



Wellspring

a bountiful source for healthy living

JUNE
2017



DAIRY AND ALTERNATIVES

Dairy foods are a wholesome and delicious source of essential nutrients! Milk, cheese and yogurt contain calcium, protein, and Vitamin D that improve bone health, especially in children and adolescents, and help to reduce the risk of cardiovascular disease, Type 2 diabetes and blood pressure in adults.

Not big on milk? For those looking or needing to maintain a dairy-free diet, here are some great dairy alternatives to ensure you're still getting those important daily nutrients:

- **Calcium-fortified juices, cereals, breads, rice milk, almond milk or soymilk**
- **Canned fish such as sardines, mackerel and salmon**
- **Soy products such as soybeans, tofu made with calcium sulfate, soy yogurt, tempeh and edamame**
- **Leafy greens such as collard, turnip greens, kale, okra, broccoli, spinach and arugula salad greens**
- **Dried figs**

For some great ways to get more dairy in your diet and more information on dairy alternatives, visit our Pinterest page at www.pinterest.com/wppartners/dairy-sources-and-alternatives/



NATIONAL CAMPING MONTH SAFETY TIPS

A favorite time of year for many—National Camping Month is here! Toast marshmallows by the fire, go kayaking on the still morning lake or spend your day swimming, fishing or hiking. If activities such as these aren't enough to get you pitching that tent, studies show that camping—and outdoor activities in general can improve your physical and mental health! The goal of National Camping Month is simply to get people outside.

This is especially important for children. There has been a decrease over the years in the participation of children in outdoor activities. But you don't have to wait until the big family camping trip to get your kids enjoying nature—just set them up in the backyard with a sheet or an old tarp, some sleeping bags, snacks and flashlights and they should have a memorable night!

Whatever adventures you have planned for the great outdoors this month, they will be far more enjoyable if done safely. Take the following precautions to ensure that you and your family members (and the environment) stay safe from harm this season.



GET VACCINATED

Vaccinations can defend against certain diseases and conditions you might find while you're camping. Check with your family doctor to make sure you and your family members are up to date on all recommended vaccinations.



PACK THE ESSENTIALS

Make sure you pack a supply kit that includes water, food, a first-aid kit, GPS or compass, a map, flashlights, spare batteries, blankets, clothes, and any necessary medications.



PREPARE SAFE FOOD & WATER

Pack safe and healthy foods for your camping trip. Consuming contaminated food or water can increase your risk of developing certain infectious diseases.

- Pack food in tight, waterproof bags or containers and keep them in an insulated cooler.
- Separate raw foods from cooked foods.
- Wash hands and surfaces often. Use hand sanitizer if water is not available.
- Ensure foods are fully-cooked to proper temperatures.
- Chill foods promptly.



KEEP BUGS AT BAY

Mosquitoes, ticks, and other insects are natural carriers of disease. Make sure to use insect repellent with DEET and reapply it often enough to keep the mosquitoes and other bugs at bay. Regularly check yourself and family members (and furry friends) for ticks and remove if you find any.



DRINK PLENTY OF WATER

Avoid heat-related illnesses by carrying water with you at all times and consuming more than you typically do at home.



PROTECT YOUR SKIN AND EYES

Apply broad-spectrum sunscreen to your skin throughout the day even if it's cloudy or raining. Wear sunglasses to protect your eyes from the sun's rays.



BE AWARE OF WILD ANIMALS

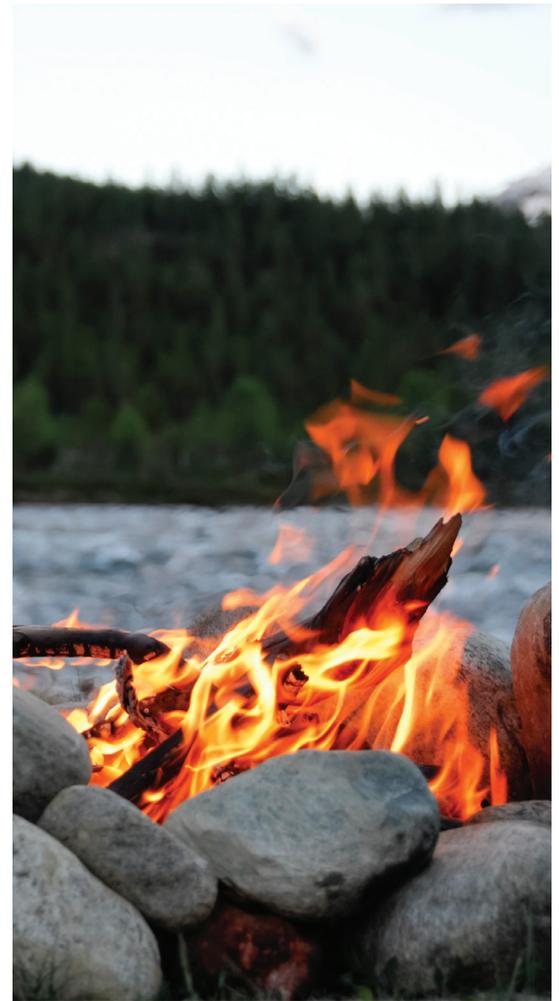
Do not feed, touch, or get near any wild animals. Always store your food out of reach and keep food cleaned up as not to attract them.



DOUBLE-CHECK YOUR FIRES

Sadly, around 90 percent of all wildfires are started by people who neglect to properly put a fire out. If you build a fire, ensure that it is completely out before you leave.

Oh, and here's a fun camping tip—If you lay back and look at the stars on a clear night, you should see a falling star approximately every 20 minutes! So get out there are start watching!



PREVENTING DRUG USE IN YOUTH

The early use of drugs increases a person's chances of developing addiction. If we can prevent young people from experimenting with drugs, we can reduce the risk and, hopefully, prevent drug addiction. While we can all help to discourage youth from using drugs, the first line of defense are a child's parents.

The children of parents who do the following things are five times less likely to use (or even try) illegal drugs:

LISTEN

Giving your child your undivided attention for even a few minutes each day reinforces your bond. By actively listening, you show that you care and encourage them to tell you things.

USE POSITIVE REINFORCEMENT

Praise and thank your child daily for the things that they do well or right.

SET AND ENFORCE RULES

Set clear rules for acceptable and unacceptable behavior and be consistent with clear and reasonably set consequences.

ALWAYS ASK:

- Where your child will be
- How long they will be there
- Who they will be with
- What they will be doing

"Even in very difficult circumstances, a strong bond between children and parents can mean less risky behaviors"

– United Nations Office on Drugs and Crime

