

*National*

FOOD BANK DAY

September 1, 2023

National Food Bank Day is on the first Friday of September. Hunger is a continuing problem in our global community and National Food Bank Day is a reminder to others that no one should go to bed hungry. Food banks provide food to the poor with the help of volunteers and social workers. They also promote tools for self-sufficiency. This day is to honor those workers, volunteers, and food bank charities who work in this regard.

Bell County Food Centers

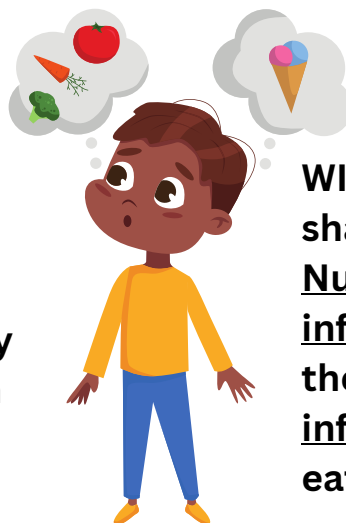
- Saint Vincent De Paul of Greater Temple
- CTLC
- The Salvation Army
- Feed My Sheep
- Love of Christ Food & Clothing Pantry
- Helping Hands Ministry
- Christ the King Catholic Church
- Harker Heights Food Care Center
- House of Mercy
- Mission Soup Kitchen
- Food Care Center
- Mission Killeen Food Distribution
- Church of Christ- Southside
- Heart and Hands Ministry
- Salado United Methodist Church

National Childhood Obesity Awareness Month



Take action during National Childhood Obesity Awareness Month! You can encourage communities, health professionals, and families to work together to raise awareness about the obesity epidemic and show people how to work towards a solution with the toolkits offered on healthfinder.gov. By raising awareness about childhood obesity, we can all work together to keep our kids healthy.

One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.



WIC encourages healthier eating by sharing Kids' Corner from Nutrition.gov. MyPlate has [infographics](#) for printing and posting the Share the [MyPlate app](#) and [infographics](#) to help build healthy eating habits one goal at a time!

POLYCYSTIC OVARY SYNDROME AWARENESS MONTH

Polycystic ovary syndrome (PCOS) is one of the leading causes of infertility in reproductive age women. There is no known cause for this syndrome, but it can be managed through medications and healthy lifestyle choices.

Symptoms of PCOS include:

- Acne
- Hair growth
- Irregular menstrual cycles
- Weight gain

If you are experiencing any of these symptoms, please see your healthcare provider.



For more information on PCOS, please visit the **CDC Website**.



Ovarian Cancer Awareness Month

Ovarian cancer encompasses cancers of the ovaries, fallopian tubes, and the primary peritoneum, which is the tissue that lines the abdominal wall and covers the abdominal organs.

Signs and Symptoms:

- Vaginal bleeding or discharge
- Pain or pressure in your hip or pelvic area
- Feeling bloated
- Pain in your stomach or back
- Changes in bathroom habits
- Feeling full too quickly or difficulty eating

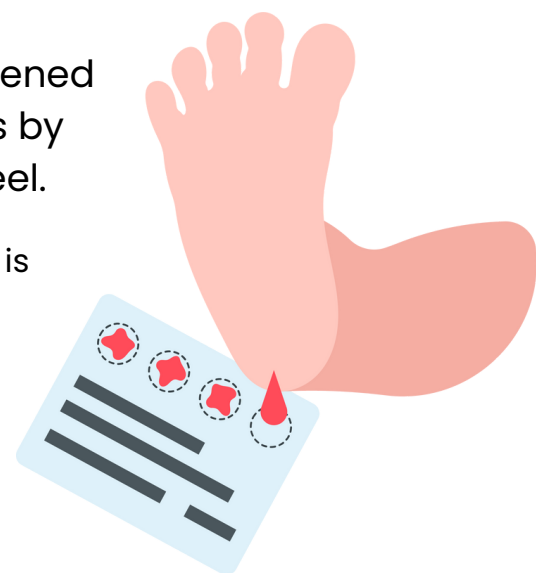
Pay attention to your body, and know what is normal for you. If you have unusual vaginal bleeding, see a doctor right away. If you have any of the other signs for two weeks or longer and they are not normal for you, see a doctor. They may be caused by something other than cancer, but the only way to know is to see a doctor.

