



Wellness
Nutrition

November 2019 Fun FaCts

Great American Smoke Out

Everyone has their own reasons for quitting, but just in case you need a few more to help get you started...

Feel Great Healthier from the inside out!	Breathe Easy After only 2 weeks, your lungs work better.
Save Money A pack a day can add up to thousands in savings every year!	Celebrate You can do this. Celebrate every day, week, month, or year that goes by!
A Better Life You'll have more time with your family & friends, less illness, and even a longer and healthier life!	More Energy You'll feel like being more active due to more oxygen and less carbon monoxide.
Sense of Accomplishment Quitting can be really hard, but once you conquer your addiction, you will be proud of yourself!	

1.866.SD-QUITS (731.8487)
www.SDQuitLine.com



Feeding Cues

EARLY

Mom, I'm getting hungry!

- Eye movement beneath eyelids
- Fluttering eyelids
- Hands moving towards mouth
- Mouth movements

Please feed me!

- Rooting towards breasts
- Whimpering Sounds

Offer to nurse now
for an easier latch

LATE

Feed me now!

- Muscles in body are tense
- Rapid breathing
- CRYING

A crying baby has a difficult
time latching. Calm baby
down first before feeding.

FEED ON DEMAND

Don't watch the clock; Watch for early hunger cues!
Breastmilk digests quickly because it's the perfect food for your baby!

Delicious & Nutritious!

Cheesy Hamburger Skillet

4 SERVINGS

PREP 15 MIN

COOK 15 MIN

Ingredients:

- 2 cups whole wheat macaroni
- 1 small bell pepper
- 1 small onion
- 3/4 cup shredded cheddar cheese
- 1 pound ground turkey or lean ground beef
- 1 (14 ounce) can cherry tomatoes
- 1 tablespoon dried thyme
- 1/2 teaspoon salt
- 3 cloves garlic
- 1/4 teaspoon ground pepper

Directions:

Step 1 Wash prep area, your hands, and all produce.

Step 2 Cook macaroni according to package directions. In a colander, drain macaroni and rinse with cool water.

Step 3 While macaroni is cooking, rinse and dice bell pepper. Peel and finely chop onion. Peel and mince garlic. Set aside.

Step 4 Grate cheese. Set aside.

Step 5 In a large skillet over medium heat, cook beef or turkey, onion, bell pepper and garlic, crumbling the beef with a wooden spoon or spatula, until the meat is no longer pink, about 15 minutes. Using a colander, drain off fat.

Step 6 Return to the skillet and stir in drained macaroni, tomatoes with juices, thyme, salt, and pepper. Sprinkle with cheese. Cover and cook over medium heat until cheese is melted, 5 to 7 minutes.

