



SUMMER



Newsletter
June-August 2025

Our Location

 **Address:**
20 West Prospect Street
Waldwick, NJ 07463

 **Phone Number:**
(201) 445-7217

 **Operating Hours:**
Monday-Friday
• 8:30 AM-4:00 PM

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Visit Our Website:



www.NWBRHC.org

Follow Us on Social Media!



NorthWest Bergen
Regional Health
Commission



@nwbrhc_nj

Upcoming Holidays & Observances:

- **June 1 - First day of Pride Month**
- **June 1 - First Day of Caribbean American Heritage Month**
- **June 16 - Father's Day**
- **June 19 - Juneteenth**
- **July 4 - Independence Day**



Water Safety: Rip Currents

RIP CURRENTS

KNOW YOUR OPTIONS

IF CAUGHT IN A RIP CURRENT

- Relax, rip currents don't pull you under.
- Don't swim against the current.
- Swim out of the current, then to shore.
- If you can't escape, float or tread water.
- If you need help, yell or wave for assistance.

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

IMPORTANT

SWIMWEAR COLOR: DO'S AND DON'TS

DO:
Choose bright, neon, high-contrast colors

DON'T:
Choose colors that blend or reflect surrounding shades

Nurse's Corner

Hand Foot and Mouth Disease

HFMD is an illness usually seen in children under age 10, but can be seen in all age groups.

It is caused by a virus and most often occurs from spring to fall. It spreads from person to person through contact with saliva coughs, sneezes, or contact with the feces (poop) of an infected person. A person with HFMD is most contagious (able to spread the disease to others) during the first week of illness. HFMD has no specific treatment and will go away by itself.



Hand, Foot, and Mouth Disease

Symptoms

- Fever
- Sore throat
- Lack of appetite
- Feeling unwell
- Tiny sores in mouth
- Skin rash (flat or bumpy red spots) on the palms of hands and soles of feet.

Prevent The Spread of HFMD

- Wash your hands often with soap and water for at least 20 seconds, especially after changing diapers, using the toilet, and coughing, sneezing, or blowing your nose.
- Help children wash their hands.
- Keep blisters clean.
- Avoid touching your face with unwashed hands, especially your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces and shared items, including toys and doorknobs.
- Avoid close contact with an infected person, such as hugging or kissing them.

Quality Improvement Corner

Food Safety Classes



In the winter edition of our newsletter, we proudly announced the launch of the Retail Food FAQs webpage on our website. This resource was created with the goal of supporting food retailers by offering clear, straightforward answers to frequently asked questions about food safety regulations and industry best practices.

By providing easy access to this information, we aimed to help businesses strengthen their food safety protocols, contributing to smoother operations and a safer environment for both staff and customers.

The launch of this page marked an important step in our ongoing commitment to quality improvement. It continues to serve as a valuable tool for helping retailers stay informed, compliant, and aligned with the highest standards of public health and safety.

As part of our ongoing quality improvement efforts, we are working to expand both the number of Food Manager and Food Handler courses we offer to the public and the number of participants in each session.

These classes are open to everyone—even if you don't work in a retail food establishment but are simply interested in learning more about food safety practices.

Details on course fees and upcoming dates can be found on the next page.



Northwest Bergen Regional Health Commission

Food Safety Class Schedule

Class	Date	Time	Location
Food Handler Class Presented in Person Language: <u>English</u> Cost: \$20 per person	Tuesday, April 22, 2025	11:00 AM-2:00 PM	Waldwick Public Library 19 East Prospect Street, Waldwick, NJ, 07463 *Inside Meeting Room
Food Handler Class Presented in Person Language: <u>English</u> Cost: \$20 per person	Thursday, May 15, 2025	10:00 AM-1:00 PM	Fair Lawn Municipal Building 8-01 Fair Lawn Avenue Fair Lawn, NJ 07410 *Inside Court Chambers
Food Manager Class Presented in Person Language: <u>English</u> Cost: \$195 per person	*2 day course* Part I: Monday, June 16, 2025 Part II: Monday, June 23, 2025	Part I: 10:00 AM - 4:00 PM Part II: 9:00 AM - Noon	Pompilio's Pizza & Restaurant 223 Westwood Ave, Westwood, NJ 07675
Food Handler Class Presented in Person Language: <u>English</u> Cost: \$20 per person	Tuesday, September 16, 2025	10:00 AM-1:00 PM	Hillsdale Free Public Library 509 Hillsdale Ave, Hillsdale, NJ 07642
Food Handler Class Presented in Person Language: <u>Spanish</u> Cost: \$20 per person	Date to be Announced *If you are specifically interested in this course, please contact Northwest Bergen Regional Health Commission	Time to be Announced	Fair Lawn Municipal Building 8-01 Fair Lawn Avenue Fair Lawn, NJ 07410 *Inside Court Chambers
Food Handler Class Presented in Person Language: <u>English</u> Cost: \$20 per person	Tuesday, February 24, 2026	11:00 AM-2:00 PM	Montvale Municipal Building 12 Depiero Dr, Montvale, NJ 07645 *Inside Court Chambers

Pre-registration is required.

