



# MARCH NEWS

FROM HHS



## March is Nutrition Month

**Celebrate National Nutrition Month<sup>®</sup> throughout March!**

**#NationalNutritionMonth**

**eat right.** Academy of Nutrition and Dietetics

**CELEBRATE A WORLD OF FLAVORS**  
NATIONAL NUTRITION MONTH<sup>®</sup> 2022

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. And that doesn't mean missing out on flavor! This year's theme is **Celebrate a World of Flavors!** Embrace the foods and flavors of your heritage and other global cultures.

Here are some tips to help get your 'spring cleaning' started from the inside!

- Eat a variety of nutritious foods from all food groups
- Incorporate your favorite cultural foods and traditions into meals
- Meet with a registered dietitian nutritionist for individualized advice
- Plan healthful meals and snacks for the week
- Cook meals at home and experiment with new flavors and foods

[Find More Tips & Information](#)

## Upcoming Programs



### Navigating the Post-High School Transition : A Workshop Series

This two-part workshop series, offered in partnership with the Newton Wellesley Hospital Resilience Project and the Cole Resource Center, will focus on both general considerations for supporting adolescents with post-high school transition and supporting the post-high school transition for youth with mental health and unique learning needs. We invite parents/guardians and young people to attend!

Discussion topics will include: the college decision, available employment programs, public assistance programs, mental health resources and more.

**Wednesday March 9** & **Wednesday March 23**  
**6:30 - 8:00 pm on Zoom** & **6:30 - 8:00 pm on Zoom**

**[REGISTER HERE!](#)**

 **Cole Resource Center**

 **Public Health**  
Prevent. Promote. Protect.

[Register](#)

**Save the Date!**

- ***Social Media Technology & Mental Health*** - Katie LeClerc Greer, a nationally recognized digital safety expert will be joining us **Thursday, April 14** from 6:30 – 8:00 p.m. via Zoom webinar to share with Newton’s parents, caregivers and providers the latest tech trends, safety issues, and tips on how to help our young people have a productive, healthy relationship with technology. Learn what’s new, what’s now, and what’s next when it comes to your young person and technology. Registration will be available soon!
- ***Trades Industry Careers: Exploring the Industry & Broadening the Definition of Success*** on **Wednesday, April 27** – 6:30 p.m. via Zoom webinar. Registration will be available soon!

[Visit the Youth Services Page](#)

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## Food Resources in Newton



# Newton Food Pantries

## Arabic Baptist Food Pantry

\*2 visits per month

187 Church St.  
Newton Corner  
508-561-4319

2nd and 4th Fridays  
11:00am-1pm

## Centre Street Food Pantry

\*1 visit per month

Trinity Episcopal Church  
11 Homer St.  
Newton Center  
617-340-9554

Tuesdays 4:00-7:00pm  
1st Saturday of the month  
[www.centrestfoodpantry.org](http://www.centrestfoodpantry.org)

## Newton Community Freedge

\*Open 24/7

420 Watertown Street  
Nonantum - Parking Lot  
of Central Drapery & Dry  
Cleaning

Outdoor refrigerator and  
pantry that offers FREE  
food and other items.  
Bring your own bags!

[www.newtonfoodpantry.org/newton-freedge](http://www.newtonfoodpantry.org/newton-freedge)

## Newton Food Pantry

\*2 visits per month

Newton City Hall  
Basement Level  
1000 Comm. Ave.  
617-796-1233

Wednesday 12 - 7 PM  
12 -3 By Appointment  
3-7 Walk-Ins  
[www.newtonfoodpantry.org](http://www.newtonfoodpantry.org)

[Find Food Resources](#)

# MARCH 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1 1-6 Centre St. Food Pantry	2 10-12 Grab & Go 12-7 Newton Food Pantry	3	4 10-12 Grab & Go 10-1 Arabic Baptist Food Pantry	5 11:30-2 Centre St. Food Pantry
6	7 10-12 Grab & Go	8 1-6 Centre St. Food Pantry	9 10-12 Grab & Go 12-7 Newton Food Pantry	10	11 10-12 Grab & Go	12
13	14 10-12 Grab & Go	15 1-6 Centre St. Food Pantry	16 10-12 Grab & Go 12-7 Newton Food Pantry	17	18 10-12 Grab & Go 10-1 Arabic Baptist 10-11 Mobile Market (Post 440)	19
20	21 10-12 Grab & Go	22 1-6 Centre St. Food Pantry	23 10-12 Grab & Go 12-7 Newton Food Pantry	24	25 10-12 Grab & Go 1-2 CSFP (Senior Center)	26
27	28 10-12 Grab & Go	29 1-6 Centre St. Food Pantry	30 10-12 Grab & Go 12-7 Newton Food Pantry	31		

