



ON THE CALENDAR

Immunization Clinics:  
By Appointment

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

THURSDAY  
July 21st  
7:00 a.m. to 11:00 a.m.

THURSDAY  
July 28th  
2 p.m. - 7:00 p.m.

Breastfeeding Support  
Group:

Tuesday  
July 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.

Office closed in observance of  
Independence Day—July 4th

NO HUNGER SUMMER @NORTH  
MISSOURI CENTER FOR YOUTH  
AND FAMILIES KIDS EAT FREE -  
ADULTS \$2 11:30 -1:00  
MONDAY - FRIDAY

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

Since the summer of 1986, the  
Chillicothe Farmers Market has  
traditionally operated from the first  
Saturday in May through the last  
Saturday in October, rain or shine,  
beginning at 8 a.m.

The selection of locally grown  
produce is expected to expand  
greatly as the weather warms and  
the growing season really gets  
under way. As usual, weather hasn't  
affected the bounty of greenhouse  
plants, baked goods, jams, jellies,  
eggs, frozen meats and craft items.

The Farmers Market is the perfect  
choice for health conscious  
shoppers as the freshness  
maintained by growing locally  
ensures the highest levels of  
available nutrients.

Buying local produce also saves the  
energy needed for shipping. Market  
farmers and producers keep up-to-  
date and informed about health and  
safety regulations and guidelines,

No Bake  
Monster  
Cookie Granola  
Bars Bites

- 1 1/4 cups old fashioned oats
- 1/2 cup creamy peanut butter
- 1/4 cup honey
- 1/3 cup mini m&m's
- 1/3 cup mini chocolate chips

Directions:

Dump all ingredients  
together in a bowl. Mix  
until well blended. Roll  
into small balls. Place  
on a cookie sheet lined  
with wax paper. Allow  
to set in the fridge till  
solid. Store in fridge in  
an airtight container or  
Ziplock bag.

adding another layer of confidence to  
our shopper's Market purchase.

Finally, Farmers Market shoppers and  
producers build and experience a  
unique relationship with their food,  
knowing firsthand how and where it is  
grown or made. Locally grown or made  
products offered by various producers  
at the Chillicothe Farmers Market  
include all locally grown, whole, fresh  
vegetables and fruits in season or  
extended season, herbs & spices,  
plants, flowers, specialty or value  
added products (honey, jams etc.),  
fresh whole eggs, frozen meats, baked  
items and arts and crafts as long as the  
items are high quality, attractive,  
locally produced and consumer safe.

Market shoppers are notoriously loyal  
to the quality standards the Market  
has maintained and Market producers  
are some of the nicest farmers, bakers  
and craftspeople in Missouri. The  
farmers market is open every Saturday  
May 7 thru October 29, 2016.

THE HEAT IS ON....

Heat related deaths and illness are preventable,  
yet annually many people succumb to extreme  
heat.

Keep your body temperature cool to avoid heat  
related illness.

- Stay in air-conditioned buildings as much as possible.
- Find an air conditioned shelter.  
Don not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk twice a day.
- Because your body loses fluids through sweat, you can become dehydrated during times or extreme heat.
- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink two to four cups of

water every hour while working or  
exercising outside.

- Avoid alcohol or liquids containing high amounts of sugar.
- ◆ Remind others to drink plenty of water through out the day too.

Cooling stations in Chillicothe—

Livingston County Health Center -  
800 Adam Drive

Livingston County Library  
451 Locust Street

Calvary Baptist Church  
206 Locust Street

Chillicothe City Hall Walking Track  
715 Washington Street

Grand River Multi purpose Center  
607 W Business 36

YMCA  
1725 Locust Street

North Missouri Center for Youth and  
Families 211 Locust ST

Rsvp/Threads  
440 Locust Street



## LATHER UP THE CHILDREN...

Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they're outdoors.

UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then.

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays.

Wear hats that shade the face, scalp, ears, and neck for more protection.

Sun glasses protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. Apply sunscreen generously 30 minutes before going outdoors.

## DANGER IN THE POOL...

Crypto is one the most common causes of waterborne diseases in the United States. It is highly contagious and when left untreated a person can become re-infected and or infect others. Crypto is commonly transmitted by swallowing organisms from water, food, hands or other surfaces that have been contaminated with organism.

Symptoms usually begin within 2 to 10 days after exposure and generally last one to two weeks in people with healthy immune systems. Common symptoms include watery diarrhea, stomach cramps or pain, dehydration, nausea, vomiting, fever and weight loss.

Crypto is resistant to chlorine and other chemicals commonly used in recreational and drinking water. It is not killed by alcohol gels and hand sanitizers. People can continue to pass Crypto in their stools for

## PREGNANCY FACTS

During pregnancy, your body needs more water to cope with the demands of your changing body.

Dehydration during pregnancy can lead to many complications such as headaches, nausea, cramps, and dizziness. This is especially important in the third trimester when dehydration can actually cause contractions that can trigger preterm labor.

The best way to tell if you are dehydrated is to check the color of your urine. It should be pale or straw-colored. If it is dark you need to drink more water.

Some women find that drinking water regularly helps relieve symptoms of morning sickness, acidity and heartburn as well as indigestion. It also helps in keeping your body cool and maintaining your temperature.

Water also helps prevent urinary infections, which are common during pregnancy. If you drink enough water, your urine will be dilute, reducing your risk of infection. It also eases constipation, hemorrhoids, and water retention. Although you may not think so, the more water you drink during pregnancy, the less water your body will retain.

Stay away from caffeinated beverages, they are diuretics which make you urinate more so you actually lose water.

Your body and your vital organs must have water to function properly. Pregnant or not, you need water to keep healthy.

Source: www.babycenter

### 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.

Follow the directions on the package for using a sunscreen product on babies less than 6 months old. Your baby's best defense against sunburn is avoiding the sun or staying in the shade.

Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. If your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun. There's no other way to say it tanned skin is damaged skin. Any change in the color of your child's skin after time outside whether sunburn or suntan indicates damage from UV rays. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them and sometimes only slightly.

Kids often get sunburned when they are outdoors unprotected for longer than expected.

Keep sun screen protection handy in your car, bag, or child's backpack.

Source: cdc.gov/cancer/skin



several weeks following illness.

Avoid swallowing water while swimming or boating.

Wash raw fruits and vegetables thoroughly with clean water before eating them.

Wash your hands carefully before you eat, after using the restroom or changing diapers, after you have cared for anyone with diarrhea, and any time you have been in contact with contaminated surfaces.

Stay away from swimming pools and other recreational waters if your or a family member has had diarrhea.

Doctors recommend drinking plenty of fluids to prevent dehydration.

Source: www.nfid.org



## FUN THINGS TO DO



### 4th of July Popsicle Stick Flag

9 popsicle sticks

Red craft paint

White craft paint

Blue craft paint

Paint brushes

Instructions:

Paint the 4 red and 3 white, let them dry

After the paint is dry, alternate them in order face down.

Then glue the 2 plain trimmed popsicle sticks vertically to keep the stripes together. You can use paint, blue card stock or construction paper for the blue rectangle. For the stars use silver glitter glue, white paint, or cut them out of card stock or construction paper.

Have a Safe and Happy 4th of July!!!