



Stan & Fran's Health Hints



STAYING HEALTHY THIS FLU SEASON

Help reduce the chance of getting flu by....



- Eating healthy food
- Getting regular exercise
- Washing hands often
- Getting enough sleep
- Getting your infant/toddler (6-23 months) or your older child with chronic health conditions immunized against seasonal flu
- Getting immunized against seasonal flu yourself if you:
 - care for an infant or child under 23 months of age
 - have a household member with a chronic health condition
 - or if you are a woman who will be in her third trimester of pregnancy during the "flu season"



Please contact your nearest Public Health office for details on flu immunizations or check out www.interiorhealth.ca



BCNurseLine

Now part of HealthLink BC

Any time day or night, Every day of the year

Easy access to non-emergency health information; speak with a nurse about symptoms, consult with a Pharmacist about medication questions, or get healthy eating advice from a dietician. You can also find the publicly-funded health services and resources closest to you.

Dial 811 or go online to

www.healthlinkbc.ca



October is the month for pumpkins!

This super food is a good source of beta carotene, potassium and fiber. This versatile squash can be used to make pies, soups, loaves, muffins and of course lanterns. The best part is pumpkins are grown locally. For a fun and educational experience, take your kids to a local pumpkin patch to pick out a pumpkin and tour the farm. Or, visit your local farmers market for fresh pumpkins.

Tips: for cooking, choose a smaller pumpkin that is heavy for its size. See last October's Potato Post for cooking tips: <http://www.interiorhealth.ca/information.aspx?id=2152>

When carving your Halloween pumpkins, save the seeds to make a tasty nutritious snack for school lunches:

- Rinse pumpkin seeds to remove pulp
- Allow to dry by laying on a piece of paper towel
- Spread in a single layer on a baking sheet
- Sprinkle lightly with your favorite flavour (Mrs. Dash, seasoning salt, or cinnamon and brown sugar)
- Bake at 350 F, stirring occasionally until brown and crisp
- To eat, you can remove the shell first, or enjoy them whole - shells and all!