Visit the **CDC Website** for more information on Ovarian Cancer

NEWBORN SCREENING AWARENESS MONTH

Each year, millions of babies in the U.S are routinely screened for certain genetic, endocrine and metabolic disorders by only using a few drops of blood from the newborn's heel.

The first test is done 24 to 48 hours after birth. The second one is done at the baby's checkup at one to two weeks of age. The Newborn Screening Panel in Texas screens for 55 different conditions. Finding and treating these disorders early can prevent serious complications such as growth and developmental delays, deafness, blindness, intellectual disabilities, seizures, and sudden or early death.



For more information visit **DSHS Newborn Screening Program**

World Alzheimer's Month

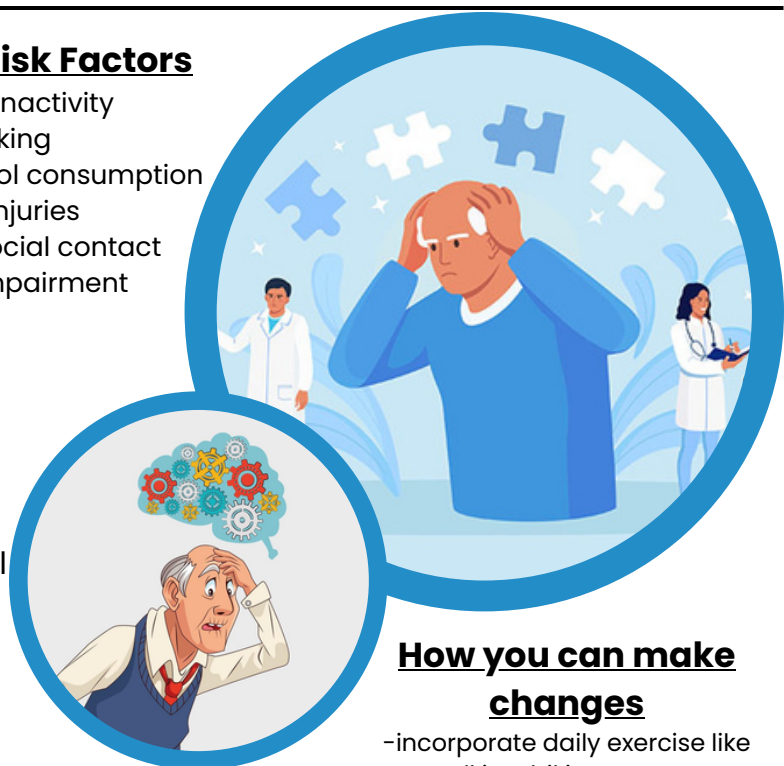
According to the Alzheimer's Disease International (ADI), World Alzheimer's Month takes place every September and began in 2012.

The goal is to raise awareness for Alzheimer's and all other types of dementia due to the stigma that surrounds them, and the common misinformation that dementia is a normal part of ageing.

2023's theme "never too early, never too late" aims to teach about risk factors associated with dementia and how to take action in reducing those risks to delay or even prevent the onset of dementia.

Modifiable Risk Factors

- physical inactivity
- smoking
- excessive alcohol consumption
- head injuries
- infrequent social contact
- hearing impairment



How you can make changes

- incorporate daily exercise like walking, biking, or yoga
- reduce or eliminate alcohol use
- join a community group or a book club
- use hearing aids regularly to reduce further hearing loss

Visit the **ADI's website** for more information

guide to sexual health

SEXUAL HEALTH IS AN UMBRELLA TERM THAT ENCOMPASSES A PERSON'S PHYSICAL AND EMOTIONAL WELL-BEING SURROUNDING SEX AND SEXUALITY.

SEXUALITY IS A NATURAL PART OF LIFE AND INVOLVES MORE THAN JUST SEXUAL BEHAVIOR.

