



February 2021

## MONTHLY NEWSLETTER

**Free Nutrition Classes**

Want to learn how to eat healthy while on a budget? Sign up for our FREE virtual class series!

**Join us!**

On the following Tuesdays from 12-12:30pm:

- Feb 23<sup>rd</sup>: My Plate and Nutrition Facts Labels
- March 23<sup>rd</sup>: Meal Planning and Grocery Lists
- April 20<sup>th</sup>: Shop for Produce Affordably
- May 25<sup>th</sup>: Added Sugar and Healthy drinks

To learn more and sign up:  
Email Emily at [ehinkle@une.edu](mailto:ehinkle@une.edu)

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact [mainesnap@une.edu](mailto:mainesnap@une.edu) or 207.221.4560 for more information.

### FREE Nutrition Class

We have partnered with Kittery Community Market to host our SNAP-Ed Ten Tips to Eating Better on a Budget series. These classes will help market shoppers learn how to plan, shop, and eat healthy while on a budget. It's not too late to join these FREE virtual classes. Contact Emily [ehinkle@une.edu](mailto:ehinkle@une.edu) to sign up or learn more!

### Did You Know?

The THC in marijuana today is much stronger than the marijuana smoked in the 1960's. The [Missouri Medicine Journal](#) states: Prior to the 1990s it was less than 2%. In the 1990s it grew to 4%, and between 1995 and 2015 there has been a 212% increase in THC content in the marijuana flower. In 2017 the most popular strains found in dispensaries in Colorado had a range of THC content from 17–28%.

The flower or leaves that are generally smoked or vaped are only one formulation. We now have concentrated THC products such as oil, shatter, dab, and edibles that have been able to get the THC concentration upwards of 95%. There is absolutely no research that indicates this level of THC is beneficial for any medical condition. The purpose of these products is to produce a high, and the increased potency makes them potentially more dangerous and more likely to result in addiction.



## **Dietitians Going Digital!**

Hannaford Dietitians are now offering **FREE** online nutrition education. Visit [hannafordnutrition.eventbrite.com](http://hannafordnutrition.eventbrite.com) to sign-up for an upcoming class. Check out their current offerings:



### Heart Healthy Eating

Join your Hannaford Dietitian to learn how to fill your cart to protect your heart. We'll take a close look at foods that can help improve your blood pressure, cholesterol, and overall health.

### Eating for Diabetes

A close look at eating for pre-diabetes & diabetes. Explore the role nutrition plays in managing blood sugar, reducing risk factors, and managing diabetes side effects, particularly in type 2 diabetes.

### Eating for an Active Lifestyle

Active living and proper nutrition go hand-in-hand. The class will include a discussion on sports nutrition and a diet for active living (including proper hydration). Review activity guidelines and explore the tools at Hannaford that support your active lifestyle.

### Meal Planning Made Easy

Looking to become better at meal planning and creating meals with less effort? This class, hosted by your Hannaford Dietitian, is a can't miss opportunity for home chefs looking to develop dishes with fresh flavor, all while keeping them nourishing and healthy.

### Navigating Food Allergies and Sensitivities

Join your Hannaford dietitian for a class that will show you how to fill your shopping cart with products that are safe for individuals living with food sensitivities. This timely program will highlight helpful tips, tools and cooking strategies to prepare allergy-safe foods with ease.

Don't miss their seasonal classes too! Sign up is free, but space is limited!



Maine Resilience Building Network

## **Mattering**

### **Helping Youth Feel they Matter in our Community**

The 2019 Maine Integrated Youth Survey reported that almost 50% of youth feel they do not matter to their community.

While a child may feel connected within

their family or school, Project Alliance partner, the Maine Resilience Building Network (MRBN), wants to understand and explore how we can create a culture in Maine where youth feel they matter. MRBN is holding

community forums across the state on Youth Mattering; the first forum was on January 26<sup>th</sup>, for York County.

Mattering and social connectedness are important protective factors that reduce the likelihood of poor mental health and other risks such as suicide and substance use. The relevancy of this topic is heightened as we enter into a year of living during this Covid-19 Pandemic. If you would like to participate, you can join any of the conversations that will continue through March ([www.MaineResilience.org](http://www.MaineResilience.org)). MRBN will use the input to raise awareness and inform the community to support strategies that engage youth and increase their perception of mattering.

Join the Community Conversation. #MatteringForMaineYouth

## Community Partner Recognitions



### **Sarah Breul's Departure from CHCC**

Sarah Breul, our Program Director at CHCC, will be leaving her position on February 26th. Although we are saddened to see her go, we are so excited for the new things coming for she and her family.

Sarah has been a staple at CHCC, building it up to for the past six years. She has served as Vice-Chair of the York District Public Health Council, Co-Chair of the Biddeford Area Landlords Association, represented CHCC on the Biddeford Ready! Coalition, served on Steering Committee for Biddeford's Local Foods, Local Places initiative, and served on the Governing Board of Community Partnerships to Protect Children, to name a few.

Sarah and her partner Rob (a commercial fishing Captain) purchased a fishing boat named "Three Girls" and started a family business. They

are also expecting their second child in July.

We will miss your positive encouragement on our team!  
We wish the best of luck to you and your family!

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Connect with us

