



Public Health
Prevent. Promote. Protect.

April, 2026
Volume 3, Issue 4

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

Reducing Food Waste at Home

Did You Know?

Food waste is a major part of trash in the U.S., wasting not just food but also the water, energy, and labor used to produce it.

Why Reducing Food Waste Matters

- **Saves Money:** Tossing less food means getting the full value from every grocery trip.
- **Protects the Environment:** Food waste in landfills exposes harmful gases to the environment.
- **Preserves Resources:** Growing food takes water, energy, and land. Wasting food wastes all of these too.
- **Helps Others:** Reducing waste helps ensure more food is available for donation and those who need it most.

Ways to Reduce Food Waste:

Smart Shopping

- Plan meals and make a list before shopping
- Check your fridge and pantry first
- Buy only what you need to avoid spoilage

Store Food Properly

- Learn the meaning of “best by”, “sell by”, and expiration dates
- Keep your fridge organized so food doesn’t get forgotten
- Plan a weekly “eat leftovers” night

*Leftovers are generally safe in the refrigerator (40°F / 4°C or below) for 3 to 4 days

Use What You Have

- Turn leftovers into soups, stir-fries, or casseroles
- Use produce that’s slightly past its prime for cooking
- Repurpose food scraps (like vegetable peels) into stocks or new dishes

If You Can’t Use It, Don’t Waste It

- Donate safe, untouched food to local food banks
- Compost food scraps instead of throwing them away



Earth DAY



Earth Day is celebrated every year on April 22nd and serves as a reminder of the importance of protecting our environment.

Clean air, safe water, and sustainable practices all contribute to healthier communities.

Here are 10 Ways to Make Every Day Earth Day:



1. Reduce, reuse, recycle whenever possible

2. Conserve water by fixing leaks and using less when possible

3. Turn off lights and electronics when not in use

4. Use reusable bags, bottles, and containers

5. Limit single-use plastics

6. Walk, bike, or carpool instead of driving alone

7. Plant trees or support local green spaces

8. Dispose of waste properly, including hazardous materials

9. Buy local and sustainable products

10. Educate others about environmental health and sustainability





STI AWARENESS

What are STI's?

Sexually transmitted infections (STIs) are common infections that can be passed through close physical contact. They can affect anyone.

Prevention Tips

- Use protection during intimate contact.
- Stay up to date on recommended vaccines (like HPV and Hepatitis B).
- Have open, honest conversations with partners.
- Get tested as part of routine healthcare.

Know the Basics

- Many STIs have no symptoms.
- Testing is the only way to confirm.
- Regular check-ups help keep you and others safe.
- STIs spread through private, close contact between partners.

Testing & Treatment

- Testing is simple and confidential.
- Many STIs are treatable, and some are curable.
- Early care helps prevent long-term issues.



April is:



AUTISM Awareness Month!

This month is Autism Awareness Month, a time to promote understanding, acceptance, and support for individuals with autism and their families.

At the Sussex County Division of Health, we are proud to offer services that support children with special healthcare needs.

Special Child Health Services helps ensure that all children with special health needs have access to comprehensive, community-based, and family-centered care.

Case management services are available at no cost for children from birth through age 21.

Who Should Call?

- Families of children with:
 - Developmental delays
 - Physical disabilities
 - Autism
 - Hearing or vision impairments
 - Chronic medical conditions
 - Traumatic brain injury
- Families who need assistance with:
 - Medical needs
 - School-related concerns
 - Financial challenges
 - Social services
 - Rehabilitation support

Why Call?

Case managers work closely with families to provide:

- Referrals to helpful services
- Connections to state and local resources
- Guidance navigating care and support systems

If your family could benefit from additional support, don't hesitate to reach out at 973-948-5239.

Early support and connection to resources can make a meaningful difference.



APRIL
HAS:

National Public Health Week



Public Health
Prevent. Promote. Protect.

April 6-12, 2026

National Public Health Week raises awareness about the importance of protecting and improving community health through prevention, education, and collaboration.

Did You Know?

Public health initiatives are responsible for adding 25+ years to the average life expectancy in the United States.

What is Public Health?

Public health focuses on protecting and improving the health of entire communities through:

- Disease prevention
- Health education
- Environmental health
- Emergency preparedness



Public health works behind the scenes to keep people safe, often before problems even begin.

How To Get Involved



- Wash your hands
- Stay up to date on vaccines
- Handle food safely
- Follow local health alerts
- Support clean environments

Why it Matters

Public health increases life expectancy, reduces disease spread, improves food and water safety, and promotes healthier lifestyles. All of which assist communities to thrive.



Spotlight: Environmental Health



Environmental health focuses on clean air and water, safe food, proper waste disposal, and reducing harmful exposures.

SPOTLIGHT

OF THE MONTH



Women's Health Screenings

The Sussex County Division of Health, Office of Public Health Nursing is sponsoring a Women's Health Screening. Screenings include a ThinPrep Pap test, pelvic exam, HPV testing, clinical breast exam, follow-up mammogram and colorectal testing.



DATE	TIME
Thursday, February 26, 2026	4:30 p.m. to 7:30 p.m.
Thursday, March 26, 2026	4:30 p.m. to 7:30 p.m.
Thursday, April 23, 2026	4:30 p.m. to 7:30 p.m.
Thursday, May 7, 2026	4:30 p.m. to 7:30 p.m.
Thursday, June 4, 2026	4:30 p.m. to 7:30 p.m.

- Screenings are held at **201 Wheatsworth Road, Suite 4, Hamburg, NJ 07419.**
- There is no fee for grant eligible participants.
- This screening clinic is available to Sussex County residents who have no insurance to cover routine screenings and participants in NJCEED.
- Pre-registration is required. Participants must have an appointment as walk-ins will not be accepted.

Appointments can be made by calling the Office of Public Health Nursing at 973-579-0570 x 1246