

Consortium Connection

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“Healthy Environment, Healthy Lifestyles, Healthy Community”

Hurricane Safety

Early preparation in the event of hurricane is key.

- 1. Be Informed:** Understand how hurricanes and tropical storms can directly affect you and your family where you live, work and go to school. Check the weather forecast regularly. Know local shelters you can go to with your family and pets.
- 2. Develop a Family plan:** Locate safe rooms in your house and escape routes in case of an emergency. Make a Ready Emergency Preparedness Plan and prepare a Emergency Supply Kit.
- 3. Secure your Home:** Protect your home so wind can't enter. Check your flood Insurance.
- 4. Prepare an emergency care kit:** Make sure you assemble a survival kit so you have it for all your family members and pets.

Your Hurricane Kit should include:

- a. Flashlights with extra batteries*
- b. Portable radio with extra batteries or a crank-up model*
- c. First-aid kit*
- d. Necessary medical supplies including prescription drugs*
- e. At least one gallon of drinking water per person per day for at least three days*
- f. Three-day supply of ready-to-eat food*
- g. Manual can opener*
- h. A waterproof, fireproof container with valuable papers*

Here are some great tips to help you stay prepared:

- If you don't know if you live in an evacuation zone, find out by checking with your county's emergency management office before the storm.
- Store gasoline in approved containers only. Put your containers either in a shed away from your house or in a well-ventilated garage with a firewall.
- Gas up your vehicles before the storm and make sure you never go below half a tank during hurricane season.

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-By the Consortium Initiative Team

Short Thoughts...



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ur kid's health is dependent upon what they consume, proper nutrition. OUR Kids must get all of the important proper nutrients they need is to eat a diet that features a variety of healthy foods. Such a balanced diet includes selections from each major food group from MyPlate: fruits, grains, proteins (meat & beans), dairy, and vegetables.

WHY- Eating a healthy, a really nutritious diet is important for all everyone, especially our children. Kids require various nutrients and vitamins which will enable them to grow properly. When children do not eat well, they may not develop as they should, which can put them at risk for numerous health problems, such as obesity, in the present and the future. The risk of becoming overweight is even greater for kids who eat poorly and do not get enough exercise.

Food Benefits- Every one of the five food groups supplies more than one type of important nutrient, but some are better providers of certain nutrients than others. For example, meat and foods in the same group--such as beans, nuts and fish--provide protein and the mineral iron. However, dried fruits, fortified cereals and some vegetables, including spinach, supply iron, too. A balanced eating plan for children based on the major food groups should include approximately 1 1/2 cups of fruit, 5 oz. of grains, 4 oz. of meat or other foods rich in protein, 2 1/2 cups of milk or other foods rich in calcium and 2 cups of vegetables each day. Whole grains and lean proteins are most nutritious, as are low-fat or no-fat dairy products and vegetables with a dark green or orange color.

Good Fiber - Fruits and vegetables are not only an excellent low-calorie and low-fat source of numerous minerals and vitamins, but also fiber. Found in whole grain foods as well, fiber helps fill you up and can even help lower your chances of developing coronary heart disease, according to "Dietary Guidelines for Americans 2005." Children ages 2 to 3 need 19 g of fiber each day, and those ages 4 to 8 need 25 g, states MayoClinic.com. Girls ages 9 to 18 need 26 g of fiber per day, while boys ages 9 to 13 need 31 g and boys ages 14 to 18 need 38 g.

Calcium- Dairy products, such as milk, supply kids with most needed calcium, one of the most important nutrients of all. Calcium is essential for strong bones and proper growth. Additional good sources of calcium besides milk include cheese, dark green vegetables, salmon, yogurt and healthy food products fortified with added calcium, such as cereals and orange juice. Young children ages 2 to 3 require 500 mg of calcium daily, children ages 4 to 8 need 800 mg and older children ages 9 to 18 should get 1,300 mg every day.

Physical Activity - Walking, running, playing sports all good physical activity is the partner of eating healthy. In 2012 it was reported that almost 30 percent of all children in the United States are overweight. This is Obesity, which can increase their risk of developing health problems and low self-esteem. All it takes is a minimum of one hour of physical activity each day for children to achieve a healthy weight and avoid such problems, having your child get at least 60 minutes of daily exercise for all children ages 2 and up.

Submitted by Short Chef



Delicious and Nutritious Recipes!

----Healthy Pineapple----

1 Nice Ripe Pineapple
1 cup berry tomatoes
Picks for mini kabobs

1 cup Fresh Strawberries cut in half
1 cup of green and red seedless grapes
1 cup each of broccoli florets

1 cup pineapple chunks
2 inch chunks of celery
1 cup of cauliflower florets

1 cup each of Cheddar cheese, Swiss cheese cubes or Monterey Jake Cheese



Instructions:

Standing the pineapple up, slice 1 inch off the skin (be careful) – so that it will lay flat

2. Begin to assemble mini kabobs. Slide a cube of cheese, grape or a strawberry or a pineapple. Take a cheese cube, a berry tomato and broccoli or cauliflower floret. Insert the picks nicely into the pineapple.

National Safety Month

Safety Starts with Me

This year's safety theme focuses not only your own safety, but that of your coworkers, family and friends.

