April is Alcohol Awareness Month

Drinking too much increases people’s risk of injuries, violence, drowning, liver disease, and some types of cancer. This April during Alcohol Awareness Month, the Florida Department of Health Jackson County encourages you to educate yourself and your loved ones about the dangers of drinking too much.

In Jackson County alone, there were been four alcohol-impaired driving fatalities in 2013 according to the National Highway Traffic Safety Administration (NHTSA).

If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking.

• Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
• Keep track of how much you drink.
• Choose a day each week when you will not drink.
• Don’t drink when you are upset.
• Avoid places where people drink a lot.
• Make a list of reasons not to drink.

If you are concerned about someone else’s drinking, offer to help.

Alcohol Facts

Alcohol’s effects vary from person to person, depending on a variety of factors, including:
• How much you drink
• How often you drink
• Your age
• Your health status
• Your family history

One 12-ounce beer has about the same amount of alcohol as one 5-ounce glass of wine, or 1.5-ounce shot of liquor. It is the amount of alcohol consumed that affects a person most, not the type of alcoholic drink.

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. Generally, this amount of alcohol is found in:
• 12-ounces of beer (5% alcohol content)
• 8-ounces of malt liquor (7% alcohol content)
• 5-ounces of wine (12% alcohol content)

• 1.5-ounces or a “shot” of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).
Braised Chicken with Baby Vegetables and Peas

**Ingredients**
2 tablespoons butter, divided
2 bone-in chicken breast halves, skinned
2 bone-in chicken thighs, skinned
2 chicken drumsticks, skinned
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 (14-ounce) cans fat-free, less-sodium chicken broth
1 cup dry white wine
1/2 teaspoon chopped fresh thyme
12 baby turnips, peeled (about 8 ounces)
12 baby carrots, peeled (about 8 ounces)
12 pearl onions, peeled (about 8 ounces)
6 fresh flat-leaf parsley sprigs
2 bay leaves
2 tablespoons all-purpose flour
3/4 cups fresh green peas
2 tablespoons chopped fresh flat-leaf parsley

**Preparation**
1. Melt 1 tablespoon butter in a Dutch oven over medium-high heat. Sprinkle chicken evenly with salt and pepper. Add chicken to pan; sauté 5 minutes on each side or until browned. Remove from pan.
2. Add broth to pan; cook 1 minute, scraping pan to loosen browned bits. Add wine and next 6 ingredients (through bay leaves); stir. Add chicken to pan, nestling into vegetable mixture; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until chicken is done. Discard bay leaves and parsley sprigs. Remove chicken and vegetables from the pan.
3. Place a zip-top plastic bag inside a 2-cup glass measure. Pour cooking liquid into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings back into pan, stopping before fat layer reaches opening; discard fat. Return liquid to pan. Bring liquid to boil; cook until reduced to 1 1/2 cups (about 5 minutes).
4. Melt remaining 1 tablespoon butter in a small skillet. Add flour, stirring until smooth. Add flour mixture to cooking liquid; cook 2 minutes or until slightly thick, stirring constantly. Return chicken and vegetable mixture to pan, stir in peas. Cook 3 minutes or until thoroughly heated. Garnish with chopped parsley.