

December 2021 MONTHLY NEWSLETTER





December is National Impaired Driving Prevention Month

Two of the most celebrated dates in December – Christmas Eve and New Year's Eve – are also among the most dangerous. Local police departments report an increase in traffic stops where people are driving under the influence. Please be safe this holiday season. To learn more, visit: www.madd.org Decrease the Sigma

EDUCATION AND NALOXONE TRAINING EVENT **FREE NALOXONE AVAILABLE**

Help to end the stigma surrounding substance use and learn how to save a life

Date: January 13, 2022 Location: Louis T. Graves Memorial Library 18 Maine St, Kennebunkport ME 04046 Time: 4:00-5:00pm Sponsored by the Project Alliance Coalition in collaboration with Kennebunkport Public Health, Kennebunk Police, Louis T. Graves Memorial Library, and Portland Public Health

Naloxone Training

CHCC, Kennebunkport Public Health, and Louis T. Graves Memorial Library will be hosting our Monthly naloxone training on January 13th, 2022. Everyone is welcome! CHCC will provide training for Naloxone as part of the presentation.





FREE Cleaning Supplies

CHCC dropped off FREE cleaning supplies to Biddeford tenants who have recently had their apartments abated for lead paint through the City of Biddeford's Safe and Affordable Homes for Families. If you think your apartment building would qualify, please visit the <u>City</u> of Biddeford's webpage



Resources Crisis & Hotlines

The holiday season can be a stressful time. Please reach out to the hotlines and resources below if you need additional support. https://linktr.ee/WakeUp_MAINE

Biddeford Tree Lighting

CHCC distributed 300 homemade cookies and drawstring backpacks at the Biddeford Tree Lighting on December 1st. Backbacks were full of information for crisis counseling, tips for parents to prevent youth substance use, how teens can get involved with



SADD, joining the Project Alliance Coalition, and information about testing your child for lead poisoning.

It was a cold night but we had fun connecting with local families!

10 tips Nutrition Education Series		nealthier choices	
Education Series	10 tips for a	healthier holiday	Contractor
		ions that include some of our fa is holiday season to create health	
Create MyPlate n Makeover your favorite Use My Recipe on Sup improve holiday recipes and results. Go to https://www.supe	holiday dishes.	6 For dessert, try baked ap and a sprinkle of sugar in Invite your guests to make their colorful sliced fruit and low-fat yo	stead of apple pie.
2 enjoy all the food groups at your celebration Prepare whole-grain crackers with hummus as an appetizer, add unsated hust and black beams to a green leaf stad, use low-fort mik instead of heavy cream in your		Z be the life of the particular to the particular to the company of o	d play games. Focus on fun
casseroles. Share healthier of 3 make sure your Turkey; roast beet; free types of fah, such as o choices. When serving meat	ptions during your holiday meal. protein is lean sh ham, beans, and some od or founder, are lean protein s, trim away any fat before oes and gravies—they can be	fun walking and talking wi holday meal. Give gifts that end practice healthy hables such as running shoes, and reusable wa O enjoy leftovers Create delicious new mei	your holiday tradition. Have th family and friends after a ourage others to workout DVDs.
	th low-calorie options.	sandwiches, or stews. The poss	p foods or preparing meals
5 Use recipes with unsw ripe bananas instead o of sugar listed in recipes in h add flavor such as cinnamon nutmeg instead of salt.		during the holiday season.	FOOD ANNIN
Center for Nutrition Policy and Pro- USDA's an equal apportunity provider and		ooseMyPlate.gov information.	DG TigSheet No. 1 December 20

Celebrate in a Healthy Way!

It's possible to celebrate the holidays and the new year in a healthy way! Try getting the entire family involved in the cooking process and enjoy creating healthy meals together! For more information about how to get kids involved, visit: The Joy of Cooking with Kids During the Holidays

Also, make exercise part of the holiday fun by incorporating a group walk or fun winter activities, such as building a snowman or sledding. You can

also use healthy choices to create new healthy New Year's Resolutions!

For more tips on a healthy holiday, check out the links below: <u>10 Tips - Make Healthier Holiday Choices</u> <u>My Holiday Plate Makeover</u>





2021 brought on new and unique challenges and At Biddeford Middle School we helped to revamp their school garden and built a raised bed to make the gardens accessible to all. We also helped to

opportunities like virtual SNAP classes which allowed new groups that previously had barriers to participation such as a lack of transportation or childcare options. create a vermiculture bin to have students compost their food scraps. These students participated in our Ten Tips for Teens class during the school year as well. At SPR we built a new large garden bed and found donations for the raised beds they already had. Teen and Pre-K classes happened this summer at SPR during summer camp. We also planted garlic there this fall to harvest next year. For the POP club we hosted a farmers market event in partnership with Harvest Bucks.

what a year it was!

Happy Holidays!



We want to thank all of our community partners for their continued effort in helping us accomplish our mission.

We have continued to engage new community partners and increased our efforts to reach underserved populations. We have strengthen protective factors among youth with help from schools and youth serving organizations.

We look forward to continuing our work of raising awareness and providing education about substance misuse, mental health, and the impact of trauma

in the community. We will continue growing youth engagement reaching underserved population with your continued dedication.

Happy 2022!

Best wishes, Cheri, Megan, Tricia, Lex and Morgan

Coastal Healthy Communities Coalition 207-602-3551 Tcote3@une.edu Connect with us

