COLONIAL NEWS

Health Committee Newsletter — SEPTEMBER 2025

Welcome to the Albert Gallatin School District Health Committee's monthly newsletter. Each month this publication will provide our district with health and fitness information. Our goal is for our students, families, and staff to use this information to make healthy decisions and to live a healthy active lifestyle.

Back to school!

Teachers and school staff do their best to help students be mindful of their personal hygiene habits. School custodians do their best to manage the relentless accumulation of germs by disinfecting and sanitizing.

As parents/guardians, however, we must do our part in teaching our children ways to help them stay safe and healthy.

Here are a few suggestions to review with your child or consider doing as they go back to school:

- **School supplies**
  Consider giving your child their own supplies and hand sanitizer.
- **Water fountains**
  Give your child a personal water bottle so they will not have to drink from a water fountain. However, if they have to use a water fountain, remind them that they should touch their lips to the water stream, not the spout it comes out of.
- **Doorknobs, desks, and other surfaces**
  These surfaces are full of germs. Teach your child to wash their hands and avoid touching their face after touching such surfaces.
- **Cafeteria**
  Remind your child to wash their hands before and after they eat. Also, not to share utensils or to take bites from someone else's lunch.
- **Computers**
  Remind your child not to touch their face when they're using a school computer, and to wash their hands before and after class. Give them their own headphones and clean them regularly.
- **Playgrounds and gyms**
  Clean your child's sports jerseys, protective equipment, and any other sweaty gear after they play, especially if they're using gym mats or padding. Make a space at home where they can put their germy stuff so it can be disinfected.

(adapted from Source: ACSHIC)

PA HARVEST OF THE MONTH

PEPPERS

Peppers are harvested in Pennsylvania from July through October.

They are tender, warm-season vegetables that can be classified into two groups — bell peppers (mild and sweet-tasting), and chili (hot and pungent). Bell peppers come in a wide variety of colors such as green, red, yellow, orange, purple, brown, and black. Chili peppers range in color from green to deep red to almost black. The color of chili peppers is not a sign of the heat (flavor) of the pepper.

Peppers are a good source of vitamin C which is important in the body's healing process and may play a role in guarding against heart disease and cancer. Vitamin C also helps the body absorb iron. Red peppers are a good source of vitamin A which is important for eye health and immune function.

Handling - Wash fresh peppers gently in cold water. Remove the stem and seeds. WARNING: When handling and preparing to cook chili pepper wear gloves and avoid touching your face.

Store whole, unwashed peppers in a plastic bag in the refrigerator for up to 3–5 days.

For more information visit
www.paharvestofthemonth.org

Adapted from Source:
https://www.paharvestofthemonth.org

Prepared by Lisa Sumey, Central Office Secretary

Recipe of the Month

Vegetarian Stuffed Peppers

Ingredients

- 4 bell peppers (red or green)
- 2 cups cherry tomatoes
- 1 onion (medium)
- 1 cup basil leaves slices
- 3 garlic cloves
- 2 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

1. Preheat oven to 425 degrees. Lightly oil a large shallow baking pan.
2. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems.
3. Halve cherry tomatoes and chop onion and basil. Finely chop garlic.
4. In a bowl toss tomatoes, onion, basil, garlic, and olive oil. Salt and pepper to taste.
5. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Source: : https://www.paharvestofthemonth.org and Center for Disease Control and Prevention, More Matters Recipes.

September is National Food Safety Education Month

Each September, in recognition of National Food Safety Education Month, health educators and consumers have focused on the most effective ways to avoid Foodborne illness, also called food poisoning. According to the Centers for Disease Control and Prevention, 48 million persons — or 1 of every 6 people get foodborne infections each year.

Foodborne illness is unpleasant and potentially dangerous for everyone, but you can avoid getting sick by following simple steps – Clean, Separate, Cook, Chill, and if at a higher risk, then possibly avoiding certain foods.

1. Clean: Wash your hands before and after handling food and wash your cutting boards, countertops, dishes, and utensils with hot soapy water. Rinse fresh fruits and vegetables under running tap water.
2. Separate: Separate raw meat, poultry, seafood, and eggs from other foods in your grocery cart. Use separate cutting boards for fresh produce and raw meat, poultry, seafood.
3. Cook: Use a food thermometer to ensure that raw meat, poultry, seafood, and egg products are cooked to a safe minimum internal temperature to destroy any harmful bacteria.
4. Chill: Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F. Never thaw food at room temperature, such as on the countertop.

(adapted from Source: www.fda.gov)

For more information visit www.fda.dot.gov