



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

August 4th-CCHC Back to School Fair
9am-12pm and East Carter school fair 5pm
August 8th- CCHC Diabetes class
August 17th-VB Back to School fair 430pm
August 21st-First Day of School East Carter
August 22nd-First Day of School VB



CAR SEAT
SAFETY
MATTERS

STAY TUNED FOR A NEW SERVICE OFFERED BY
CCHC AROUND SEPT. 2023

BACK TO SCHOOL

FAIR

AUGUST 4TH 9AM-12PM

- FREE PHYSICALS
- VACCINATIONS FOR SCHOOL
- CAR SEAT SAFETY CHECKS
- FREE HAIR CUTS
- FREE SNOW CONES
- RAFFLES AND MORE!

PLEASE VIEW OUR WEBSITE
BELOW TO BE DIRECTED TO OUR
COMMUNITY'S HEALTH
ASSESSMENT

<https://cartercountyhealth.org/wp-content/uploads/2022/10/Region-G-Health-Assessment-EF-2022.pdf>



OUR SERVICES

Women's wellness exams
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records



CARTER COUNTY

HEALTH CENTER

NATIONAL BREASTFEEDING MONTH



AUGUST IS NATIONAL
BREASTFEEDING MONTH:
UTILIZE OUR RESOURCES AT
CCHC BY SCHEDULING AN
APPOINTMENT WITH OUR
BREASTFEEDING PEER
COUNSELOR, SAMANTHA.



CALL HER AT
573-323-4413

SAMANTHA IS OUR NEWEST
TEAM MEMBER, TAKING
APPOINTMENTS ON MONDAYS
AND WEDNESDAYS





CARTER COUNTY

HEALTH CENTER

FPHS MODEL SPOTLIGHT

COMMUNICABLE DISEASE CONTROL

COMMUNICABLE DISEASE CONTROL IS JUST ONE SERVICE AT CCHC.

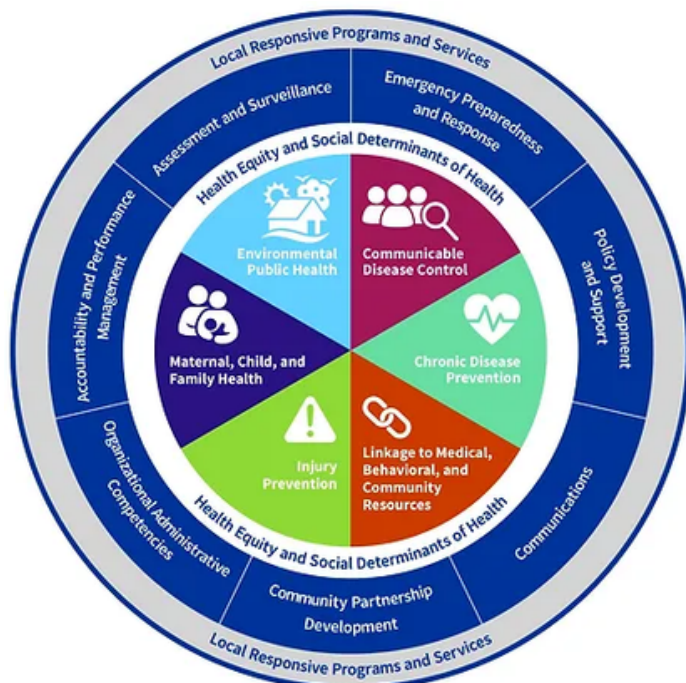
A COMMUNICABLE DISEASE IS AN ILLNESS OR INFECTION THAT CAN BE SPREAD FROM PERSON TO PERSON, ANIMAL TO PERSON, ANIMAL TO ANIMAL OR PERSON TO ANIMAL. COMMUNICABLE DISEASE IS THE LEADING CAUSE OF SICKNESS AND DEATH WORLDWIDE AND IS THE THIRD LEADING CAUSE OF DEATH IN THE UNITED STATES.

