



Helping Hands for Families

Marquette County Family Connections Coalition
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Homemade Applesauce

Yummy either hot or cold!

Level: Easy **Makes:** 4 cups

Ingredients: 3 pounds (about 12) cooking apples, peeled, cored and sliced

1/2 to 3/4 cup sugar and 1/2 cup water

1 teaspoon ground cinnamon

Directions: Remember to wash your hands!

1. In a large microwave-safe bowl, combine all ingredients, stirring well.
2. Cover bowl with wax paper, microwave 9 minutes, then stir.
3. Cover and continue microwaving 5 to 8 minutes or until apples are soft.
4. Mash apples and serve warm or cold.

Helpful Hints: Apples are available year around, but the best buys are September to February. Delicious, Gala and McIntosh are great for eating alone or in salads. Tart apples, such as Granny Smith and Jonathan, make the best pies and applesauce. A 3-pound sack of apples equals about 12 medium apples or 12 cups of sliced apples.

Safety Tip: Wash apples before eating or cooking. Washing helps remove dirt, germs and pesticides that may be on the skin. Even if you are going to peel apples, wash first with just clean water.

“THIRD-Hand Smoke? What?!”

Third-hand smoke is the tobacco smoke contamination that remains after a cigarette has been put out. The toxins can linger in sofas, carpets, clothes and other materials hours or even days after a cigarette is out. Third-hand smoke is something that builds up over time.

Many parents believe that smoking outside of the home or car will fully protect their children from the dangers of smoke. While this does reduce exposure, it does not remove the risk of illnesses related to tobacco smoke. Residue (third-hand smoke) will linger on clothes and hair, and the chemicals contained within can be re-released into the air when the person moves. Holding an infant after smoking can also lead to smoke inhalation.

According to the Surgeon General, there is no safe level of tobacco smoke exposure, especially for children.

The only totally effective way for parents to reduce their child's risk of smoke exposure is to quit smoking. While smoking outdoors will cut down on some of the exposure, it is not enough to guarantee the safety of a child's lungs and heart (continued on bottom of other side).



Top 5 Reasons to Vaccinate

1. Vaccination is the best way to make sure children are protected from preventable diseases.
2. Vaccine-preventable diseases, such as measles, mumps and whooping cough, are still a threat in the U.S., resulting in hospitalizations and deaths every year.
3. If children are not vaccinated they can easily get one of these diseases from someone who has traveled in another county, or while travelling themselves.
4. Vaccination protects you and others that you care about including family members, friends, and grandparents.
5. Children who are not vaccinated can spread disease to other children who are too young to be vaccinated or to people with weakened immune systems, such as transplant recipients and people with cancer. This can cause long-term complications and even death for these vulnerable people.

FREE VACCINES • Monday, October 17, 2016
Westfield High School • Call 608-297-3135 for information

Mission

The Marquette County Family Connections Coalition (FCC) mission is to link families with community agencies through communication and collaboration.

Marquette County Health Department
608-297-3135

Marquette Early Learning Center & Head Start
608-296-2141 x 2114

Marquette County UW-Extension
608-297-3141

Family Health WIC
1-920-787-5514

Marquette County Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County Economic Support
608-297-3124

WorkSmart Employment & Training Services
608-355-4806

Westfield School District Family/School Liaison & Guidance Program
608-296-2141

Montello School District
608-297-7617

Marquette County Action Network, Inc.
608-296-2012

Fluoride Saves Teeth

The Marquette County Health Department reminds families that fluoride supplements and fluoride varnish are available **FREE** to Marquette County residents. Tooth decay is one of the most common preventable diseases seen in children.

Children age 6 months to 16 years can receive fluoride supplements and children 6 months to 12 years can receive fluoride varnish. As you know, a healthy mouth is part of total health and wellness. For more information please call 608-297-3135.

THIRD-Hand Smoke, continued from other side

There are various tools available to help parents stop smoking. The Marquette County Health Department has resources to share if you or someone you know wants to learn more. Call us at 608-297-3135.

Few parents condone smoking when it comes to their children. Most everyone knows that tobacco products cause many health complications, including heart disease and many types of cancer. Sadly, many parents are not as informed on the dangers their own smoking may pose to their children. Not only are children who have smoking parents more likely to smoke themselves, but second-hand smoke (children inhaling the air into which a parent breathed out smoke) and third-hand smoke present real health dangers to children as well, even if they never pick up a cigarette.