



Public Health
Prevent. Promote. Protect.

December, 2025
Volume 2, Issue 12

NEWSLETTER

Sussex County Division of Health



Welcome to
the health
hub!

How to Have a Less Wasteful Holiday Season!

Reduce Food Waste

Know your guest count before shopping to prevent buying too much.

This saves money and cuts down on waste.

Freeze leftovers and compost scraps when you can.



Shop Locally

Shopping in your community reduces waste, supports local businesses, and cuts down on transportation impacts compared to buying products made far away.



Recycle Your Cardboard Boxes

Online shopping means more cardboard—flatten and recycle it.

One ton of recycled cardboard saves 17 trees and 7,000 gallons of water.



Choose Recyclable Wrapping Paper or Reusable Gift Bags

Most wrapping paper isn't recyclable because of glitter, foil, and other additives. Choose paper labeled as recyclable or use plain brown paper. Even better, switch to reusable gift bags you can use year-round.





STAY SAFE DURING Winter Weather



Stay off the road during and after a winter storm.



Have emergency supplies prepared at home, at work, and in the car.



Listen to local officials and sign up for emergency alerts.



Use safe heating devices and never run generators indoors.



Check in on friends, family, and neighbors.



Stay indoors and dress warmly.

Scan the QR code for more tips on how to stay safe this winter!





DECEMBER IS: **NATIONAL HANDWASHING MONTH**

1



Wet your hands
with clean water.

2



Lather your
hands with soap.

3



Rub and scrub your
hands for 20
seconds.

Follow these
steps for
proper
handwashing!

4



Rinse well under
clean water.

5



Dry hands with
a clean towel.





Beat the
Seasonal Slump!

Shedding Light on Seasonal Affective Disorder



What is

S

SEASONAL

A

AFFECTIVE

D

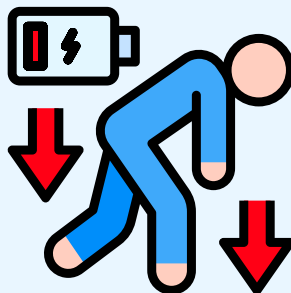
DISORDER

Depression that
comes in a
recurring
seasonal pattern.

Symptoms can
include:

- Low energy
- Sleep problems
- Changes in appetite

Is more
prevalent in
younger
ages.



5 HEALTHY TIPS FOR THE HOLIDAYS



Watch Portion Sizes

Enjoy holiday favorites in moderation.



Stay Hydrated

Drinking water helps maintain energy and reduces overeating.



Make Balanced Choices

Fill half your plate with fruits and veggies when you can.



Keep Moving

Take a walk or fit in light activity to support overall wellness.



Get Enough Rest

Aim for 7-9 hours of sleep to help keep your immune system strong.



Happy Holidays

SPOTLIGHT

OF THE MONTH



Sussex County Warming Centers

Sussex County Division of Social Services

83 Spring Street, Suite 203, Newton, NJ 07860

Monday - Friday 8:30 a.m. – 4:30 p.m.

Main Library

125 Morris Turnpike, Newton, NJ 07860

Monday through Thursday 8:30 a.m. – 8:30 p.m.

Friday 8:30 a.m. – 5:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Dorothy Henry Branch

66 Route 94, Vernon, NJ 07462

Monday, Wednesday, Friday 9:00 a.m. – 5:00 p.m.

Tuesday and Thursday 9:00 a.m. – 8:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Franklin Branch

103 Main Street, Franklin, NJ 07416

Monday, Wednesday, Friday 9:00 a.m. – 5:00 p.m.

Tuesday and Thursday 9:00 a.m. – 8:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Louise Childs Branch

21 Stanhope Sparta Road, Stanhope, NJ 07874

Monday, Wednesday, Friday 9:00 a.m. – 5:00 p.m.

Tuesday and Thursday 9:00 a.m. – 8:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Sussex-Wantage Branch

69 County Road 639, Wantage, NJ 07461

Monday and Wednesday 9:00 a.m. – 8:00 p.m.

Tuesday, Thursday, Friday 9:00 a.m. – 5:00 p.m.

Saturday 9:00 a.m. – 5:00 p.m.

Sparta Township Police Department

65 Main Street, Sparta, NJ 07871

24/7 Warming Center

Montague Municipal Building

277 Clove Road, Montague, NJ 07827

Monday - Friday 8:30 a.m. – 4:00 p.m.



*Please be aware that county offices will be closed on county holidays and any declared snow days.

