

Get Healthy CT September 2020 Newsletter

Learn more about how to remain safe while using public parks and trails from the [National Recreation and Park Association](#):

Connecticut is home to hiking trails, parks, forests, nature preserves and miles of scenic New England coastline that are sure to inspire adventure for nature lovers of all ages. Explore Connecticut and see all of the many ideas for things to do, events, nature and outdoors, places to hike socially distant and many others. Click [here](#) to learn more.

Outdoor seasonal activities in your area: Fairfield County families love the great outdoors... all year long! [Kids Out and About.com](#) is your guide to local attractions you can enjoy season by season in beautiful Connecticut. Click [here](#) for more information on seasonal events taking place in your area.

Know before you go: While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO:	DON'T
•Visit parks that are close to your home.	•Visit parks if you are sick or were recently exposed to COVID-19.
•Prepare before your visit.	•Visit crowded parks.
•Stay at least 6 feet away from others (“social distancing”) and take other steps to prevent COVID-19	•Use playgrounds.
•Play it safe around and in swimming pools. Keep space between yourself and others	•Participate in organized activities or sports.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/visitors.html>

The Ultimate Parent Survival Guide to 2020 – 2021: COVID-19 has turned the 2020-2021 school year upside down: How are you going to work and your kids get educated at the same time? You can't do it ALL, right? Fortunately, each local community has quickly developed resources to help, and virtual and online education options have exploded: Even in the midst of craziness, creativity reigns. This is KidsOutAndAbout.com's portal to what every family needs this year: Over 1000 well-organized links to local resources, virtual classes and tutoring, tips and tricks to keep kids entertained, and more. And get creative with 250+ activities to keep your family sane! Click [here](#) for more information on local resources.

Influenza information: According to the CDC, influenza (Flu) and COVID-19 are both contagious new coronavirus (called SARS-CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis.

- Click [here](#) to learn about Influenza and Covid-19
- Click [here](#) to read the Frequently Asked Questions about the 2020-2021 flu season
- According to the CDC, September and October are good times to get vaccinated against the flu and there are many different flu viruses and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. Click [here](#) to find available flu shots near you and protect yourself and your family this flu season.

Food Resources:

- Stratford Health Department: Once per month at Holy Name of Jesus Church, 1950 Barnum Avenue in Stratford. This is a drive thru food pantry. The best way to get updates is to follow the Stratford Health Department's [Facebook](#) page and by checking the CT Food Bank [website](#).
- Bridgeport Hospital: Every 3rd Tuesday from 5:30 PM-6:30 PM at 200 Mill Hill Avenue.
- St. Vincent's Medical Center: Every 4th Friday from 1:30 PM-3:00 PM at 2800 Main Street.
- In the New Haven area?
 - Visit the Coordinated Food Access Network, CFAN [website](#) for more information on resources to help you feed your family.
 - Click [here](#) for information on local food resources.
- The CT Food Bank hosts several local mobile food pantry and milk/dairy distributions each month. The best way to get the most up-to-date information on those is to visit their [webpage](#).
- To learn about additional food distributions in the Greater Bridgeport area, please follow the [Health Improvement Alliance](#) Facebook Page. HIA is a local coalition that is comprised of the two Bridgeport Hospitals, federally qualified health centers, health departments and other community organizations and providers.
- Supplemental Nutrition Assistance Program (SNAP): Click [here](#) for more information and to apply.
- For additional food resources in your community, visit call 2-1-1 or visit the 2-1-1 [website](#).

Healthy Recipe

INGREDIENTS

Cooking spray

2 zucchini, sliced very thinly into coins
1 tbsp. extra-virgin olive oil (for baked version only)
1 tbsp. ranch seasoning
1 tsp. dried oregano
Kosher salt
Freshly ground black pepper



DIRECTIONS FOR OVEN

1. Preheat oven to 225°. Grease a large baking sheet with cooking spray. Slice zucchini into very thin rounds, using a mandolin if you have one! Pat zucchini with paper towels to draw out excess moisture.
2. In a large bowl, toss zucchini with oil then toss in ranch seasoning, oregano, salt, and pepper. Place in a single layer on baking sheets.
3. Bake until crispy, about 1 hour 20 minutes, checking after about an hour. Let cool to room temperature before serving.

FOR AIR FRYER

1. Grease air fryer basket lightly with cooking spray. Slice zucchini into very thin rounds, using a mandolin if you have one! Pat zucchini with paper towels to draw out excess moisture.
2. Omit oil. In a large bowl, toss zucchini with ranch seasoning, oregano, salt, and pepper. Place in a single layer in basket (a little overlapping is fine!).
3. Air fry at 375° for 6 minutes, then flip and cook for another 6 minutes. Remove golden chips and continue cooking remaining chips until golden and crispy, 2 to 4 minutes, shaking basket every minute to allow for even crisping.