
	Scallops	Cook until flesh is milky white or opaque & firm.



Don't forget spices from home!



HealthiestWeightFL.com

Need Info? Call 352-629-0137

Birth & Death Certificates ext. 2064
 Communicable Diseases ext. 2088
 Dental Clinic 352-622-2664
 Environmental Health ext. 2086

Family Planning ext. 2091
 Health Education ext. 2195
 Healthy Start ext. 2275
 HIV/AIDS ext. 2073
 Immunizations ext. 2017

Maternity ext. 2089
 School Health ext. 2043
 Sexually Transmitted Diseases ext. 2073
 WIC & Nutrition ext. 2124

FloridaHealth.gov
Florida Department of Health in Marion County

It's a New Day in Public Health.

The Florida Department of Health works to protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

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In this week's Marion Scripts, a safe and healthy Halloween and using the time change to check your stocks

A human case of West Nile virus has heightened concerns that more residents will become ill

DOH Commends the Florida Department of Transportation for Complete Streets Policy

UPCOMING EVENTS

Great American Smokeout Month

November 01-23, 2014

American Diabetes Month

November 01-30, 2014

WIC Breastfeeding class

November 04, 2014

CONTACT THE DEPARTMENT

352-629-0137

[See our locations](#)

REPORT A DISEASE

1-866-568-0122

[Download the Full List of Reportable Diseases and Conditions](#)

Popular Programs & Services

WIC	Environmental Health
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Health Department launches new website

Go to Marion.FloridaHealth.gov for improved access to public health information

The Florida Department of Health in Marion County has launched an updated, redesigned website. The website offers streamlined access to the most frequently sought information and provides valuable resources for Marion County residents.

“The layout of the new website will help us promote and protect health in Marion County,” said Mike Napier, interim administrator for the Florida Department of Health in Marion County. “It is easy to view on mobile devices, and we can quickly introduce alerts, important news and notifications to help keep the community informed.”

New enhancements include easy-to-find contact information, a user-friendly upcoming events feature, newsroom articles, and easy access to public health information.

The redesigned site is part of a Florida Department of Health transformation of all county health department websites. The health department website for Marion County integrates with the Florida Department of Health website, giving residents easy access to important public health information at the local and state level.

You can find the new website at Marion.FloridaHealth.gov.

Connect with the Florida Department of Health online

