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ATTENTION

We are currently accepting sub-
missions for our next newsletter!
Please send in your submissions no
later than the 15th of each month.

For more information, please e-mail:
Candice.Schottenloher@flhealth.gov

Happy
Holidays



Happy December!

As we embrace the festive spirit of the holiday season, let's take a moment to reflect on the importance of food safety during this joyful time. Whether you're celebrating Christmas, Chanukah, or Kwanzaa, a shared fest is often at the heart of these celebrations. Visit the U.S. Department of Agriculture for essential tips on preventing foodborne illnesses. For more information on Safe Food Handling and Preparation, as well as Food Safety Basics, click [here!](#)

Flu Season Preparedness



As we enter the heart of flu season this December, it's crucial to prioritize your health and well-being. Getting a flu shot, practicing good hygiene, and staying informed about the latest flu developments are essential steps to safeguard yourself and your community during this season. For healthy habits to help protect against the flu, to learn more please visit the CDC [here](#).

Star Fruit and Passion Fruit in Season



In December, in Florida it is the perfect time to explore the bounty of the season. Among the many treasures you can find, be sure to keep an eye out for the ripest, most succulent [Florida-grown](#) star fruits and passion fruit. These fruits are at the peak of their flavor. Not only do they add a touch of sweetness to your winter table but also provide beneficial vitamins and nutrients.

The Consortium for a Healthier Miami-Dade Celebrates 20th Anniversary

The Consortium for a Healthier Miami-Dade celebrated its 20th Anniversary on Friday, December 1, 2023, during their annual meeting, hosted this year at the Dadeland Marriott Datan Ballroom. Themed “20 Years of Community Partnerships: The Past, Present, and Future,” the event celebrated the Consortium’s transformative initiatives and accomplishments over the past two decades. One of the highlights of the celebration was the presentation of a proclamation recognizing the Consortium’s outstanding contributions over the last 20 years to the Miami-Dade community. The celebration continued with a keynote address delivered by a special guest—the former Director of the Office of Community Health and Planning at the Florida Department of Health in Miami-Dade County, Mrs. Ann-Karen Weller. The event concluded with the presentation of awards to committed partners and committee members who have played a pivotal role in advancing the Consortium’s mission.

There were 120 attendees representing on behalf of over 40 organizations. This year marks a remarkable milestone for the Consortium for a Healthier Miami-Dade as it proudly celebrates two decades of dedicated service in optimizing the health and well-being of Miami-Dade residents.



4th Annual Bounty of Health

The Consortium for a Healthier Miami-Dade hosted its 4th Annual Bounty of Health community event on Friday, December 15, 2023, from 10 a.m. to 1 p.m. at the West Perrine Health Center. During this event, we served 500 families, distributed 600 backpacks for kids and 8,034 pounds of food! We were able to provide the community with educational materials and resources on chronic disease prevention and education on the importance of nutrition and healthy lifestyles through the materials provided in the backpacks.



Resources

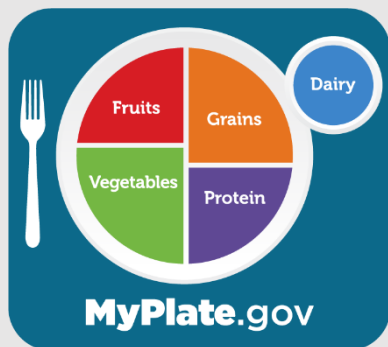
[CDC's Top 4 Tips to Prevent Chronic Diseases](#)

[CDC's How to Quit Smoking](#)

[Healthy Eating Plan](#)

[Benefits of Physical Activity](#)

[Alcohol Use and Your Health](#)



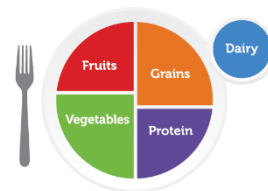
Focus on Your Health This Holiday Season, As You Prepare for the New Year

With a little planning and goal setting, you can [approach the holidays](#) with some strategies to stay on track going into the new year. It is never too early to begin healthy habits! This is a great opportunity to prevent most chronic diseases by eating healthy, being physically active, and avoiding tobacco and excessive alcohol use. It is also important to remember to get good sleep during this time of the year. Sleep is essential for good physical and mental health. Adults need at least 7 hours every day. To learn more tips from the CDC, please click [here](#).



MyPlate Holiday Edition

[MyPlate](#) brings the most up to date nutrition recommendations right to your table. Use the *Start Simple with MyPlate* app to pick simple daily food goals, see real-time progress, and earn badges along the way this holiday season. This easy-to-use app can help you start and continue to make positive changes. Healthy eating can help you achieve optimal health and a better quality of life. Overall, healthy eating is important at every stage of life with benefits that add up over time. Take a moment to take the [MyPlate Quiz](#) to check in and see how you are doing compared to the nutrition recommendations to start to make small changes going into the new year.



Start simple
with **MyPlate**

Join The Consortium For A Healthier Miami-Dade

Join us today! Consortium membership is **free** and open to all individuals who share the vision, mission and goals of the Consortium. The Consortium is comprised of the seven (7) committees. Each committee works collaboratively with public and private partners to plan various initiatives targeted to specific groups in an effort to address leading health issues affecting Miami-Dade residents. If you are interested in becoming a member of the Consortium, please click [here](#).

