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Fall 2019 Newsletter

Tips for Preparing for Winter

Home

- Install weather stripping
- Insulate exterior water lines
- Repair roof leaks
- Clean gutters
- Have your heating system serviced professionally to make sure that it is clean and working properly
- Clean and inspect fireplaces and chimneys
- Check batteries in smoke detectors
- Check on neighbors who are especially at risk from cold weather hazards
- Clean out closets
- Shut off water to the outdoor faucets, sprinkler system and pool



Read full article at:

<https://www.cdc.gov/features/winterweather/index.html>



Car

- Get your car serviced and checked for anti-freeze levels
- Refresh how to use jumper cables
- Make sure your first aid kit is fully stocked
- Put on snow tires

Items for a winter survival kit

- Car ice scraper
- Snow brush that is big enough to reach your whole car
- Jumper cables
- Tow strap
- Cat litter for getting your car out of ice
- Emergency thermal blanket
- Compact snow shovel
- Portable chargers for cell phone
- Flashlight

Read full article at:

<https://thepreppingguide.com/10-things-you-can-do-to-prepare-for-winter/>

Yourself

- Build your stockpile of food
- Cook a few meals ahead
- Winterize your home
- Check over winter gear to make sure the items fit properly
- Test snow plows/ snow blowers to make sure they work properly
- Use a humidifier in your home
- Take vitamin D regularly
- Use a heavy moisturizer to prep your skin for the brutal winter cold
- Stay hydrated
- Wash your hands thoroughly and often



Read full article at:

<https://www.ahealthiermichigan.org/2016/11/28/7-ways-to-prepare-your-body-for-winter/>

Alternatives to Halloween Candy

- Juice Boxes
- Natural Fruit Strips
- Bouncy Balls
- Rubber Stamps
- Pumpkin Oranges
- Stickers
- Bubbles
- Glow Sticks
- Spider Rings



Read the full article at: <https://wellnessmama.com/128061/healthy-halloween-treats/>

Why Give Non-Candy Treats?

1. Candy has high rates of sugar
2. Food allergies
3. Dye sensitivities
4. Quick decay of teeth



Easy Fall Recipes:

5 Minute Pumpkin Mousse

Ingredients:

- 1 15 oz. can of pumpkin
- 1 small instant vanilla pudding mix
- 1 tsp. pumpkin pie spice
- 1 8 oz. Cool Whip

Instructions:

- 1 Beat together pumpkin, pudding mix and pumpkin pie spice
- 2 Hand stir in Cool Whip until blended
- 3 Store in refrigerator
- 4 Enjoy with Gram Crackers



View full article at: <https://www.sixcleversisters.com/pumpkin-mousse/>

Apple Nachos

Ingredients:

- 2 of any apple
- ¼ cup of melted peanut butter
- 2 TB chocolate chips

Instructions:

- 1 Cut apples into slices and put on plate
- 2 Heat peanut butter in microwave-safe dish for 20 seconds or until melted
- 3 Drizzle peanut butter over apples
- 4 Sprinkle chocolate chips



View full article at: <https://www.mommafityndsey.com/2018/07/24/healthy-snack-ideas/>



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