

the Telehealth Times



National

NUTRITION



Month

MARCH 2025

Happy Spring!



KC KAMRYN'S CORNER

Hello & Happy Spring! This month is National Nutrition Month. Our nutrition is so important for every part of our body and what we put into our bodies is what keeps us going. Nutrients from the food we intake are our primary source of energy, that allows us to complete our daily tasks and activities. Just the way we take care of our homes and our cars, we have to do the same for ourselves. Together, lets gas up our bodies with premium foods to achieve our healthiest self.



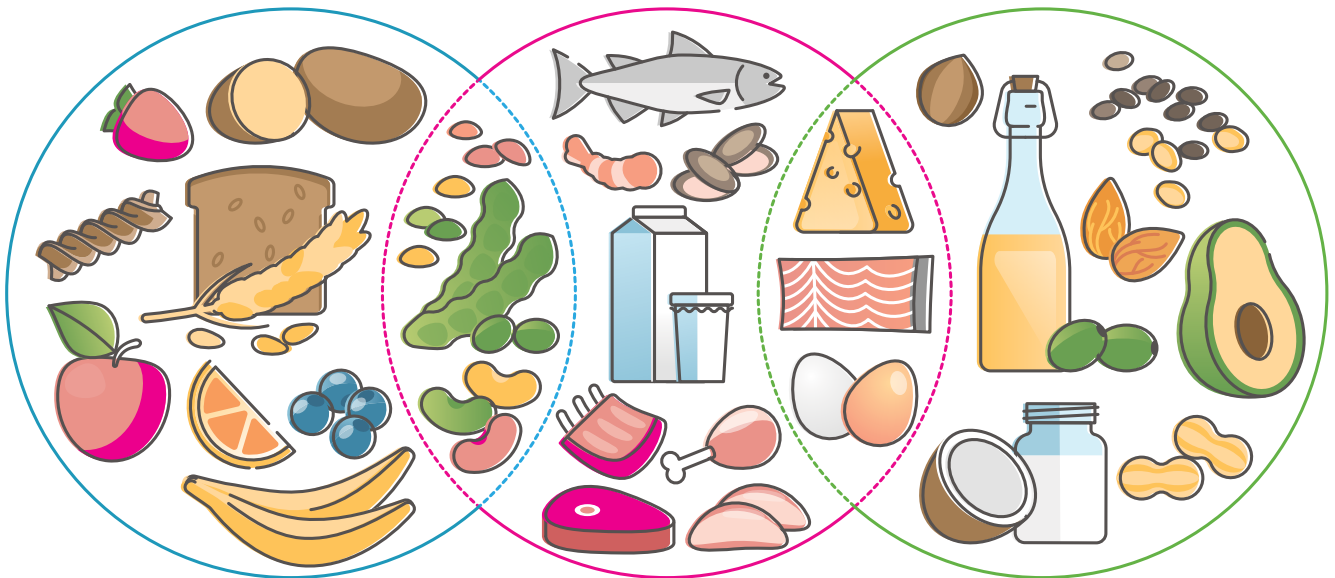
Yours Truly,
Kamryn

Kamryn Williams, LPN
Telehealth Coordinator
Palmetto Care Connections

Nutritional Recommendations

The body needs a variety of nutrients daily for proper functioning and overall health - this includes macronutrients which are carbs, proteins and fats, as well as, micronutrients, such as vitamins and minerals.

MACRONUTRIENTS



CARBS

PROTEIN

FATS



CALCIUM



MAGNESIUM



POTASSIUM



SODIUM

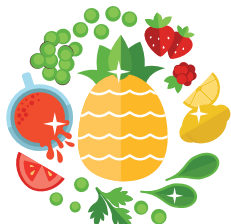


IRON

MICRONUTRIENTS



ZINC



VITAMIN C



B VITAMINS



VITAMIN E



VITAMIN D

Foodshare



FOODSHARE

2025 BAMBERG COUNTY

ALSO SERVING ALLENDALE AND BARNWELL!



18-20 pounds of 9-11 types of fruits and vegetables.

A BOX OF HEALTHY VEGGIES & FRUITS AT A GREAT PRICE

www.foodsharebamberg.com

www.facebook.com/foodsharebamberg

PURCHASE ONLINE WITH SNAP AT [HTTPS://SNAPONLINE.FOODSHARESC.ORG/](https://SNAPONLINE.FOODSHARESC.ORG/)

includes only items which do not require any cooking before eating.

JANUARY 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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FEBRUARY 2025						
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MARCH 2025						
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APRIL 2025						
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MAY 2025						
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JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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31						

SEPTEMBER 2025						
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OCTOBER 2025						
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NOVEMBER 2025						
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DECEMBER 2025						
Su	Mo	Tu	We	Th	Fr	Sa
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Boxes must be ordered in advance.
All orders are due by 5:00pm on the Friday indicated in RED. Box pick-up days are on the Thursday indicated in GREEN from 11:30 - 5:30 Food Boxes not picked up by 5:30pm on Thursday will be donated.

	\$5 SNAP/EBT
	\$20 Cash
	\$21 Debit/Credit

To order Debit/Credit and/or SNAP boxes and designate your pick-up site:

Order Online

www.foodsharebamberg.com



Foodshare



NEW "NO COOK" Box: A SECOND OPTION!
Our new "NO COOK" Box includes fresh fruit and vegetables which will not require cooking before eating.

NO COOK BOX EXAMPLE



FRESH FOOD BOX EXAMPLE



To order **\$5 SNAP** FoodShare Bamberg pre-order/pre-pay fresh produce boxes online:

First Step: provide the information requested in this link:

<https://forms.gle/CxSzcyyx7uWPs7kkDA>

OR email foodsharebambergonlinesnap@gmail.com and let us know that you want to start ordering online.

To order **\$21 debit/credit** FoodShare Bamberg pre-order/pre-pay fresh produce boxes online:

Visit www.foodsharebamberg.com and select your pick-up site at checkout!

Contact Lara Buss, 803.571.5516, with any questions.

Healthy Fruity Oatmeal

Ingredients

- 1 1/3 cups of rolled oats
- 2 2/3 cup water
- pinch of sea salt
- 1 tbsp golden raisins
- 1 tbsp dried cranberries
- 1/2 tsp cinnamon
- 2 Granny Smith apples
- 2 tbsp almonds
- 2 bananas

Preparation

Combine oats, water, salt, raisins, cranberries, and cinnamon in a pot. Bring to a boil, stir well, reduce to low simmer.

Cook covered for 10 minutes, stirring occasionally.

Grate the apple while oatmeal is cooking. When oatmeal is ready, stir in apple, turn off the heat and let set for 5 minutes.

Scoop in bowl, top with almonds and bananas & eat up!



Source: www.cookforyourlife.org

FACTS AND STATS

A healthy diet helps to protect against noncommunicable diseases, including diabetes, heart disease, stroke cancer, as well as malnutrition.

Over 42% of American adults are obese.

On average, only 12% of adults meet the recommended daily intake of fruits and vegetables.

Some of the most common nutrient deficiencies include Vitamin D, calcium, potassium, and iron.



WHAT WE ASPIRE TO BE

OUR VISION

Every South Carolinian is connected to healthcare services

WHAT WE ARE

OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

FOCUS AREAS



Technology



Telehealth



Broadband



Education

Telephone: 803.956.6221

www.palmettocareconnections.org

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