



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

April is Donate Life Month (Become a Organ Donor)

April 1st- April Fools Day

April 17th- QPR training 530pm Hoagland Center

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



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Healthy Eating Recipe of the Month

GRILLED BUTTERMILK CHICKEN

INGREDIENTS

1-1/2 CUPS BUTTERMILK
4 FRESH THYME SPRIGS
4 GARLIC CLOVES, HALVED
1/2 TEASPOON SALT
12 BONELESS SKINLESS CHICKEN
BREAST HALVES (ABOUT 4-1/2
POUNDS)



DIRECTIONS

1. PLACE THE BUTTERMILK, THYME, GARLIC AND SALT IN A LARGE BOWL OR SHALLOW DISH. ADD CHICKEN AND TURN TO COAT. REFRIGERATE 8 HOURS OR OVERNIGHT, TURNING OCCASIONALLY.
2. DRAIN CHICKEN, DISCARDING MARINADE. GRILL, COVERED, OVER MEDIUM HEAT UNTIL A THERMOMETER READS 165°, 5-7 MINUTES PER SIDE.

NUTRITION FACTS

1 CHICKEN BREAST HALF: 189 CALORIES, 4G FAT (1G SATURATED FAT), 95MG CHOLESTEROL, 168MG SODIUM, 1G CARBOHYDRATE (1G SUGARS, 0 FIBER), 35G PROTEIN. **DIABETIC EXCHANGES:** 5 LEAN MEAT.