



LEX-CHIP NEWSLETTER

December 2025



MONTH OF MEANING

World AIDS Day - December 1
 National Handwashing Awareness
 National Influenza Vaccine Awareness
 National Safe Toys and Gifts Month



SAVE THE DATE

Dec. 1 - World AIDS Day
 Dec. 2 - Diabetes Support Group
 Dec. 3 - Spanish Gestational Diabetes
 Dec. 3, 8, 10 - Healthy Living with Diabetes
 Dec. 4 - Dining with Diabetes Workshop
 Dec. 10 - Navigators of the Commonwealth
 Dec. 10 - Gestational Diabetes
 Dec. 13 - LFCHD Community Baby Shower
 Dec. 17 - Spanish Prediabetes Workshop
 Dec. 21 - First Day of Winter!
 Dec. 22 - FCPS Winter Break
 Dec. 24-26 - LFCHD Closed
 Dec. 31 - LFCHD Closed

More Info: www.LFCHD.org



LFCHD SERVICES

Stay healthy this winter with services from the Lexington-Fayette County Health Department:

- **Flu Shots:** Free or low-cost vaccines available via same-day appointment.
- **Harm Reduction:** Support and recovery education available through our Harm Reduction Program.
- **Winter Safety Tip:** Dress in layers, keep extremities covered, and limit time outdoors in extreme cold.
- **Food Safety Tip:** Wash hands often, keep cold foods below 40°F, and reheat leftovers to 165°F.

LFCHD Public Health Clinic: (859) 288-2483
LFCHD Environmental Health: (859) 231-9791
LFCHD Harm Reduction: (859) 899-4230



IN THE SPOTLIGHT

Community Baby Shower

LFCHD will host a **Community Baby Shower** on Saturday, December 13, from 12-2 p.m. at the Marksbury Family Branch Library, 2197 Versailles Road.

This **free** event supports underserved expectant families by providing essential baby supplies, educational resources, and health information. Attendees will receive baby items, learn parenting and safety tips, and connect with community partners offering valuable support.

We have a wonderful group of mothers and guests registered to attend, and we look forward to welcoming everyone for a warm, meaningful, and supportive experience together.

For more information, contact:

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CHIP IN ACTION

Lex-CHIP continues advancing our goals through collaboration and outreach. The **Prescription for a Person** campaign begins its crime and violence prevention phase, with three groups—*Crime and Violence, Drug Misuse, and Child Abuse/Neglect*—meeting to plan activities for the coming year.

Resource of the Month:

New Vista offers mental health counseling, crisis support, and a 24-hour helpline at 1-800-928-8000.



FAMILY CORNER

Take a family **"Winter Wellness Walk"**!

Look for signs of winter — *bare trees, animal tracks, pinecones, or birds that stay through the season.*

Walking together helps everyone stay active, reduce stress, and enjoy the outdoors, even on chilly days!

Extra: Turn it into a game — see who can spot the most "winter clues" before the walk ends!

Safety Tip: Waddle like a penguin when you walk on slick surfaces to reduce your risk of slips and falls!



WHAT'S COOKIN'!

Makes 4 servings

Sheet Pan Chicken, Green Beans & Potatoes

- 2 Medium Red Potatoes - (chopped)
- 2 Tablespoons Olive Oil
- 16 oz. Chicken Tenderloins
- 10 oz. Frozen Cut Green Beans
- 1 Tablespoon Italian Dressing Mix

- 1 Preheat oven to 400° F. Chop the potatoes into bite sized pieces. Toss potatoes in 1 teaspoon of olive oil.
- 2 Spray a 9 x 13-inch sheet pan with cooking spray. Place the raw chicken strips down 1/3 of the pan. Place the potatoes down another 1/3 of the pan. Finally, lay the frozen green beans down the last 1/3 of the pan.
- 3 Drizzle 2 tablespoons of olive oil over the entire pan of chicken, potatoes and green beans. Sprinkle Italian dressing dry mix over the entire pan.
- 4 Bake for 20 to 30 minutes. Check chicken for doneness after 20 minutes. Chicken should reach 160°F on a meat thermometer. Add a side of fruit to bring the carb total up to 34 grams.

www.diabetesfoodhub.org

CONTACT US!

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- www.LFCHD.org
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SOCIAL MEDIA

- @LFCHD
- @LFCHD
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LEX-CHIP RESOURCE REPOSITORY



<https://gqr.sh/x2AH>