



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

March is Women's History Month!

March 17th- St. Patrick's Day

March 20th- Oral Health Day

March 28th-American Diabetes Alert Day

March 30th- National Doctor's Day

Welcome

PLEASE WELCOME OUR NEW
BREASTFEEDING
PEER COUNSELOR
SAMANTHA BUFFINGTON



SHE WILL BE
TAKING
APPOINTMENTS
ON MONDAYS
AND
WEDNESDAYS

Did You Know?

YOU CAN REPORT HOME COVID
TESTS ON OUR WEBSITE?
UNDER THE TAB COVID-19 INFO,
CLICK REPORT HOME TEST OR
CALL US AT 573-323-4413



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

CELEBRATING WOMEN'S HISTORY MONTH

BELOW ARE WOMEN THAT HAVE BEEN
INSTRUMENTAL IN ADVANCEMENTS RELATED
TO PUBLIC HEALTH

ANNE SZAREWSKI, M.D.

DR. ANNE SZAREWSKI IS KNOWN FOR LEADING THE RESEARCH THAT CONFIRMED THAT THE HUMAN PAPILLOMAVIRUS (HPV) PLAYED A ROLE IN THE DEVELOPMENT OF CERVICAL CANCER. HER RESEARCH HELPED SPUR THE CREATION OF A VACCINE PREVENTING HPV THAT HAS DRAMATICALLY DROPPED CERVICAL CANCER RATES.

REBECCA ONIE

REBECCA ONIE MADE A NAME FOR HERSELF AS A HEALTH ENTREPRENEUR WHEN SHE FOUNDED PROJECT HEALTH AS A COLLEGE SOPHOMORE. PROJECT HEALTH WORKED TO ELIMINATE BARRIERS TO HEALTHCARE FOR LOW-INCOME INDIVIDUALS, SUCH AS AFFORDABLE AND SAFE CHILDCARE, FOOD, HOUSING, AND TRANSPORTATION. NOW CALLED HEALTH LEADS, HER ORGANIZATION HAS EXPANDED TO MULTIPLE CITIES AND INCLUDES THOUSANDS OF VOLUNTEERS.



CARTER COUNTY

HEALTH CENTER

Healthy Eating Recipe of the Month

VEGETABLE & BEEF STUFFED RED PEPPERS

- 6 MEDIUM SWEET RED PEPPERS
- 1 POUND LEAN GROUND BEEF (90% LEAN)
- 1 TABLESPOON OLIVE OIL
- 1 MEDIUM ZUCCHINI, CHOPPED
- 1 MEDIUM YELLOW SUMMER SQUASH, CHOPPED
- 1 MEDIUM ONION, FINELY CHOPPED
- 1/3 CUP FINELY CHOPPED GREEN PEPPER
- 2 CUPS COARSELY CHOPPED FRESH SPINACH
- 4 GARLIC CLOVES, MINCED
- 1 CUP READY-TO-SERVE LONG GRAIN AND WILD RICE
- 1 CAN (8 OUNCES) TOMATO SAUCE
- 1/2 CUP SHREDDED PART-SKIM MOZZARELLA CHEESE
- 1/4 TEASPOON SALT
- 3 SLICES REDUCED-FAT PROVOLONE CHEESE, HALVED
-



DIRECTIONS

1. PREHEAT OVEN TO 350°. CUT AND DISCARD TOPS FROM RED PEPPERS; REMOVE SEEDS. IN A 6-QT. STOCKPOT, COOK PEPPERS IN BOILING WATER UNTIL CRISP-TENDER, 3-5 MINUTES; DRAIN AND RINSE IN COLD WATER.
2. IN A LARGE SKILLET, COOK BEEF OVER MEDIUM HEAT UNTIL NO LONGER PINK, BREAKING INTO CRUMBLES, 6-8 MINUTES. REMOVE WITH A SLOTTED SPOON; POUR OFF DRIPPINGS.
3. IN SAME PAN, HEAT OIL OVER MEDIUM HEAT; SAUTE ZUCCHINI, YELLOW SQUASH, ONION AND GREEN PEPPER UNTIL TENDER, 4-5 MINUTES. ADD SPINACH AND GARLIC; COOK AND STIR UNTIL SPINACH IS WILTED, ABOUT 1 MINUTE. STIR IN COOKED BEEF, RICE, TOMATO SAUCE, MOZZARELLA CHEESE AND SALT.
4. PLACE RED PEPPERS IN A GREASED 8-IN. SQUARE BAKING DISH. FILL WITH MEAT MIXTURE. BAKE, COVERED, UNTIL PEPPERS ARE TENDER, 35-40 MINUTES. TOP WITH PROVOLONE CHEESE; BAKE, UNCOVERED, UNTIL CHEESE IS MELTED, ABOUT 5 MINUTES.

NUTRITION FACTS

1 STUFFED PEPPER: 287 CALORIES, 13G FAT (5G SATURATED FAT), 57MG CHOLESTEROL, 555MG SODIUM, 21G CARBOHYDRATE (8G SUGARS, 5G FIBER), 23G PROTEIN. **DIABETIC EXCHANGES:** 3 LEAN MEAT, 2 VEGETABLE, 1 FAT, 1/2 STARCH.