

Tips For Packing A Healthy School Lunch

by Stephany Pando, cooksmarts.com, edited for space

Packing lunches for your back-to-schoolers is no easy task. It takes time and planning. Plus, every parent knows that just because you pack it, doesn't guarantee your kids will actually eat it.

However, this doesn't mean you have to fill your kids' lunchboxes with pizza and cookies everyday. Below we offer 5 tips for how to pack a nutritious lunch that your kids will look forward to eating and you'll feel good about giving them.

Tip #1: Get Your Kids Involved

- Give your kids healthy food options from each food group and let them make the final decisions on what goes in their lunch.
- Take your child grocery shopping with you and let them have a say (to a certain extent) in what goes into the cart. This promotes feelings of responsibility and empowerment.
- Designate a part of your kitchen as the "lunch packing station" and spend some time there with your kids the night before to get lunch ready for the next day.

Tip #2: Turn Healthy Foods into Fun Foods

- Use cookie cutters to make shapes out of bread, deli meat, cheese, or a melon-baller for fruit.
- Use kid-friendly skewers to make colorful food kebabs.
- Create a theme for the day and have all of the foods in their lunch relate to the theme

Tip #3: Make Your Own Snacks – and limit processed ones

Kids rely on snacks to keep their energy up, but the type of snack is important to consider. Packaged snacks tend to lack important nutrients and can be high in sugar, sodium and saturated fats. Take control of what is in your kids' snacks by making them yourself!

Tip #4: Incorporate All Food Groups

A balanced diet includes all of the food groups. Luckily, there are so many different ways to enjoy each food group:

- Fruits: fresh, frozen, dried, canned, baked (think apple chips!) or pureed.
- Vegetables: fresh, frozen, or baked (think kale chips!)
- Lean protein: baked chicken, deli meats, hard boiled eggs, beans or nuts (be aware of nut allergy regulations at your child's school).
- Low-fat dairy: milk, cheese or yogurt
- Whole Grains: pita, sandwich bread, tortillas, wraps, and pastas

Tip#5: Encourage Hydration

It's recommended that school-aged kids drink between 6-8 cups of water a day (even more in hot weather or if their activity level is high).

- Let your child pick out their favorite water bottle and encourage them to drink the whole thing at least twice at school. They'll be more inclined to do it if they feel like they are completing a challenge!
- If the "flavor" of water is too boring for them, throw in a few pieces of frozen fruit to sweeten it up and keep it cooler.

With these tips in mind, you and your child are ready to start out the school year on the right foot. Good luck – and happy packing!

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Health and Wellness Here's What Happens When You Eat Grapes for Two Months

The near-magic of grapes lies in their potent combination of vitamins, minerals, fiber, protein, and antioxidants. From disease prevention to better memory to a longer life, there is little that grapes can't do. They can even be used to chill drinks without watering them down like ice does.



1. Disease Prevention.

Antioxidants are highly beneficial compounds that help repair cellular damage caused by harmful free radicals. Grapes contain many types of antioxidants, primarily in the skin. Red grapes have the highest level of antioxidants, including the polyphenol resveratrol, which has been credited with significant heart-healthy benefits. It also regulates blood sugar and lowers your risk of developing cancer and diabetes.

2. Better Eye Health

The beneficial compounds in grapes may also help protect your eyes from common degenerative diseases. In test tube studies, resveratrol also protected human retinal cells from damage due to ultraviolet light. Grapes also contain a pair of antioxidants called lutein and zeaxanthin that further shield your eye health, especially from the blue light that comes from your phone.

3. Slower Ageing

Certain plant compounds found in grapes, including resveratrol, have been found to affect aging and lifespan. While resveratrol handles your insides, the vitamin C in grapes helps to keep your skin healthy. It plays an important part in the production of collagen, the substance that keeps skin smooth, elastic, and wrinkle-free.

4. Decreased Inflammation

Chronic inflammation is the hallmark of diseases like arthritis, but is actually a factor in every disease. Grape powder has featured in several studies that look at inflammation. In one study of 24 men with metabolic syndrome (a group of risk factors for type 2 diabetes and cardiovascular disease), a daily dose of grape powder equivalent to 1.5 cups of fresh grapes was found to significantly raise the level

of anti-inflammatory compounds in their bloodstream.

5. Sharper Memory

One 12-week study done on 111 healthy older adults found that 250 mg of a grape supplement each day noticeably improved upon baseline scores for a cognitive test. Another study revealed that 8 ounces of grape juice per day can both boost your mood and increase your speed of memory recall.

6. Improved Bone Health

Grapes provide many of the minerals critical to bone health, vitamin K being chief among them. Vitamin K plays a strong role in keeping calcium inside your bones, preventing it from leaching out into the bloodstream. In a nice kind of synergy, grapes also contain some calcium, as well as phosphorus, magnesium, potassium, and manganese.

