

Human Resources

March 2022
Issue 15

Employee Services

New Hires: 5
Terminations/Retirements: 12
Positions Posted: 19

Employee Benefits

Benefit Enrollments: 25
Benefit Terminations: 10
Benefit Changes: 6

Human Resources Happenings

BOCC employees attended an Active Shooter Training on March 24th.

Employment Opportunities

Scan the QR code for additional information.



Wellness Information

Eating healthy doesn't have to be expensive. With just a little planning, you can eat well and still save money. Here are some smart tips to fill your plate — and your wallet.

Plan ahead

1.
 - Think about shopping for a week's worth of meals
 - Check to see what foods you already have
 - Make a list of what you need to buy
 - Buy fewer snack foods, which can be expensive

Get the best price

2.
 - Ask your favorite store about a loyalty card for extra savings
 - Look for ads online or in the local newspaper
 - Watch for sales and coupons
 - Look for specials on meat and seafood, which are often costly
 - Buy fresh fruits and veggies from a farmer's market
 - Try frozen veggies, which cost less and still have many nutrients

Prepare meals that expand your food dollars

3.
 - Stretch large dishes like stews and casseroles into extra portions
 - Make a second meal or tasty side dish from leftovers
 - Add leftover cooked or raw vegetables to salads, omelets or casseroles
 - Put extra veggies into whole-wheat pasta and water-packed tuna