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Take Action at Home During Poison Prevention Week

by homewarranty.com

National Poison Prevention Week is observed each year during the third week of March to remind us all of the dangers of poisoning throughout our households. Here are some great tips from the Health Resources and Services Administration (HRSA). *Full article at poisonhelp.hrsa.gov.*

IN THE HOME SAFETY TIPS

Each year, more than 90% of exposures reported to local poison centers occur in the home. Here are some ways you can keep your family, friends, and yourself poison-safe at home:

Be Prepared for a Poison Emergency:

Put the Poison Help number, 1-800-222-1222, in your mobile phone and display it in your home and at work in case of emergency or if you have questions. You can also text POISON to 301-597-7137 to save the number in your mobile phone. Calls are free, confidential, and answered by experts - 24/7/365.

Practice Safe Storage Habits

The following items should be stored in their original containers up, away, and out of sight of children. Keep these substances in cabinets secured with child-resistant locks.

- All medicines and pharmaceuticals, including over-the-counter medicines, prescription medicines, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry and cleaning supplies

- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers

Read and Follow Labels and Directions

Make a habit of reviewing the label on any potentially hazardous substance or product prior to use, especially before administering medicines. Take care to follow usage directions, as well as instructions for safe storage and disposal. Call your local poison center by calling 1-800-222-1222 if you have any questions about the directions.

To protect your family, install **carbon monoxide detectors** in your home. Carbon monoxide is a colorless and odorless gas that can lead to severe illness and even death. Most carbon monoxide exposures occur during the winter months or during power outages.

Practice safe food preparation and handling to avoid food poisoning.

FOOD SAFETY TIPS

Keep raw meats, eggs, and poultry separate from other foods in grocery bags, on the counter, and during preparation.

Use a food thermometer to check if meat is fully cooked and has reached the internal temperature required to kill harmful bacteria. Once cooked, keep hot food hot and cold food cold.

STORE: Refrigerate leftovers within two hours to reduce the risk of bacterial growth. Consume or freeze within 3-4 days.

March Calendar

March 8 - International Women's Day

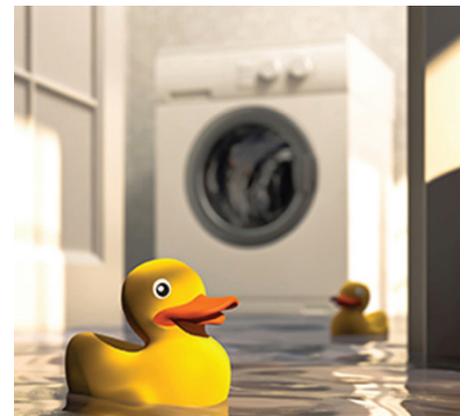
March 12 - Daylight Saving Time Begins

March 17 - St. Patrick's Day

March 20 - Spring Begins

March 19 - 25 is Poison Prevention Week

Homeowner Tips



How to Shut Off Your Water Main

Every home has a main water shut-off valve, and every homeowner should know where it is and how to turn it off. The water main valve is usually located close to where the water main enters the house from the street. Turn the wheel handles clockwise to cut off the water supply. For levers, slowly turn the lever handle 1/4 turn. Make sure other family members are familiar with the water main in case of a water emergency.

It's the Season That Puts a Little Spring in Our Step

It's no surprise - the results are in, and Rasmussen™ Reports finds 33% of American adults name spring as their favorite season. And why not? The weather is great, trees are budding, and spring flowers like tulips are finding their way out of the winter ground.

Here are a few facts about this favorite season:

- The first day of spring in 2023 is March 20.
- The first day of spring is known as the vernal equinox. In Latin, the word vernal means “spring,” and equinox means “equal night.”

- The spring equinox is one of only two times during the year when the sun rises in the east and sets in the west - the other being the fall equinox.

- If you were to stand on the equator during either the spring or fall equinox, you would see the sun pass directly over the top of your head.

- At the North Pole, the spring equinox marks the start of six months of uninterrupted daylight. Whereas at the South Pole, the spring equinox marks the start of six months of darkness.

- There's a bit of truth to “Spring fever.” Scientists believe that longer days cause people to be more active, creative, and happy.



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Celebrate St. Patrick's Day with a Vibrant Shamrock Salad

If you are looking for a festive and fresh salad to serve for St. Patrick's Day, look no further. The salad I am sharing with you today is green, healthy, and delicious.

INGREDIENTS

- One 5 oz container organic baby spinach
- 2 green onions, sliced
- 1 bunch of organic asparagus, ends trimmed off and cut into 1 1/2 inch pieces
- 4 organic kiwi, sliced
- 2 medium organic pears, sliced
- 2 small avocados, diced large
- 1/4 cup lime juice

- 1/4 cup avocado oil
- 1/2 tsp sea salt, or to taste

INSTRUCTIONS

In a large bowl, combine the spinach, onions, asparagus, kiwi, pears, and avocado.

In a smaller bowl, whisk together the lime juice, avocado oil and sea salt.

Pour the dressing over the salad in the bowl, and toss with hands until everything is coated in dressing and evenly distributed, being gentle so you don't break up the fruit.

Transfer to a serving dish, and enjoy.



Photo & recipe courtesy of:
freshandnaturalfoods.com