SEPTEMBER 2014

KAY COUNTY HEALTH NEWS

Ponca City Healthy Community Coalition

DON'T FORGET TO APPLY FOR CERTIFICATION! CERTIFIEDHEALTHYOK.COM

New Faces!

Healthy Community Coalition. Her experience as a Health Educator should be invaluable as our Coalition continues to grow!

Maggie Jackson from Enid will be our new Turning Point Consultant for the Ponca City

Emily Bajko joins us all the way from the northernmost tip of Michigan! Her position as a health educator with the Health Department will provide extra resources and planning towards healthier living in Kay County!

September Race Spotlight

Carter's Run

September 27th, 8 am

Lake Ponca Shelter Houses

1400 L.A. Cann Dr

5k & 1m fun run

Call 580.401.0158

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"THE SECRET OF CHANGE IS TO FOCUS ALL OF YOUR ENERGY, NOT ON FIGHTING THE OLD, BUT ON BUILDING THE NEW."

— SOCRATES

Look for more information under the "Healthy Business" tab on the Kay County Health Department website: kay.health.ok.gov

Questions?
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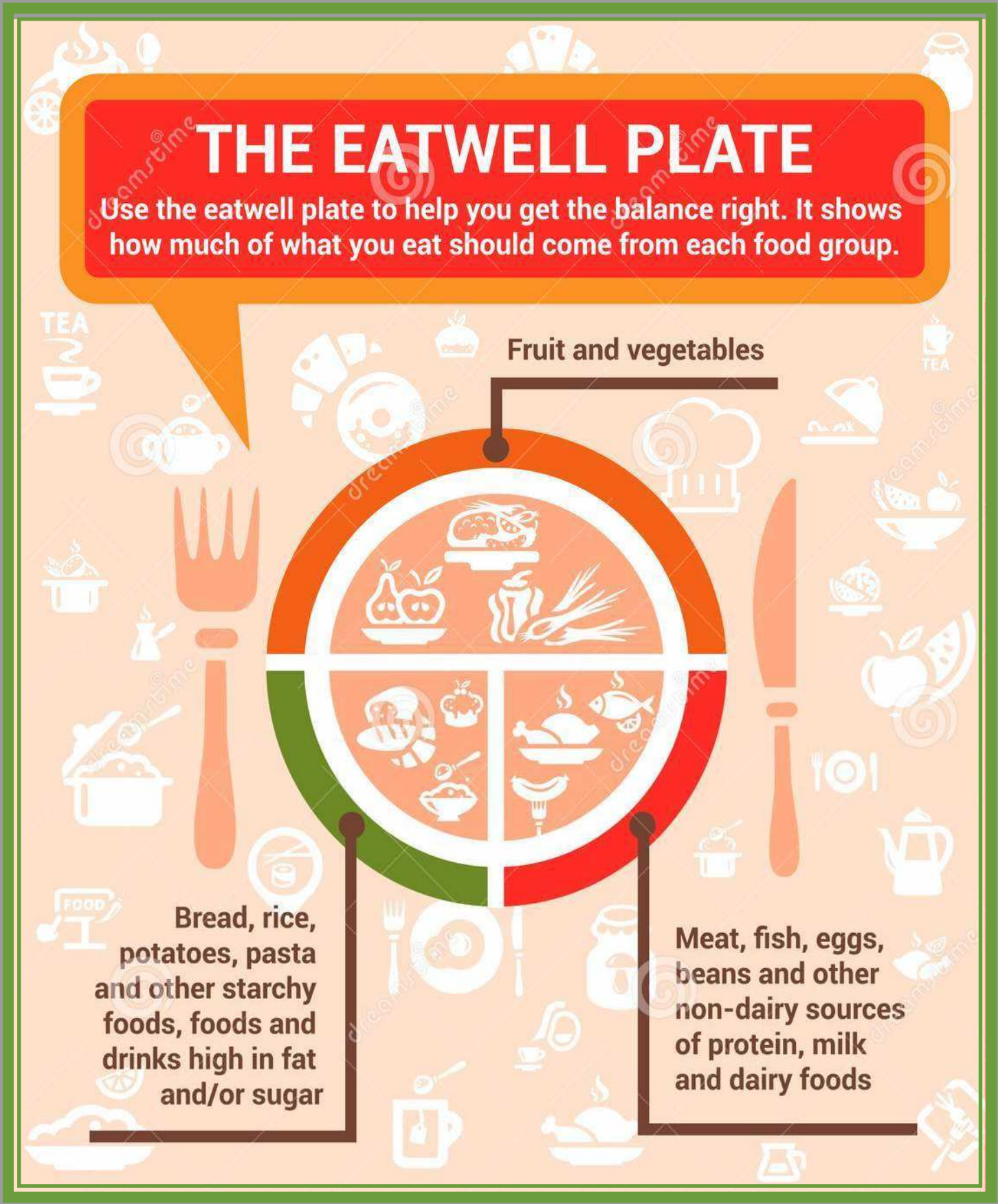
Recipe Round Up

PROVIDED BY JACQUI SAVAGE OF THE STILLWATER FARMER'S MARKET

Chocolate Zucchini Pear Cake

2 ½ cups flour
½ cup cocoa
1 tsp. cinnamon
¾ cup butter
1 cup sugar
2 tsp. vanilla
3 cups coarsely shredded zucchini
2 ½ tsp. baking powder
1 ½ tsp. baking soda
1 tsp. salt
1 cup brown sugar
3 eggs
2 tsp. grated orange peel
½ cup milk
1 ½ cups of Asian pears, other pears, or apples (peeled and diced into 1/2" squares)
1 cup chopped walnuts or pecans

Preheat oven to 350 degrees.
Place shredded zucchini in a sieve over a bowl. Let it drain while fixing other ingredients.
In a bowl whisk together the flour, cocoa, baking powder, soda, salt and cinnamon.
With a mixer, beat together the butter and the sugars until smooth. Add the eggs to the butter and sugar mixture, one at a time, beating well after each addition.
With a wooden spoon, stir in the vanilla, orange peel, diced pear and zucchini.
Alternately stir in the dry ingredients and the milk into the zucchini pear mixture. Add the nuts.
Spray the inside of a 10" Bundt pan or tube pan lightly with cooking spray. Pour in the batter and use a rubber spatula level the top of the batter. Bake in oven 55-60 minutes or until a wooden pick inserted in the center comes out clean. Cook in pan 15 minutes; turn out on wire rack to cool.
Sprinkle powder sugar over top, or make a glaze using 2 cups powdered sugar, 3 tbs. milk, and 1 tsp. of vanilla. Drizzle over cake.


THE EATWELL PLATE
Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.
Fruit and vegetables
Bread, rice, potatoes, pasta and other starchy foods, foods and drinks high in fat and/or sugar
Meat, fish, eggs, beans and other non-dairy sources of protein, milk and dairy foods