



# TidBit Times

November  
2018 Edition



## November is Family Stories Month!

What a beautiful theme for this fall month! Every Family is so different! Our experiences and our family values are a huge part of who each and everyone of us are! We should never hide or deny what we come from. We should be proud, and share our stories with all who want to hear it. In this way we can learn from each other and notice how we all have the same needs but meet them in different ways! Take the time this month to talk to your child about your family's stories, and see the story they have experienced. Talk about your family values and compare these to other families!

**Practicing daily gratitude is SO important.  
What are you thankful for today?**

today I'm  
*thankful*  
for

- ♥ .
- ♥ .
- ♥ .
- ♥ .
- ♥ .
- ♥ .
- ♥ .
- ♥ .

## IMPORTANT REMINDER!

Have you and your families gotten the flu shot? Our communities are already experiences hospitalizations from the flu. The best way to prevent yourself, and others, from getting sick is to get your flu shot. Contact your health care provider, your local pharmacy or even your employer to ask where you can get a flu shot near you!



**FLU  
SHOT**



**FIGHT - THE - FLU**

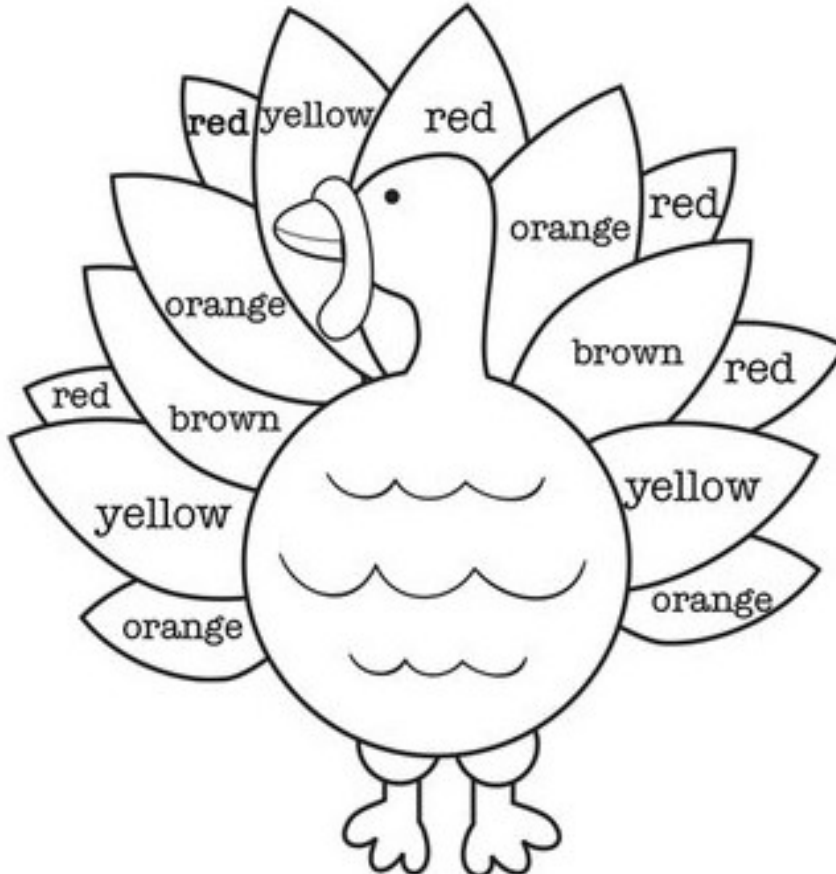
## Recipe of the Month: Roasted Beets 'n' Sweets

- \* 6 medium beets, peeled and cut into chunks
- \* 2 1/2 tablespoons olive oil, divided
- \* 1 teaspoon garlic powder
- \* 1 teaspoon kosher salt
- \* 1 teaspoon ground black pepper
- \* 1 teaspoon sugar
- \* 3 medium sweet potatoes, cut into chunks
- \* 1 large sweet onion, chopped



### Recipe Directions:

1. Preheat oven to 400°
2. In a bowl, toss the beets with 1/2 tablespoon olive oil to coat. Spread in a single layer on a baking sheet.
3. Mix the remaining 2 tablespoons olive oil, garlic, salt, pepper, and sugar in a large resealable plastic bag. Place the sweet potatoes and onion in the bag. Seal bag and shake to coat.
4. Bake beets 15 minutes in the oven. Mix sweet potato mixture with the beets on the baking sheet. Continue baking 45 minutes, stirring after 20 minutes until all veggies are tender.



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