7. Bolstered Immune System

There are several compounds in grapes that can protect against viral and bacterial infections, including good old vitamin C and the magnificent resveratrol. With a daily dose of grapes, you too can become one of those annoying people who never seem to come down with the seasonal cold or flu. Grapes may also offer some protection against food-borne illnesses. (From RobHealth)



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FACT:

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The Value of Sleep for Children and Teens Shelley Coleman M.A., L.P.C.-S.

As important as food and water, sleep is vital to your well-being. And, if you are a parent, research shows that your children are not getting the sleep they need. According to the National Sleep Foundation, children (ages 6-13) require 9-11 hours of sleep per night and adolescents (ages 13-18) require 9-10 hours per night. A recent study from the Centers for Disease Control found that 31% of teens get 8 hours or less of sleep per night and most school age children are getting 8.5 hours.

For growing brains and bodies, not getting enough sleep can have consequences on school and relationships. Teens and children can have difficulty concentrating when sleep deprived. And, according to the Sleep Disorder's Center, approximately 1,550 people are killed annually in crashes related to drowsy driving. Often, these crashes are caused by young people under the age of 25.

On the contrary, quality sleep has been linked to improved attention, better mental health, and lower risk of obesity. In recognizing the importance of quality sleep, parents can help children establish healthy sleep habits at an early age. If healthy sleep hygiene is established in adolescents, those habits can carry into adulthood.

Healthy sleep habits for teens and children include:

- a set bedtime and wake time that does not vary by more than $\boldsymbol{2}$

hours on the weekend

- a relaxing bedtime routine such as reading for teens or story time for children
- no "exciting" activities at bedtime such as jumping or wrestling for children or computer games for teens
- daily exercise
- healthy diet
- no caffeine after 4 PM

If you think your teen or child may have a sleep issue, there are common symptoms you may notice. For adolescents, parents may have difficulty waking them in the morning or observe that their teen is irritable in the early afternoon. Children may require excessive "help" falling asleep, wake many times during the night, or cause their parents to lose sleep. While these symptoms are usually easily addressed by improving sleep habits, more severe symptoms should be addressed with the help of a pediatrician or behavior specialist.

As parents, the value that we place on sleep is a big influence on our children's attitude toward sleep. Fortunately, there are a lot of practical steps we can take to help our children get the sleep they need. There are too many benefits of good sleep for our teens and children to miss out on them.





Labor Day comes on the first Monday of every September. However, there's a lot more to the holiday than an extra day off from work, sweet sales, and hitting up the beach or a BBQ with friends. Here are 15 facts about #LaborDay that you may not have known!

1. Labor Day is considered the unofficial end of summer. Don't worry though, the official end of summer is September 21st so you still have time to catch some waves and rays.

2. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City in Union Square. It was sponsored by the Central Labor Union.laborday17

3. According to NBC, US workers punched in an estimated 1,790 hours per year. That's a lot of punching.

4. Labor Day weekend is considered one of the busiest weekends to travel. AAA's says travel growth over this weekend has grown. Last year, over 35.5 million people hit the road, 85.8 % by car. So where is everyone going? According to Twitter's conversations from last year, the east coast beaches were the most talked about locations this time last year. South Beach Florida, Myrtle Beach, and Coney Island are just a few that often get mentioned on Twitter.

White clothes after Labor Day was often seen as a fashion "don't". People would stow away their summer clothes and bring out the fall apparel. Typically, summer clothes were light and white. However, over the years it's become less of a faux pas. Just take a scroll through Free People's website and you'll see white is for every season.laborday1

6. Can you take a stab at the top grossing movie opening on Labor Day Weekend? According to BoxOffice Mojo, it was Halloween in 2007 bringing in \$30,591,759.

7. There's some controversy as to who started Labor Day. Some say it was Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners. Other say it was Matthew Maguire a member of International Association of Machinists. The controversy continues with no declared official winner. What we do know is that President Grover Cleveland signed it into law in 1894. By the way, Labor Day came about more than two decades BEFORE the US Department of Labor Existed.

8. Creators decided to pick the first week of September to honor Labor Day because it is between the 4th of July and Thanksgiving.

laborday11a

9. Thousands of moms will go into labor on Labor Day resulting in about 10,829 babies being born, according to the U.S. Center for Disease Control and Prevention. Oh baby!

10. It takes U.S. workers about 25.4 minutes to get to work, according to an NBC news.

11. Labor Day is considered the end of hot dog season. According to the National Hot Dog and Sausage Council, (yes, that's a real thing) from Memorial Day to Labor Day, Americans typically consume 7 billion hot dogs. That's 818 hot dogs consumed every second during that time. By the way, this year's winner of the infamous Nathan's Hot Dog Eating Contest at Coney Island was Joey Chestnut. He ate 70 hotdogs in 10 minutes.

