



BARTON COUNTY


Public Health

Prevent. Promote. Protect.

Laboratory
Services

2025

August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	 2
3	4 BCHD Staff Meeting 8:00 AM	 5 Becoming a Mom Class BT CO Commission MTG 9:00 AM	6	 7 SSS Farmers Market 4:00 PM	8	9
10	11 BCHD Staff Meeting 8:00 AM	12 BT CO Commission MTG 9:00 AM	13 Breastfeeding Support Group 4:00 PM	 14 Business Showcase 11:30 AM	15 BCC Vaccine Event	16 BCC Vaccine Event
17	18 BCHD Staff Meeting 8:00 AM	19 BT CO Commission MTG 9:00 AM	20	 21 BCHD Advisory Committee Meeting 11:30 AM - 12:30 PM	22	23
24	25 BCHD Staff Meeting 8:00 AM	26 BT CO Commission MTG 9:00 AM	27 WIC Prenatal Breastfeeding Class 2:00 - 3:00 pm	 28 SSS Farmers Market 4:00 PM	29	30
31						

AUGUST



☑ Barton County Health Department – August 2025 Newsletter Back to School • Back to Health • Back to Routine

☑ **August & Public Health: Preparing for a Healthy School Year**

August is a fresh start for students and families. As kids head back to school, it's the perfect time to refocus on health and well-being. Whether it's catching up on immunizations, starting a healthy sleep routine, or learning about school-year nutrition, the Health Department is here to support a safe, strong start.

Public health in August focuses on:

- Immunizations and school health requirements
- Mental health and emotional readiness
- Healthy sleep, nutrition, and routines
- Preventing the spread of illness as classrooms fill up

☑ **August 2025 Events & Services**

☑ ***Back-to-School Immunization Clinic***

☑ Saturday, August 2 | 8:00 AM – 12:00 PM

Get your child caught up on required vaccines before school starts. No appointment needed.

☑ ***Becoming a Mom® Class – Session 6: Healthy After Pregnancy***

☑ Tuesday, August 5 | 1:30 – 3:30 PM

Final session of the summer BAM series, supporting moms through postpartum recovery and long-term wellness.

☑ ***WIC Services***

Nutrition support, breastfeeding assistance, and eligibility renewals available by appointment throughout the month.

☑ ***Farmers Market – Every Thursday at 4:00 PM***

Fresh produce and community resources at the Summer Street Stroll!

☑ ***County Commission Meetings – Tuesdays at 9:00 AM***

☑ **Back-to-School Health Tips**

✓ Immunizations: Make sure students are up to date—especially MMR, Tdap, varicella, and meningitis.

☑ Sleep: Start adjusting bedtime a week or two before school starts.

☑ Nutrition: Fuel learning with balanced meals and healthy snacks.

☑ Hygiene: Teach proper handwashing and how to cover coughs and sneezes.

☑ Mental Health: Check in with your child emotionally—especially if they're transitioning to a new school or grade.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call
620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!!

Senior Farmers Market Nutrition Program Update



UPDATE: Kansas Senior Farmers Market Coupons

Thank you to everyone who has expressed interest in the Senior Farmers Market Nutrition Program! At this time, we have distributed all available coupons for the season.

We understand many of you are still hoping to participate. While we do not have a guarantee that we will receive more, we are starting a waitlist just in case.

If you'd like to be added to the waitlist, please provide your name and phone number by stopping by our office.

Please note: Being on the waitlist does not guarantee you will receive coupons, but it helps us be prepared if more become available.

We appreciate your patience and support.

— Barton County Health Department

National BREASTFEEDING AWARENESS MONTH — AUGUST —



August is National Breastfeeding Month!

Do you know how the Barton County Health Department supports breastfeeding? We have earned the Kansas Breastfeeding Coalition's "Breastfeeding Friendly Local Health Department Designation".

Ways the health department supports breastfeeding families:

- Provides a designated breastfeeding space to feed or express milk.
- Teach prenatal breastfeeding classes monthly.
- Breastfeeding support group meets monthly.
- Becoming a Mom sessions are offered quarterly, with one session focused on infant feeding.
- WIC Breastfeeding Peer Counselor to provide support and encouragement to WIC families.
- 3 staff members are certified to help breastfeeding moms and are available to schedule breastfeeding consult visits.
- Provide breastfeeding assistance through home visiting.
- Breast pumps available for loan/rent.
- Participates in the Central Kansas Breastfeeding Coalition.
- Educates the public about breastfeeding.