To register, please mail or deliver your check along with the following details to Northwest Bergen Regional Health Commission:

Course selected, Participant name, Restaurant name/address, Email

Make any checks payable to NWBRHC located at:

20 West Prospect Street,
 Waldwick, NJ, 07463

If you have any questions, please contact us at: (201) 445-7217 or info@nwbrhc.net

*Please note: No refunds will be provided for this course.

REHS Corner

Smoke Without Fire: Keeping Your Summer BBQ Safe

As the temperatures rise and backyard barbecues heat up, it's important to keep safety on the menu to ensure your summer gatherings stay fun—and flame-free.

According to the National Fire Protection Association (NFPA), data shows that between 2017 and 2021, U.S. fire departments responded to an annual average of 11,421 home fires involving grills, hibachis, or barbecues.

The following barbecue guidelines should be followed to ensure a safe grilling season:

Propane Grills



- For propane grills, check the gas tank for leaks before use in the months ahead.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- Place the grill well away from the home, deck railings, and out from under eaves and overhanging branches.
- Always make sure your gas grill lid is open before lighting it.
- Keep children and pets at least three feet away from the grilling area.
- Never leave your grill unattended when in use.



Charcoal Grills



- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- If using a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of the reach of children and away from heat sources.
- There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- When you are finished grilling, let the coals completely cool before disposing in a metal container.
- Never leave your grill unattended when in use.

SHAPE THE FUTURE OF HEALTH *in Bergen County!*

We
Want to
Hear from
You!

Your responses to our confidential survey help us improve the health and well-being of our community.



This Community Health Needs Assessment is a way to better understand the health of people living in Bergen County. It looks at how healthy residents are, how they take care of their health, and what health services they might need. The goal is to use this information to make smart decisions and take action to improve the health and well-being of the community.

By identifying the most important health issues in the area, the assessment helps community leaders decide where to focus their time, energy, and resources in order to make the biggest difference.



Scan the QR code
to take the survey!

healthybergen.org

I SPY Summer



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| 3 | | 3 | | 4 | | 5 | | 2 | | 7 | | 5 | | 9 | | 6 | | 3 | |

Healthy Meal Idea

Arugula Salad with Mozzarella, Avocado & Watermelon



Ingredients

For the Basil Oil:

- 1 1/3 cup packed basil leaves
- 2 large garlic clove, peeled
- 1 1/3 cup olive oil
- Salt & pepper, to taste

For the Salad:

- 6-8 large handfuls arugula
- ~10 red onion rings, roughly chopped
- 2/3 cup cherry tomatoes, halved
- 2/3 cup ciliegine cheese, whole or halved
- 1 a ripe avocado, diced
- 1 cup diced seedless watermelon
- Salt & pepper, to taste
- Olive oil & balsamic vinegar or glaze

Instructions

For the Basil Oil:

Place all the ingredients in a food processor or blender and process until smooth. Set aside (you'll have more than you need for this recipe so feel free to use in other recipes! it's delicious drizzled over chicken, fish or in a tomato, mozzarella salad!)

For the Salad:

- Place diced tomatoes and mozzarella in a bowl with about 1/3 of the basil oil. Set aside.
- Meanwhile combine arugula, watermelon, onions and avocado in a large bowl and toss gently with olive oil, balsamic, salt & pepper.
- Drizzle with additional basil oil as desired and serve with a hearty roll.

Total Servings: 2 large or 4 small salads

*Note: Ciliegine refers to small balls of fresh mozzarella cheese, typically about the size of a cherry

Community Resource Spotlight



The **NJ Summer EBT Program** provides low-income families with a one time \$120 EBT card per eligible child to help purchase groceries during the summer when kids might not have access to school meals.

Children of any age who are enrolled in National School Lunch Program (NSLP) or School Breakfast Program (SBP) participating schools are eligible for Summer EBT if they are also eligible for federal free or federal reduced price school meals. This includes children of high school grade or under, including preschool-age children, as well as students who are mentally or physically disabled, as defined by the State, and who are participating in a school program established for the mentally or physically disabled.

If your child is not enrolled in an NSLP/SBP-participating school or is home-schooled but your household participates in SNAP, TANF, income-eligible Medicaid, or Foster Care at any point during the 2024-2025 school year, they must be school-aged (meaning between the ages of 6-16 years old) in order to qualify.

Visit nj.gov/summerebt for more information.



Check out our website for Community Health Education programs offered by NWBRHC!

Bergen County Social Services Directory



English



Spanish



Korean



Polish