**CSFP (Commodity Supplemental Food Program)**  
**APPT ONLY**  
 Residents age 60+ Income guidelines  
 Call Emily Kuhl for info:  
 617-796-1672

**Grab & Go Details:**  
 Mon-Wed-Fri 10am-12 Noon  
**Newton North** (theater entrance)  
**Newton Community Freedge**  
 Open 24/7  
 420 Watertown St. (parking lot of Central Drapery & Dry Cleaning)

**Newton Food Pantry** 1000 Comm. Ave. 617-796-1233  
 newtonfoodpantry@gmail.com (shop 2x/month)  
 12 PM - 3 PM By Appointment Only  
 5 PM - 7 PM Walk-Ins  
**Centre St. Food Pantry** 11 Homer St. 617-340-9554  
 info@centrestfoodpantry.org (shop 1x/month)  
 1 PM - 2 PM Senior Hour, 2:30 PM - 6 PM All Ages  
**Arabic Baptist Food Pantry** 187 Church St. 617-723-9766  
 arabicbaptistboston@gmail.com (shop 2x/month)

## Happy World Social Work Day!



March 15, 2022

Thank you to all the social workers doing such vital work in our communities.  
 A special thank you to our HHS social workers!

[Visit our website](#)

## March 24 is World Tuberculosis Day

Tuberculosis (TB) is a disease caused by germs that are spread from person to person

through the air. TB usually affects the lungs, but it can also affect other parts of the body, such as the brain, the kidneys, or the spine.

World TB Day is an opportunity to recognize our achievements in tuberculosis (TB) prevention and control and renew our commitment to eliminating this devastating disease in the United States.

### Tuberculosis Fact Sheet

**Tuberculosis (TB) Disease:  
Only the Tip of the Iceberg**

There are two types of TB conditions:  
TB disease and latent TB infection.

People with **TB disease** are sick from active TB germs. They usually have symptoms and may spread TB germs to others.

People with **latent TB infection** do not feel sick, do not have symptoms, and cannot spread TB germs to others.

But, if their TB germs become active, they can develop **TB disease**.

**Millions** of people in the U.S. have **latent TB infection**. Without treatment, they are at risk for developing **TB disease**.

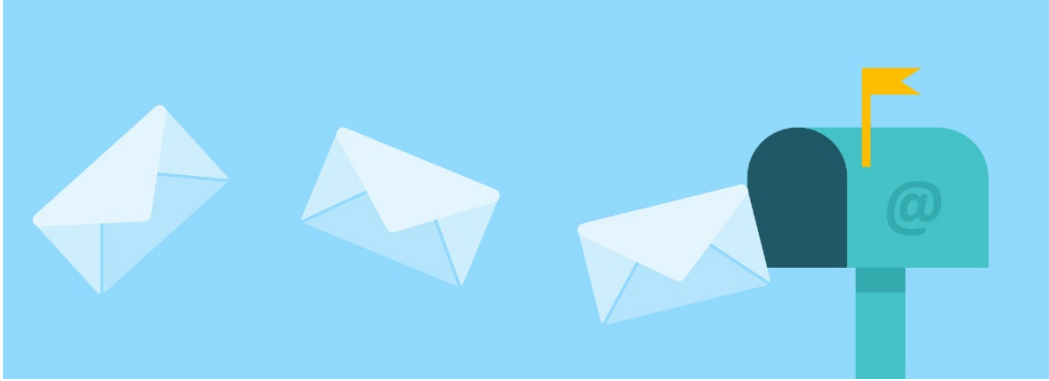
 U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

To learn more about TB, visit [www.cdc.gov/tb](http://www.cdc.gov/tb)

## Keep Up with the Youth Commission

Interested in what the Newton Youth Commission is up to? Subscribe to their newsletter!





Subscribe

Visit our website

## Get Your Free COVID Tests

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.

Need help placing an order for your at-home tests? Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

Order My Tests

Health and Human Services  
1000 Commonwealth Ave  
Room 107A  
Newton, MA 02459  
[health@newtonma.gov](mailto:health@newtonma.gov)  
(617) 796-1420