Quiz

Friends and family may not breastfeed, but they can still support a breastfeeding parent! Take this quiz for reminders about ways breastfeeding parents can get support from others.

BACK-TO-SCHOOL IMMUNIZATIONS CLINIC

A vibrant orange poster for a 'Back to School Immunization Clinic'. At the top, a red alarm clock is surrounded by various school supplies including pencils, a ruler, and a pair of scissors. Below these items is a wooden sign that reads 'BACK TO SCHOOL' in white and yellow block letters. Underneath the sign is a blue rectangular box with the words 'Immunization Clinic' in white. A string of colorful triangular bunting flags hangs across the middle of the poster. The text below the flags provides details about the clinic's eligibility, dates, location, and phone number. At the bottom, a note mentions that required vaccines for certain grades will be available.

BACK TO SCHOOL

Immunization Clinic

**For all children who are
Grades Pre K - 12th
August 2nd 8am-12pm**

Location:

**Barton County Health Department
1300 Kansas Ave, Great Bend KS 67530
620-793-1902**

*All required vaccines for children entering: PreK,
Kindergarden, 7th and 12th grade will be available*

Special Saturday Back to School Immunization Clinic coming up on
August 2. Contact us with any questions at (620) 793-1902.

Great Bend Summer Street Stroll Farmers Market

SUMMER STREET STROLL FARMERS MARKET EVERY THURSDAY

JOIN US AT 4:00PM



Turn in Vendor Application to Barton County Health Department or
email ksigler@bartoncounty.org

Vendor Application

Barton County Health Department

OPEN HOURS

Monday	9:00AM-6:00PM
Tuesday	8:00AM-6:00PM
Wednesday	8:00AM-6:00PM
Thursday	8:00AM-6:00PM
Friday	8:00AM-12:00PM
Saturday	Closed
Sunday	Closed

Monday-Thursday Open 12:00PM-1:00PM

Zucchini Ravioli



2 lbs zucchini
1 tsp sea salt (divided)
1 cup marinara sauce (divided)
½ cup ricotta cheese
¾ cup mozzarella cheese (shredded, divided into ¼ cup and ½ cup)
3 Tbsp grated parmesan cheese
1 egg
½ tsp Italian seasoning
1/8 tsp black pepper
Fresh basil (optional, for garnish)

1. Use a mandolin or vegetable peeler to slice the zucchini into long, thin sheets, 1/8 inch thick. Discard end pieces that are narrow (or save for another use).
 2. Arrange the zucchini slices in a single layer on a baking sheet. Sprinkle with ½ tsp salt. Set aside for about 20 minutes, until the zucchini softens a little so that you can bend it without snapping. Use a paper towel to blot away excess moisture.
 3. Meanwhile, preheat the oven to 400 degrees F.
 4. Spread ½ cup marinara sauce over the bottom of a 9x13 baking dish. Set aside.
 5. In a medium bowl, stir together the filling ingredients: ricotta, ¼ cup mozzarella, parmesan, egg, Italian seasoning, remaining ½ tsp salt, and black pepper.
 6. Place 2 of the zucchini strips on a cutting board, parallel to each other and overlapping slightly. Place 2 more zucchini strips on top in the opposite direction, forming an X or cross. Use a spoon to place about 1 ½-2 Tbsp of filling in the center of the X. Fold in two opposite sides of the zucchini, overlapping the ends, then do the same with the other two sides, creating a pocket with the cheese mixture inside. Place seam side down into the baking dish, on top of the sauce. Repeat with the rest of the zucchini and filling.
 7. Top each zucchini ravioli with 1 Tbsp. of marinara sauce and 1 Tbsp. shredded mozzarella. This will use up the remaining marinara and mozzarella.
 8. Bake for about 20-25 minutes, until the zucchini is tender, and the cheese is melted and golden.
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WHAT WOULD YOU GAIN IF YOU QUIT VAPING?

Text "Start" to 36072
Free, confidential help.
Just for teens.

MY LIFE MY QUIT™



Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special,
free program for pregnant individuals?

- \$40 Mastercard gift card mailed to your house after each coaching call completed.
- Up to 5 phone calls during pregnancy and 4 phone calls after childbirth.
- Resources designed to help people who are pregnant quit.



For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

Contact Us



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Try email marketing for free today!