

ON THE CALENDAR

Immunization Clinics:

By Appointment

THURSDAY
April 14th
11 a.m. to 4:00 p.m.

Thursday
April 21st
7:00 a.m. to 11:00 a.m.

Thursday
April 23rd
2 p.m. - 7:00 p.m.

Breastfeeding Support Group:

Tuesday
April 12th
5:30 p.m.

Family Planning:

Located at 511 Elm
1ST & 3RD MONDAY OF
EACH MONTH
9:30 a.m.—12 p.m. and
1:30—5 p.m.
Call 1-877-611-7600 or
359-2855 to make an
appointment.

WIC CLINICS:

Recertification by
appointment only.
Please call 646-5506 if you
need to reschedule.

Effective January 2014
WIC benefits will not be
ISSUED without Residency,
Income, and Identity proofs
and your certification
appointment WILL be
rescheduled.



Eat Healthy. Stay Well.

USDA is an equal
opportunity provider and
employer.

FOCUS ON FOODS

We all know we should eat more fruits and vegetables. It's estimated that as many as 90 percent of Americans don't eat the USDA's recommended number of servings of vegetables and fruits each day.

One way to instill healthy eating habits at a young age is to grow vegetables at home with your kids and grandkids. Research shows kids who garden are more likely to eat a greater quantity and wider variety of vegetables. But getting kids into the garden doesn't guarantee they'll eat all the vegetables you grow.

Most kids are willing to try a variety of different vegetables if they help to grow them. When you introduce kids to a new vegetable, try to do it in the garden, so they see where the vegetable came from. They'll also get to taste the vegetable when it's as fresh as possible and at its most nutritious.

If your kids don't like the raw flavor or texture of

a fresh-picked vegetable, or a vegetable tastes better cooked, then get creative in the kitchen. Mix some healthy garden vegetables into your child's favorite dishes. Add finely grated carrots to macaroni and cheese casseroles, chopped spinach to omelets, or broccoli florets to homemade pizzas.

Some kids may not notice the difference, while others may wonder about the extra 'color' in their favorite dish.

Explain these are the vegetables your children helped grow in the garden. You may be surprised at how easily they accept the new food. Acceptance often accompanies children's pride in their accomplishment, and makes the difference between them eating or not eating that colorful veggie

Easy Pasta Salad

- 1 package rotini
- 1 cup Ranch dressing or Italian Dressing

Directions:

Cook the pasta as directed on the package.

Drain and mix in dressing.

Then, add any of the following to your salad.

- Cut up broccoli
- Carrots
- Olives
- Beans
- Tomatoes
- Cheese
- Bacon Bits
- Pepperoni

casserole.

Source: kidsgardening.org

SPRINGTIME ALLERGIES....

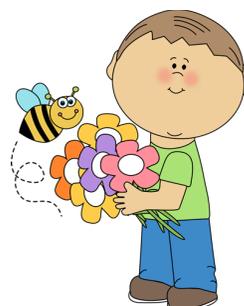
Spring means flower buds and blooming trees which trigger ALLERGY season!

To reduce your exposure to the things that trigger your allergy signs and symptoms (allergens):

- Stay indoors on dry, windy days. The best time to go outside is after a good rain, which helps clear pollen from the air.
- Delegate lawn mowing, weed pulling and other gardening chores that stir up allergens.
- Remove clothes you've worn outside and shower to rinse pollen from your skin and hair.
- Don't hang laundry outside pollen can stick to sheets and towels.
- Wear a pollen mask if you do outside chores.
- If high pollen counts are forecasted, start taking allergy medications before your symptoms start.
- Close doors and windows at night

or any other time when pollen counts are high.

- Avoid outdoor activity in the early morning when pollen counts are highest.
- There's no miracle product that can eliminate all allergens from the air in your home. These things can help to control our environment.
- Use the air conditioning in your house and car.
- If you have forced air heating or air conditioning in your house, use high-efficiency filters and follow regular maintenance schedules.
- Keep indoor air dry with a dehumidifier.
- Clean floors often with a vacuum cleaner that has a HEPA filter.



Rinsing your nasal passages with saline solution (nasal irrigation) is a quick, inexpensive and effective way to relieve nasal congestion. Rinsing directly flushes out mucus and allergens from your nose.

Source: mayoclinic.org

PREVENTING AN ACCIDENT...

