

Accessing C&TC:

Child and Teen Checkups can be done at all medical clinics in Rice County. Call the clinic to schedule a C&TC visit. If you need help scheduling a medical or dental appointment please call Rice County Public Health for assistance

507-332-6111

What is C&TC?

Child and Teen Checkups (C&TC) is Minnesota's name for EPSDT (Early and Periodic Screening, Diagnosis and Treatment), a federal program that provides well-child health care for children enrolled in Medical Assistance.

Child and Teen Checkups (C&TC) include:

1. Information about good physical and mental health
2. Time to ask questions and get answers about your child's health, behavior, and development
3. Time to discuss thoughts, feelings, and relationships
4. Complete physical exam
5. Immunizations
6. Hearing check
7. Vision check
8. Lab tests
9. Checks on development and growth
10. Fluoride varnish application
11. Referral to dentist

Get a C&TC at these ages or more often:

- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, and 30 months
- At 2, 3, 4, 5 and 6 years
- Every year from 7 through 20 years

Have any questions? Please do not hesitate to call Rice County Public Health and ask about C&TC.
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Mindful Eating during the Holidays



What is mindful eating? Simply eating with AWARENESS. Being in tune with your chewing, tasting & swallowing.

Why practice mindful eating? It benefits an individuals' sense of balance of well-being. Plus, helps with the treatment and prevention of obesity.

10 tips on how to put mindful eating into practice:

1. **Check in** – Are you actually hungry?
2. **Chew thoroughly** – Slow down and enjoy the food. The more you chew, the more efficiently you digest your food and absorb its nutrients.
3. **Put your utensil down** – Doing so, helps to pace your eating.
4. **Eliminate those digital distractions**– Turn off the TV, radio, etc. This helps to be in tune with your eating and allows for quality time with others.
5. **Practice gratitude** – Recognize what all goes into creating the meal. Holidays are a great time for this!
6. **Take smaller portions** – You can always go back for more if you are still hungry.
7. **Stay hydrated** – The same part of your brain that controls hunger, also controls thirst, so you may just be thirsty.
8. **Wear appropriate clothing** – Don't wear those stretch pants to allow for overeating.
9. **Don't skip meals** – There is no such thing as "saving calories".
10. **Enjoy your holidays!** – Don't be restrictive, just listen to your body's needs.

Honey-Glazed Sweet Potatoes

Serves: 8

Ingredients:

- ¼ cup water
- 2 tbsps. brown sugar
- 2 tbsps. honey
- 1 tbsp. olive oil
- 2 lbs. (about 4 large) sweet potatoes, peeled & cut into wedges
- Black pepper OR chopped herb of choice, to taste



Directions:

1. Heat oven to 375 degrees.
2. Lightly coat a 9-by-13-inch baking dish with cooking spray.
3. Wash, peel, and cut sweet potatoes into wedges.
4. Place a single layer of sweet potatoes in the baking dish.
5. To make the sauce: Add water, brown sugar, honey, olive oil into a small bowl and whisk until smooth.
6. Pour the sauce over the sweet potatoes to coat. Make sure to flip to coat both sides.
7. Cover & bake until tender, about 45 minutes. Turn once or twice for equal baking.
8. When tender, remove cover and bake until glaze is set, about 15 minutes.
9. Transfer to serving dish and top with pepper or chopped herb.

Nutrition Facts: Serving Size: about 2/3 cup, Calories: 150, Protein: 2 g, Total Carbohydrate: 31 g, Total Fat: 2 g, Monounsaturated Fat: 1 g, Saturated Fat: <1 g, Trans Fat: 0 g, Sodium: 62 mg, Cholesterol: 0 g, Dietary Fiber: 3 mg, Added Sugars: 8 g, Total Sugars: 12 g.