12. #LaborDay hashtag has been used on Instagram 1,457,057 times. Interesting enough, the #KimKardashian hashtag has been used 4,294,598.

13. The average work day in the 19th century was 12 hours long, 7 days a week and sometimes children as young as 5 were working in factories!laborday12

14. In 1887, Oregon was the first state of the United States to make it an official public holiday

15. Finally, the back story of a labor icon. Her name is Rosie the Riveter. She was used as a symbol of feminism and a morale booster for women working in factories during World War II. Artist J. Howard Miller designed the infamous Rosie the Riveter poster. She has stood the test of time as inspiration. Just recently, Kendall Jenner built her own Rosie campaign with Rock the Vote to get young people out to vote in 2016.



HOME DECOR 101

Decorating with Bold Colors

From dark and moody to vibrant and bold, colorful design is gaining favor among homeowners ditching safe, neutral palettes to create more daring, dramatic spaces.



Decorating with deeply saturated colors can be intimidating. Explore these ideas to welcome more bold colors into your home and create inviting spaces for living and entertaining.

WALLS OF COLOR

Say goodbye to beige and embrace the bold color trend by enhancing walls with hues that make a statement. The trick is to avoid making colors so loud that the space loses its stylish appeal. Bold doesn't necessarily mean bright, so look for muted variations of the shades you prefer. Also remember that when it comes to design, there is such a thing as too much. If painting all the walls in a space will close it in or make it feel lost in the dark, try adding color in more subtle ways, such as an accent wall (or two), or painting the ceiling as your accent. Another option for implementing vibrant wall color: stick to smaller rooms, where the bold look is less likely to be overwhelming.



Unexpected Pops of Color

Designers often talk about adding pops of color to bring together a palette, but there are no real rules about where those color enhancements can or should be. Introducing vibrant color in unexpected places can be an especially impactful way to stylize a room. One example is with a skylight blind, which provides a decorative element while also allowing for light control. If you prefer a trendy option like combining dark colors with metallic accents, consider options such as a metallic gold skylight blind from Velux to connect to the room decor below. More than 80 color and pattern choices heighten the drama of a skylight blind, and you can choose from features like room darkening, light filtering and Venetian-style blinds to add function as well.

(Continued on Page 6)

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ILLUMINATE COLOR WITH NATURAL LIGHT

When decorating with statement colors, remember that lighting can make a significant difference in the overall aesthetic. In addition to lighting fixtures, be sure to incorporate plenty of natural light to bring out the best in those bold hues.

To bring natural light deeper into the space, consider skylights as an option with a solution such as Velux No Leak Solar Powered Fresh Air Skylights, which can bathe the space in natural light and open to bring in fresh air. Another smart way to capture natural light is by installing an option like Sun Tunnel skylights. With their low-profile design, they create a sleek appearance, and installation is also quick and easy. Learn more at whyskylights.com.

BOLD FURNISHINGS

An often overlooked but essential component of design is the furniture. Creating a colorful, inviting room doesn't stop with the walls and floors; what's in the room can bring the colors to life. Think of the space and all its contents, not just the architectural components, as your canvas for creating the space you envision. If you're hesitant to invest in a pricy couch in a trendy hue, a compromise might come in the form of a richly colored accent table or chair.

CREATIVE CABINETRY

Traditional wood grain cabinetry sometimes gives way to far more creative color schemes in kitchens and bathrooms. While white is still a popular choice, and can even be considered bold in the right setting, true color on cabinets is also gaining traction among homeowners. With the right backsplash, countertops and flooring, you can safely install cabinets in a uniform color throughout the kitchen, but another on-trend option is to reserve the color for an island base or just one wall of cabinets. You could even mix and match colors on the tops and bottoms. Detail elements like the hardware provide another opportunity for a bold look. You can enhance the room's design with standout pulls that lend extra vibrance to the space.

FABRIC WITH FLAIR

Textiles provide nearly unlimited options to balance a bold design. Using lighter fabrics for elements such as draperies, upholstery, rugs and decorative pillows can soften the feel of a room with bold tones. Look for subtle patterns that pull in hints of the deeper hue to bring the look together, or simply coordinate shades from complementary color families.





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Pet Place Reasons to "Scoop the Poop"

Dogs are a very popular pet and are found in many households. There are 70 million pet dogs in the United States alone. Opening up your home to a dog also means accepting responsibility for that pet, including cleaning up their waste.