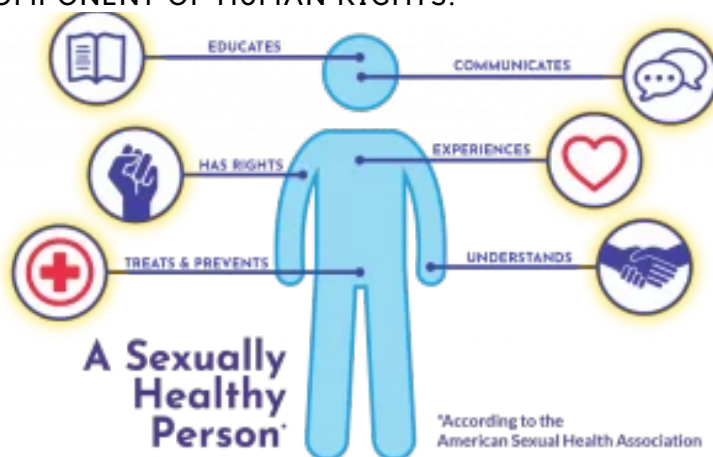
INDIVIDUALS CAN TAKE SEXUAL EDUCATION INTO THEIR OWN HANDS IN ORDER TO NOT ONLY PROTECT THEMSELVES FROM UNINTENDED PREGNANCY AND SEXUALLY TRANSMITTED INFECTIONS (STI), BUT ALSO TO LEARN THEIR OWN SEXUAL PREFERENCES.

WHEN AN INDIVIDUAL BECOMES SEXUALLY ACTIVE, IT'S IMPORTANT TO COMMUNICATE WITH THEIR HEALTHCARE TEAM AND PARTNER(S).

A HEALTHY SEXUAL RELATIONSHIP NEEDS TO HAVE CLEAR LINES OF COMMUNICATION.

CHOOSING TO BE SEXUALLY ACTIVE IS ALSO CHOOSING TO TAKE ON THE RESPONSIBILITY OF POSSIBLY BECOMING PREGNANT AND/OR SPREADING OR RECEIVING STI'S.

THE SEXUAL RIGHTS OF ALL PEOPLE MUST BE PROTECTED IN ORDER TO MAINTAIN A POSITIVE SEXUAL ENVIRONMENT. THIS IS AN INTEGRAL COMPONENT OF HUMAN RIGHTS.



Prepare for the "Tripledemic" this fall season.

Search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find vaccine locations near you.

RSV:

CDC recommends all infants under 8 months of age should get a new antibody shot to protect against severe respiratory syncytial virus (RSV), and adults 60 years and older may receive a single dose of RSV vaccine, based on discussions between the patient and health care provider.

Learn more about RSV recommendations at [CDC.gov](https://www.cdc.gov)

COVID:

Everyone 6 years and older should get 1 updated Pfizer-BioNTech or Moderna COVID-19 vaccine, regardless of whether they've received any original COVID-19 vaccines.

Learn more about COVID recommendations at [CDC.gov](https://www.cdc.gov)

FLU:

September and October are the best times for most people to get vaccinated ages 6 months and older in the US.

Learn more about FLU recommendations at [CDC.gov](https://www.cdc.gov)



Every 40 seconds, someone loses their life to suicide.

It's time to raise awareness and
recognize our role to help prevent it.



Ask.

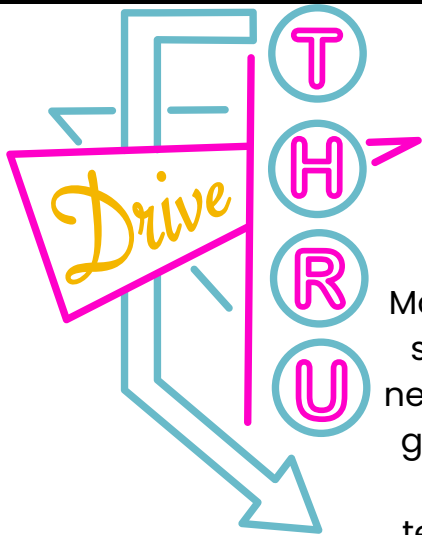


Listen.



Encourage them to
seek help.

Reach out, talk, and break the stigma surrounding mental health. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org



FACTORS AFFECTING SAFE FOOD PREPARATION BY FOOD WORKERS

Many foodborne illness outbreaks are linked to unsafe food handling by service workers. Studies have shown that food safety improvement is needed in these areas: handwashing, prevention of food contamination, glove use, cooking food to the right temperature, keeping heated food hot, keeping cooled food cold, and reheating food to the right temperature. Food workers have identified factors preventing the best food-handling practices. They include time pressures caused by high volume or being understaffed during high traffic times, lack of food-safety education and training, and not having equipment needed for proper food holding, reheating, and cooling.

Researchers found that workers in chain restaurants used a thermometer to check if food was done more often than other workers in independent establishments. For more information about this study with Environmental Health Services (EHS), please visit [here](#).



