**HEALTHY LIVING**

**STATE GOALS – January 2024**

**Community Awareness for Healthy Living**

**GENERAL GOAL: Encourage OHCE members to be active proponents of their own health and safety.**

**Health and Safety Issues Suggested Emphasis:**

* Healthy Eating and Active Living
* Supporting Emotional Well-Being
* Safety and Our Environment

**Suggested Projects:**

* Med instead of Meds
* Nature and You: How Nature Impacts your Well-Being
* Bone Broth: The Newest Elixir?
* Coffee: Worth the Hype?
* Alpha-Gal Syndrome
* Water, Hydration, and Health
* Public Health in Daily Life
* Picnics, Potlucks, and Church Dinners: Food Safety for a Crowd
* Climate Change and Rising Food Prices
* The Power Went Out… Is My Food Still Safe to Eat?
* Introduction to Home Canning
* Food Safety for Older Adults
* **Awards:**
* 1st, 2nd, 3rd –County Award Book: $25, $15, $10
* 1st, 2nd, 3rd, - Local Group Award Book: $25, $15, $10

**Committee:**

* Maggie Clinton, SE Chair
* Susan Nelson, SE Member
* Sharon Gilchrist, NW Member
* Bev Covington, NE Member