

# Wellness Comes in Seven

Wellness Resource Center

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**Most of Us**



## Upcoming Events

### Oct. – Alcohol Responsibility

#### Month (ARM):

#### 1st – Resource Fair 10-2

Downstairs Brady Commons

#### 1st – Speaker Judson Laipply

7-8 pm Jesse Auditorium

#### 3rd – 12-Hour Alcohol

#### Responsibility Walk

12pm-12am Stankowski Field

#### 7th – Sex and Alcohol

#### Lunchbag 12:30-1:15

Brady Commons 234

#### 7th – Career Panel

7-8pm Stotler Lounge

#### 14th – Vitruval Bar 7-8pm

Jesse Wrench Auditorium

#### 15th – Drive Safe/Drive Smart

#### Lunchbag 12:15-1:00

Brady Commons 234

#### 21st – Legal Issues Panel

#### Lunchbag 12:30-1:15

Brady Commons 234

#### Other Events:

#### 15th– Love Your Body Day

#### 20th– Health Screening Fitstop

11-3 Brady Commons 34

## Question of the Month

### “What is this month’s fruit and vegetable?”

Email Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) with the correct answer to enter into a drawing for:

**\$10 of Wellness Bucks!**

## Food Safety

What is better than going to a fall BBQ? A reminder to be careful of what you put in your mouth at these flings! 76 million people suffer from food poisoning in the U.S., which is caused when certain toxin producing bacterium are present in food. Foods can be contaminated with bacteria when you purchase them, or they can develop if you do not follow the proper Food Safety guidelines:

- Wash your hands often when preparing food

- Avoid the temperature danger zone (40-140°F)
- Do not cross-contaminate foods
- Never defrost meat to room temperature, defrost in the refrigerator
- Cook meats until done: Beef 160°F, roasts & steaks 145°F, whole poultry 180°F, chicken breasts 170°F
- Do not leave food out at room temperature for more than two hours.

Visit [www.foodsafety.gov](http://www.foodsafety.gov) for more on food safety

## Fall Falling Down

Autumn in mid-Missouri is absolutely beautiful due to the fall foliage! The reasoning for this beauty is not what most people think: There is a common belief that leaves are green and in the fall the cold weather causes them to change color and die.

However, leaves are actually the color that they appear in autumn, but the chlorophyll that develops from sun exposure masks the leaves green during the summer time. When the days get shorter, so does the exposure to the sun, and as a result, chlorophyll ceases production, and the leaves turn their natural color. The temperature is not a factor whatsoever. Take a walk and enjoy the festive fall colors!

## Five A Day

The Center for Disease Control and Prevention (CDC) and the Produce for Better Health Foundation (PBH) have partnered with other organizations to make September Five A Day month. This campaign is to promote the consumption of fruits and vegetables within the United States.



You can visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) to find out the fruit and vegetable of the month (September is figs and chili peppers), how many fruits and vegetables you should be eating, what counts as a cup of fruits and vegetables, tips on how to incorporate them into your diet, and recipes.

To add your name to our monthly mailing list or other questions or comments please email either Julie at [tobiasja@missouri.edu](mailto:tobiasja@missouri.edu) or Alison at [amhhvc@mizzou.edu](mailto:amhhvc@mizzou.edu) or call 573-882-4634.

Sources: [www.usna.usda.gov/photogallery/fallfoliage/sciencefallcolor.html](http://www.usna.usda.gov/photogallery/fallfoliage/sciencefallcolor.html), [www.foodsafety.gov](http://www.foodsafety.gov)

## Wellness Tip

Explore the trails around Columbia. Many trails are well designed for biking, running, walking, and pets! Go to <http://www.gocolumbiamo.com/ParksandRec/Trails/> for distances and locations of all the trails around Columbia!

