



September 2015

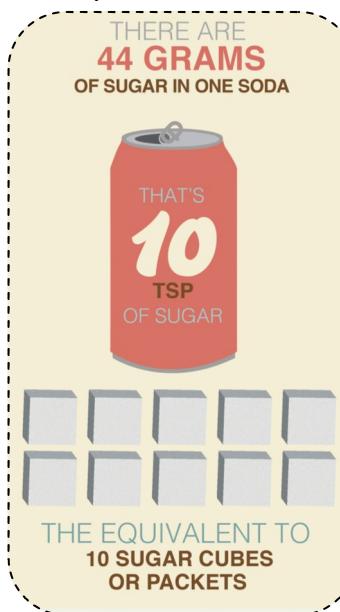
The DJJ Healthy Way

An exploration of health and wellness in and around our community.

September is Childhood Obesity Awareness Month

Currently, more than 23 million American children are overweight or obese – that's nearly 1-in-3 children.

Obese children have a higher risk of developing chronic diseases in their adult life. Younger than ever, children are being diagnosed with type 2 diabetes, high blood pressure, even high cholesterol— all conditions for which obesity is a risk factor. In addition, childhood obesity can create academic and social barriers. The impact of



childhood obesity goes beyond mental and physical wellbeing with the extraordinary financial cost at approximately \$14 billion per year in direct health care costs. As of 2012, obesity was the leading medical reason why applicants failed to qualify for military services, drawing focus to obesity as a potential threat to national security.

While the facts are daunting, we at the Department of Juvenile Justice have the opportunity to educate, interact, and set positive examples for the children we serve. By following the National School Breakfast and Lunch programs, we deliver balanced diets to our youth. Every school day DJJ youth receive health and wellness education through the after-school snack program. We encourage youth and adults alike to make fruits or veggies half of each meal, to drink more water and less sugary beverages, and to move more! Our opportunity to end childhood obesity doesn't end with the youth in our facilities. We provide leadership to all youth in our lives, and our greatest opportunity is to lead by example.

Recipe of the Month:

Caprese Salad With Balsamic Reduction

Don't miss out on the end of Georgia's tomato and basil growing season!

Ingredients

1 cup balsamic vinegar
1/4 cup honey
3 large tomatoes, cut into 1/2-inch slices
16 ounces fresh mozzarella cheese, cut into 1/4-inch slices
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup fresh basil leaves
1/4 cup extra-virgin olive oil

Directions

Stir balsamic vinegar & honey together in a saucepan & place over high heat. Bring to a boil, reduce heat to low, & simmer until the vinegar mixture has reduced to 1/3 cup, about 10 minutes.

Set the balsamic reduction aside to cool.

Arrange alternate slices of tomato & mozzarella cheese decoratively on a serving platter. Sprinkle with salt & black pepper, spread fresh basil leaves over the salad, & drizzle with olive oil & the balsamic reduction.



Getting to Know Our Staff: Alisea Mascio

Alisea is our Food Service Director at Bob Richards RYDC

I've been with the DJJ for: 4 years, but 12.5 years with the state

My Hometown is: Rome, Georgia

My favorite part of my job is: Everything. This has to be the best job I have ever had.

My advice for my coworkers: Work together as a team and treat each other as your family

An interesting fact about myself is that: I love to travel and am a huge American history buff.

After work each day, you'll find me: Spending time with my 9 year old son Brent

Spotlight on Food

Trends:

The Bulk Bins



Have you noticed something new in your grocery store? A wall of bulk bins full of nuts and grain instead of the more traditional candy bins, perhaps? Bulk bins provide shoppers a new way to be price,



environmentally, and health conscious.

Despite the big name, bulk bins offer consumers a way to purchase as little or as much as they'd like. The ability to purchase a single serving also makes consumers more likely to try something new. From grains and nuts to trail mixes and confections, the bulk bins might just be the place where the price is right to try something new!



Facilities Provide Homegrown Health

The Farm to Table revolution has taken us back to our roots. DJJ secure facilities have seized the opportunity to start their own gardens. We'd like to recognize the Sumter YDC for their inspiring efforts. Patricia Hill is facility wellness ambassador and volunteer coordinator. She has a green thumb and plenty of ambition and has led this project with skill and enthusiasm as she has worked alongside youth, staff, and volunteers to make the garden a reality. The garden started within the facility, allowing youth a chance to connect with nature, teach responsibility, build self-esteem, and provide some fresh air and physical activity. The garden nourishes not only the mind, but also the body. Each harvest the food service staff at Sumter feature the garden produce on the menu, igniting excitement among youth about eating the garden fresh vegetables they've grown from seedlings.



Like the garden, the idea grew into the community where two additional plots were placed. One plot is dedicated to delivering food back into the community; the other bringing garden fresh foods back to the facility. The community gardens provide a place for youth participating in the HITS program to earn service hours and foster a very real sense of community. They get the opportunity to grow, nurture, and harvest the very foods that benefit people in their neighborhoods.

Thanks very much to Patricia Hill for her vision and efforts, and to the staff, youth, and volunteers who have helped make the garden vision a reality.