COMMUNICABLE DISEASE EXAMPLES IN OUR AREA:

1. SYPHILIS
2. TICKBORNE ILLNESS
3. COVID

CLICK BELOW TO VIEW
COMMUNICABLE DISEASES IN
OUR AREA

[CCHC COMMUNICABLE
DISEASE DASHBOARD](#)



MISSOURI'S FOUNDATIONAL PUBLIC HEALTH SERVICES (FPHS) MODEL DESCRIBES A MINIMUM SET OF FUNDAMENTAL SERVICES AND CAPABILITIES THAT MUST BE AVAILABLE IN EVERY COMMUNITY IN ORDER TO ENSURE MISSOURI'S PUBLIC HEALTH SYSTEM DELIVERS EQUITABLE OPPORTUNITIES FOR GOOD HEALTH TO ALL MISSOURIANS.



CARTER COUNTY
H E A L T H C E N T E R

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RECENTLY?*

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[*oeoGMJ49N9*](https://forms.gle/8AAeAFs)



CARTER COUNTY

HEALTH CENTER

Recipe of the Month

Salted Brown Butter Banana Zucchini Baked Oatmeal

- **FOR THE WET INGREDIENTS:**
- **¼ CUP SALTED BUTTER**
- **1 MEDIUM ZUCCHINI, SHREDDED AND SQUEEZED OF EXCESS MOISTURE (ABOUT 1 CUP SHREDDED ZUCCHINI)**
- **3 MEDIUM EXTRA RIPE BANANAS, MASHED (ABOUT 1 ¼ CUP MASHED RIPE BANANA)**
- **2 EGGS**
- **1 TABLESPOON VANILLA EXTRACT**
- **1 CUP UNSWEETENED VANILLA ALMOND MILK (OR DAIRY FREE MILK OF CHOICE)**
- **FOR THE DRY INGREDIENTS:**
- **2 CUPS GLUTEN FREE ROLLED OATS**
- **2 TEASPOONS BAKING POWDER**
- **1 TEASPOON CINNAMON**
- **¼ TEASPOON NUTMEG**
- **¼ TEASPOON SALT**
- **OPTIONAL MIX-INS:**
- **½ CUP CHOCOLATE CHIPS OR CHOCOLATE CHUNKS**
- **¼ CUP CHOPPED WALNUTS**
- **FOR TOPPING:**
- **MALDON SEA SALT**



**Recipe Continues on
Next Page**



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HEALTH CENTER

Recipe of the Month

Salted Brown Butter Banana Zucchini Baked Oatmeal

Directions:

- Preheat the oven to 350 degrees F. Spray a 8x8 inch pan with nonstick cooking spray.
- First, brown your butter: add butter to a small saucepan and place over medium heat. The butter will begin to melt, crackle, and then eventually foam. Make sure you whisk constantly during this process. After a couple of minutes, the butter will begin to brown and turn a nice golden amber color on the bottom of the saucepan, this usually happens once it foams. Continue to whisk and remove from heat as soon as the butter begins to brown and give off a nutty aroma. Immediately transfer the butter to a medium bowl to prevent burning, making sure you scrape all the butter from the pan. Set aside to cool for 10 minutes.
- Next shred and measure out zucchini to equal 1 cup shredded zucchini, then place in a paper towel, clean dish towel or cheese cloth and squeeze out all the excess moisture. ALL OF IT. Don't skip this step!
- Mash your bananas in a large bowl, then add in the eggs, vanilla extract and dairy free milk; mix together well to combine then add in the shredded zucchini and cooled brown butter and mix again until well incorporated.
- Add your dry ingredients to the wet ingredients: oats, baking powder, cinnamon, nutmeg and salt. Mix until combined. Fold in any mix-ins, if using.
- Pour mixture into prepared pan and smooth top. Bake for 35-45 mins or until the edges are slightly golden brown. Remove from the oven, allow to cool for 10 minutes, then cut into 6 slices and serve. Top with maldon sea salt and extra banana slices. Serves 6.



Nutrition Snapshot

Serving: 1 slice (without nuts or chocolate)

Calories: 248kcal

Carbohydrates: 31.2g

Protein: 6.3g

Fat: 11.7g

Saturated Fat: 5.3g

Fiber: 4.8g

Sugar: 7.5g