



Middleton Health Department

February 2014

Our Mission

To improve public health by promoting an individual's well-being, preventing disease, and protecting an individual's health within the community.

Middleton Board of Health

Robert Ambrefe, Chairman
George Demeritt
John Goodwin
Mathew Greenfield
Paul LeBlanc

Middleton Health Department

195 N Main Street
Middleton MA 01949
978-777-1869
www.townofmiddleton.org



Derek Fullerton, RS, CHO
Director of Public Health
healthdirector@townofmiddleton.org



Traci Mello, RN, BSN
Public Health Nurse
phn@townofmiddleton.org



Patricia Zingarelli
Department Clerk
dpwsecretary@townofmiddleton.org

Make Every Plate For Your Family A "A Great Plate"

Today the Middleton Health Department visited your children in their classroom and participated with them in healthy eating educational activities. Additionally they were sent home with a My Plate for use at home!



Help Your Family Eat Healthy Every Day

Whenever possible, eat together as a family, turn off the TV, IPAD, Phone;
Use your MyPlate to help:

Balance Calories

Enjoy your food, but eat less
Avoid oversized portions.

Foods to Increase

Make half your plate fruits and vegetables.
Make at least half your grains whole grains
Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers. .Drink water instead of sugary drinks,

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