When was the last time you **crawled around your home on your hands and knees**? Kids explore their everyday environments, so it's **crucial to check things out from their perspective to make sure your home is safe.**

Household injuries are one of the top reasons **kids under age 3 visit the ER, and nearly 70% of the children who die from unintentional injuries at home are 4 years old and under.**

The most common causes of home-injury deaths are **fire and burns, suffocation, drowning, choking, falls, poisoning, and firearms.**

According to the Centers for Disease Control and Prevention (CDC), most home accidents happen where there's:

- water:** in the bathroom, kitchen, swimming pools, or hot tubs
- heat or flames:** in the kitchen or at a barbecue grill
- toxic substances:** under the kitchen sink, in the medicine cabinet, in the garage or garden shed, or even in a purse or other place where medications are stored

PREVENTING DOG BITES...

Did you know that most **dog bites are preventable. Learning how to reduce your risk can help you and your family stay safe around dogs.**

If you live with dogs, you know what great family members they can be. You probably also know that dogs can and do bite.

These tips can help you **avoid a dog bite.**

1. All dogs can –big dogs, little dogs, even your favorite family pet.

Most of the time, dogs bite because the dog is mean. Even the calmest dog can bite if provoked.

2. Use caution with dogs you don't know.

If you would like to meet a dog you do not know, invite the dog to approach you instead of you going up to the dog. Avoid eye contact and kneel to the side of the dog when greeting, rather than leaning over.

PREGNANCY FACTS

You worried about the Zika virus? The Zika virus has been linked to a **serious birth defect called microcephaly, which is when a baby has a small head and brain. The U.S. Centers for Disease Control and Prevention is monitoring the countries who have the virus.** The Zika virus have been **found in the United States, all are believed to be travel-related.** Most people who **get infected with Zika do not get sick at all and do not even know that they are infected.** Those sick usually get **mildly ill with symptoms such as fever, rash, joint pain, and red eyes.** The virus can be **passed from mothers to babies during pregnancy. No vaccine is available. Because the virus may spread through sexual contact, it's best if men use condoms.**

Try to avoid mosquito bites if you live where the Zika virus is most active.

Wear long-sleeved shirts and long pants.

Stay in homes that have air conditioning or window screens.

Wear mosquito repellent that is safe for pregnant women.

Dump standing water where mosquitoes are known to breed.

In addition to **blood tests, an ultrasound can show if the baby is developing normally.** If you don't live in a **Zika-affected area and have not traveled there, you do not need a blood test, even if you are pregnant.**

Health experts are studying the possible link between **Zika and microcephaly. Check with the CDC for further updates.**

Source: kidshealth.org

•**potential for a fall:** on stairs, slippery floors, from high windows, or from tipping furniture

Even if your home is childproofed, it only takes a **second for babies and toddlers to fall, run over to a hot stove, or put the wrong thing in their mouths.**

Accidents will still happen, so always be prepared.

Keep the following numbers handy:

poison-control number: 1-800-222-1222

•**doctor's number**

•**parents' work and cell phone numbers**

•**neighbor's or nearby relative's number**

Make a first-aid kit and keep emergency instructions inside.

Install smoke detectors and carbon monoxide detectors.

Source: kidshealth.org



3. Always supervise children.

Young children should always be supervised around other dogs-even the family dog!

4. Teach children basic safety.

How to **pet a dog gently. Not to hug dogs.** To **avoid eye contact** with dogs. To leave dogs alone-if they are **eating, sleeping, playing with toys or even puppies.**

5. Respect a dog's food, bones, toys, and space.

It is not unusual for **dogs to protect food, bones, toys or beds.** Most dogs learn to **share items and space, but if a dog has not been taught this important skill, he or she is more likely to bite.**



FUN THINGS TO DO

Homemade Silly Putty

Materials needed:

•**Elmer's Glue all multipurpose glue**

•**Food coloring**

•**Sta-flo concentrated liquid starch**

Directions:

Mix the **glue with the food coloring until the color is even throughout.**

Pour the **liquid starch into the colored glue mixture.**

Stir and let it sit for five minutes.

Pull the **putty out of the mixing bowl and set it on a paper towel. Knead the putty in your hands for five to ten minutes.**



The final product is great! It can copy newspaper print and bounces when you roll it up into a ball, just like the original store bought Silly Putty.

DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.