It’s National Diabetes Awareness

Diabetes is one of the leading causes of disability and death in the United States. One in 10 Americans has diabetes. Another 84 million adults in the United States are at high risk of developing type 2 Diabetes. To raise awareness about diabetes and healthy living, the Department of Human Services is proudly participating in American Diabetes Month. Making healthy changes can greatly lower your risk of developing type 2 Diabetes. Watch your weight, eat healthy, and get more physical activity.

Take action to increase awareness about diabetes and healthy lifestyles.

1. Partner with your local gym or YMCA to host a Diabetes Prevention Party focused on healthy eating and physical activity. Give away gym passes, fitness class certificates, or workout gear. Ask gym staff to do demonstrations or teach a free class.

2. Find out which local churches have a health ministry. Offer to give a presentation on how to prevent type 2 diabetes at their next event.


Baked Sweet Potatoes and Apples

Ingredients:

- Fresh sweet potatoes, diced 3 ½ cups
- Margarine, trans fat-free ½ cup
- Ginger, chopped ¼ cup
- Brown sugar 1 ½ cups
- Ground cinnamon 2 tsp
- Ground nutmeg 2 tsp
- Salt 1 tsp
- Vanilla extract 2 tsp
- Frozen green apples, thawed 1 2/3 cups
- Water 1 cup and 2 Tbsp.
- Orange juice, concentrated, frozen, thawed 1 cup

Instructions:

1. Place sweet potatoes into a stem table pan and bake in conventional oven at 375°F for 25 minutes. Critical Control Point: heat to 140°F for 15 seconds.
3. Remove sweet potatoes, pour apple mixture over. Hold at 140°F for hot service.

Portion with # 12 scoop (1/3 cup).

CACFP Crediting Information: 1/3 cup (# 12 scoop) provides 1/8 cup vegetable and 3/8 cup fruit.

CACFP New Participant Training:
November 13th 9a-4p
5401 S. University Avenue
Little Rock, AR 72209

*Mealtime Mimics: Modeling Healthy Behavior Webinar
November 13th
Time:11:30am
Registration link: https://attendee.gotowebinar.com/register/3062973706537559809?source=DHS

*Grain-Based Desserts in the CACFP Webinar*
November 15th
English: 2-2:30 p.m.
Spanish: 3-3:30 p.m.
Register link: https://cc.readytalk.com/registration/#/?meeting=75ebgn4064jn&campaign=tkg9y335pofi

CACFP Refresher Training:
November 16th 1p-4p
38 Rahling Circle
Little Rock, AR 72223

*Understanding Nutrition Facts & CN labels Webinar*
Nov 29th
Time 1pm
Registration Link will be sent week of webinar
What is your favorite child care/school lunch memory?
Back in elementary school, Cecil enjoyed chili, cinnamon rolls, and cheese sticks.

What is your favorite food?
Chinese food, Mongolian Beef in particular, is Cecil’s favorite.

What is your life motto?
“Try to be better today than you were yesterday.”

What is your DHS work experience?
He has been working for the agency at the Health/Nutrition Unit for 1.5 years. His work involves training of the facilities around the entire State of Arkansas.