

## WORKING ON WELLNESS

Monthly wellness from the SD Department of Health  
Office of Chronic Disease Prevention and Health Promotion



### WHAT BETTER WAY TO KICK OFF FALL THAN WITH AN “APPLE A DAY”!

Challenge yourself and your staff with eating an apple a day. It may or may not keep the doctor away but it sure can create a fun, engaging way to challenge your staff to eat healthier.

### GAME DAY FAVORITE

If you are a fan of buffalo chicken wings and you like cauliflower then you just have to try this buffalo roasted cauliflower!



Roasted cauliflower has to be one of the most addictive healthy snacks around and it only gets better when coated in buffalo hot sauce! This spicy treat would be a perfect option for a lighter and healthier snack for your party for the big game!

#### INGREDIENTS

- 1 head cauliflower, cut into florets
- 1 tablespoon oil
- salt and pepper to taste
- 1/4 cup hot sauce (such as franks red hot)
- blue cheese or ranch dressing for dipping (optional)

#### DIRECTIONS

- 1 Toss the cauliflower florets in the oil, salt and pepper, arrange in a single layer on a baking sheet and roast in a preheated 400F/200C oven until lightly golden brown, about 20-30 minutes.
- 2 Toss cauliflower in the hot sauce and enjoy warm with blue cheese or ranch dressing for dipping and celery sticks on the side.

SOURCE: [www.closetcooking.com](http://www.closetcooking.com)



### DID YOU KNOW?

In 2018, it's estimated that women and men in the U.S. will see:

#### ❖ WOMEN

- 266,120 new cases of invasive breast cancer
- 40,920 breast cancer deaths

#### ❖ MEN

- 2,550 new cases of invasive breast cancer
- 480 breast cancer deaths

### WARNING SIGNS OF BREAST CANCER

Due to the regular use of mammography screening, most breast cancers in the U.S. are found at an early stage, before warning signs appear. However, not all breast cancers are found through mammography.

### WARNING SIGNS

The warning signs of breast cancer are not the same for all women.

The most common signs are:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge

#### RESOURCES:

[www.cdc.gov](http://www.cdc.gov)   [www.cancer.org](http://www.cancer.org)  
[ww5.komen.org](http://ww5.komen.org)