Most people have heard the term "scoop the poop" but some people may not have heard the reasons why this is so important. Some people view dog feces (or what most people call dog poop) as a good fertilizer, but this is actually a myth. Dog diets mostly contain animal products such as chicken and turkey. Thus, a dog's waste contains substances created by the breakdown of the animal products. It does not enrich the soil for plants such as grass. If not picked up, dog feces can enter waterways via storm drains after it rains. Nitrogen in the feces depletes the oxygen from the water, and

the water is made harmful to fish and other aquatics. It is often listed as the third leading cause of water pollution. Dog feces are also considered an environmental pollutant as it contains

harmful organisms. One gram of dog feces may contain as much as 23 million bacteria. Harmful bacteria such as Salmonella and E. coli can be found in dog feces. Parasites such as Giardia,

> Cryptosporidium, roundworms, hookworms and whipworms may also be found. Many of the parasites (usually in a resistant egg form) linger in the environment for years, even if the rest of the dog feces breaks down over time. Both bacteria and parasites are health hazards for both humans and animals that come in contact with them.

Besides the "ick" factor of stepping in dog poop and the unpleasant odor of it, dog feces can serve to attract pests (such as flies) and rodents (such as rats). Being a responsible pet owner and scooping your dog's poop is important for the community health of

both humans and animals. It helps Improve local water quality. Scooping your dog's poop also promotes favorable views towards dogs by others in the community.



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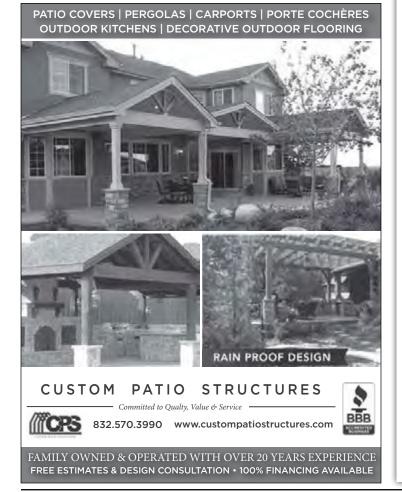
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10 Easy Ways to Make Your Home Safe

A home should be a sanctuary and a safe haven. You can ensure that you and your loved ones remain out of harm's way in the precincts of your homestead.

To avoid all kinds of accidents you should make it an accident-proof dwelling. It's really simple if you observe specific steps to keep mishaps at bay.

Here are 10 easy ways to make your home safe and secure. These will help you take care and protect yourself, family members and house-guests. Employ these effective tips:

1. Keep interiors and exteriors well lit. This is important at nighttime and also in winters when daylight is not very effective. Critical areas that need to be illuminated are the stairs, outdoors and foyers.

2. Never leave electrical problems pending at any point. The slightest fluctuation should be attended immediately. Make it a cardinal rule to switch off appliances after use.

3. Smoke alarms are a necessity and you must have the very best. Practice regular safety drills with your family to ensure awareness of procedures.

4. Keep ordinary appliances safely as they could be dangerous. Especially with kids around. Make electrical outlets safe by safety plugging and child proofing them. Keep sharp objects like scissors, knives, weapons and match boxes out of reach.

5. Ensure locks and bolts on doors and windows are in order and tamper-proof. Keep an eye out for suspicious characters and never invite strangers into your home. Teach your children not to entertain queries from strangers.

6. Do not share information about working or school hours. Teach family members to avoid telling people about schedules and routines. Do not put personal information online and never respond to voicemails.

7. The risk of accidents goes up when you are getting maintenance or repair work done. Ensure safety and precaution and be prepared to react quickly to accidents or injuries.

8. Do not attempt repair work of appliances involving undue risk. Many home accidents are the result of improper tampering with tools like lawnmowers and trimmers.

9. Maintain caution when driving vehicles in or out of your home. If you are backing the car up, watch out for children and pets on the road.

Make sure you don't leave stuff on stairs that may cause people to trip and fall. Be watchful when clearing snow from pathways that you do not heap it up in areas where people might walk.

CROSSWORD PUZZLE

ACROSS

1. Pen brand 4. Oriental tower 10. Self-esteem 11. Excuses 12. Shade tree 13. Napkins 14. Filament 16. Shekel 17. Hula 18. Iowa (abbr.) 20. Man's title 22. Type of dressing 26. Short-term memory 29. Exodus 31. Hype 33. Airport abbr. 34. Glistening

- 35. Cask

- DOWN
- 1. Wood
- 2. Ice house
- 3. Fast food meal
- 4. Ashen
- 5. Excuse
- 6. Cocktail drink 7. Follow
- 8. Eaten
- 9. Association (abbr.)
- 15. Words per minute
- 19. Abridged (abbr.)
- 21. Become less tight 23. Onion like vegetables



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