



March 2017
 “Healthy Start Happenings”
 Healthy Start Coalition

- ♥ **Healthy Start Board of Directors meeting** will be held on Friday, March 3rd, 12:00-1:00PM CST at FSU Holley Center’s Dean’s Conference room.
- ♥ **The Fetal and Infant Mortality Review meeting** will be held Monday, March 6th, 12:00, at Gulf Coast Regional Medical Center. RSVP to Kelly at 872-4130, ext. 102.
- ♥ **Gulf Coast State College Community Services Awareness Day** will be on Tuesday, March 17th, 10:00AM—1:00PM.
- ♥ **The InterAgency meeting** will be held Friday, March 17th, 12:00pm-1:00pm at The Place on Harrison Avenue. The meeting is open to all direct social service agency personnel.
- ♥ **Healthy Start has FREE Childbirth Education classes**, for more information:
 - ♥ Bay County residents call (850) 252-9601
 - ♥ Franklin County residents call (850) 370-6351
 - ♥ Gulf County residents call (850) 227-1276 ext. 0413
- ♥ **Healthy Start’s World’s Greatest Baby Shower** will be held May 4th, at the First United Methodist Church. Vendors/Sponsors are needed. Call Suzy at 872-4130 ext. 100 for more information.



St. Patrick’s Day
 March 17th

News from the FIMR Coordinator ~ Did You Know That.....

Milk production requires between 500 and 1,500 calories each day for a breastfeeding mom. Half of the calories come from body fat stored during pregnancy, the other half comes from foods you eat each day. As long as you eat a variety of healthy foods and drink enough liquid to satisfy your thirst, both you and your baby should be fine.

Choose foods from each of the food groups—fruits, vegetables, grains, meat/poultry/fish, dairy products, and, yes, fats! Fatty acids (omega-3s and 6s) are widely recognized for their role in brain development. Moms produce some of the fatty acids found in human milk, while others are derived from foods. To ensure that your milk contains adequate amounts of omega-3s and 6s, include fatty acid-rich foods in your diet such walnuts, wild rice, omega-3 enriched eggs, green soybeans, canola oil, flax, and beans. Also, don’t shy away from fish. Low-mercury varieties (shrimp, canned light tuna, salmon, trout, and catfish) or fatty fish (salmon, sardines, mackerel, herring) should be eaten 2–3 times a week. For more information:

<http://babygooroo.com/2014/01/need-follow-special-diet-breastfeeding>