Healthy Children at School



School breakfasts are an important source of whole grains, fruits, and low-fat or fat-free milk for children. Schools also have the option to offer vegetables, meats, and meat alternates at breakfast.

To further align school breakfasts with the recommendations of the Dietary Guidelines for Americans, 2020–2025, schools can prioritize reducing added sugars in meals. These added sugars are found in foods and drinks, sweeteners (such as table sugar, syrups, and honey), and subtypes found in concentrated fruit or vegetable juices.

Encouraging children to develop healthy eating habits that are lower in added sugars is important to their health and well-being, both now and later in life. Obesity, type 2 diabetes, and other chronic diseases are associated with diets that are higher in added sugars.



Added sugars provide calories, but little to no vitamins or minerals. For example, an apple contains the sugar fructose along with other nutrients such as fiber and vitamin C. If you were to sprinkle cinnamon sugar on the apple slices before eating, the cinnamon sugar would be considered an added sugar - it adds calories, not nutrients.



TODOS SOMOS, SOMOS UNO: WE ARE ALL, WE ARE ONE

NATIONAL HISPANIC HERITAGE MONTH

FRI, SEP 15, 2023 - SUN, OCT 15, 2023

WE RECOGNIZE AND CELEBRATE THE MANY CONTRIBUTIONS, DIVERSE CULTURES, AND EXTENSIVE HISTORIES OF THE AMERICAN LATINO COMMUNITY.

1 IN 5 PEOPLE IN THE UNITED STATES IDENTIFIES AS HISPANIC. IN TEXAS, HISPANICS AND LATINOS MAKE UP AROUND 40.2% OF THE STATE'S POPULATION. WE SHOULD NEVER WAIT FOR AN ANNUAL HOLIDAY TO TAKE PRIDE IN OR CELEBRATE SOMEONE'S ETHNIC BACKGROUND, BUT LET'S APPRECIATE THIS TIME FOR RECOGNITION, EDUCATION, AND OF COURSE, CELEBRATION!



Community Calendar



September 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Central Texas State Fair @ Bell County Expo First Friday @Downtown Temple	2 Central Texas State Fair @ Bell County Expo
3	4	5	6	7	8	9 Market on the Square 9-2pm @ Downtown Temple Touchdown in Downtown 6-9pm @ Historic Killeen
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30 KPD Domestic Violence Walk 11am -1pm @ Lion's Club Park

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FARMER'S MARKETS:

Harker Heights: Saturdays 9am-2pm @ 305 Miller's Crossing Harker Heights, TX

Killeen: Starting September 22nd Saturdays 6pm-9pm @ 305 N. 4th Street Killeen, TX

Temple: Tuesday & Thursday 7am-12pm @ 121 Montpark Rd Temple, TX

Salado: Saturdays 9am-1pm @ 108 Royal Street Salado, TX

Belton: Saturdays 8am-1pm @ Water Street Belton, TX

Saturdays 7am-11am @ 411 Central Ave Belton, TX

Temple Library

Preschool Story Time 10:30am

Two Books: One Story 5pm



Environmental Health Office
4236 Lowes Dr. Temple, TX 76502
Monday–Thursday 8:00am–5:00pm
Friday 8:00am – 11:30pm
Phone: 254–532–9800

Killeen Clinic
309 North 2nd St Killeen, TX 76541
Monday– Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254–532–9800

Immunizations Office
1605 North Main Street Belton TX 76513
Monday– Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254–532–9800

Temple Clinic
820 North 31st Street Temple, TX 76504
Monday– Thursday 7:00am – 4:30pm
Friday 7:00am – 11:00am
Phone: 254–532–9800

Temple WIC
201 N 8th St. Temple TX 76501
Monday– Thursday 7:00am – 5:30pm
Phone: 254–532–9800

Killeen WIC
116 E Avenue D, Killeen, TX 76551
Monday– Thursday 7:00am – 5:30pm
Phone: 254–532–9800

Fort Cavazos WIC
36000 Shoemaker Lane Fort Cavazos,
TX 76544
Monday– Thursday 7:00am – 4:30pm
Friday 8:00am – 12:00pm
Phone: 254–532–9800

Copperas Cove WIC
213 W Avenue D, Copperas Cove, TX
76522
Monday– Thursday 7:00am – 4:30pm
Phone: 254–532–9800

BCPH Admin Office
4236 Lowes Dr. Temple, TX 76502
Monday– Thursday 7:00am – 5:30pm
Phone: 254–532–9800