Protect Yourself from the Summer Heat

- Wear lightweight, light colored, loose-fitting clothes.
- Drink at least one cup of water every 15 minutes.
- Avoid caffeine, alcohol or large amounts of sugar.
- Avoid being in the sun for long periods of time.
- Use a buddy system When working in the heat or enjoying the sun
- Do not leave infants, children, or pets in a parked car
- Use a sunscreen lotion rated at or more than 25 SPF



Upcoming Events

Local Farmers Markets

Aventura Mall Farmers' Market Once a month on Saturdays, 10am to 9:30pm & Sundays, noon to 8pm. Open seasonally from January to October; 19501 Biscayne Boulevard; Aventura, FL 33180. 305.531.0038. themarketcompany.org

Opa Locka Farmers' Market Wednesdays, 2pm to 5:30pm. Open seasonally from February to June. 14120 NW 24th Avenue; Opa Locka, FL 33054. 305.685.0973

North Miami Farmers' Market Thursdays, 11am to 5pm. Open seasonally from October to May. 770 NE 125th Street; North Miami, FL 33161. about.me/northmiamifarmersmarket

Normandy Village Marketplace Saturdays, 9am to 5pm. Open all year. 900 71st Street; Miami Beach, FL 33141. 305.531.0038. themarketcompany.org

North Bay Village Farmers' Market Fridays, 2pm to 8pm. Open all year. 1551 79th Street Causeway; North Bay Village, FL 33141. 305.531.0038. themarketcompany.org

Upper Eastside Farmers' Market at Legion Park Saturdays, 9am to 2pm. Open all year. 6601 Biscayne Boulevard; Miami, FL 33138 urbanoasisproject.org

Miami Springs Farmers' Market Saturdays, 8am to 1pm. Open seasonally from September to March. 1801 Ludlum Drive; Miami, Florida 33166. miamisprings-fl.gov

Liberty City Green Market Saturdays 10am to 3pm. Open seasonally from January to May. 5988 NW 7th Ave, Miami, FL 33127. 786.873.0526

Brownsville Farmers' Market Wednesdays, 11am to 2pm. Open seasonally from January to April. southeast corner of 54th Street and 22nd Avenue. 5361 NW 22nd Avenue; Miami, FL 33142. 786.350.6571 urbanoasisproject.org

Wynwood Farmers' Market: Saturdays, 11am to 2pm. 400 NW 26th Street; Miami, FL 33127. 786.383.2532

Health District: Civic Center Metrorail Station Farmers' Market Thursdays & Fridays, 10am to 4pm. 1501 NW 12th Avenue; Miami, FL 33136. 305.531.0038. themarketcompany.org

South Beach: Miami Beach Botanical Garden Market Wednesdays, 9am to sunset. Open all year. 2000 Convention Center Drive; Miami Beach, FL 33139. 305.531.0038. themarketcompany.org

South Beach: Lincoln Road Farmers' Market Sundays, 9am to 6:30pm. Open all year. 30 Lincoln Road; Miami Beach, FL 33139. 305.531.0038. themarketcompany.org

Downtown: Government Center Farmers' Market Tuesdays, 10am to 4pm. 111 NW 1st Street; Miami, FL 33128. 305.531.0038. themarketcompany.org

Brickell/Flatiron Park Green Market Saturdays, 9am to 2pm. Open all year. 1001 South Miami Ave; Miami, FL 33130. 305.531.0038. themarketcompany.org

Sweetwater: FIU Maidique Campus Farmers' Market Wednesdays, noon to 3pm. Open seasonally in the fall and spring semesters. 11200 SW 8th Street; Miami, FL 33174. gogreen.fiu.edu

Coral Gables: Farmers' Market on the Plaza at the Coral Gables Museum Saturdays, 8am to 1pm. (resuming soon) 285 Aragon Avenue; Coral Gables, FL 33134. 305.910.3996. coralgablesmuseum.org

Olympia Heights: Southwest Community Farmers' Market . 305.663.0917

Coral Gables Farmers' Market Saturdays, 8am to 2pm. January to March. 405 Biltmore Way; Coral Gables, FL 33134. 305.460.5607 coralgables.com

Coconut Grove: Glaser Organic Farmers' Market Saturdays, 10am to 7pm. 3300 Grand Avenue; Coconut Grove, FL 33133. 305.238.7747 glaserorganicfarms.com

Coral Gables: Well 'Canes Farmers' Market Wednesdays, 9am to 3pm. September to May. 1300 Memorial Drive; Coral Gables, FL 33124. 305.531.0038. themarketcompany.org

Pinecrest Gardens Farmers' Market Sundays, 9am to 3pm. 11000 Red Road, Pinecrest; FL 33156. 305.531.0038. themarketcompany.org

Cutler Bay Farmers' Market Sundays, 8am to 3pm. 20002 Old Cutler Road; Cutler Bay, FL 33190. 786.486.0202. cutlerbay.net

Homestead: Redland Market Village at Bargain Town Saturdays & Sundays, 9am to 5pm. 24400 Packinghouse Road; Homestead, FL 33032. 305.257.4335

Homestead: Harvest Farmers' Market Saturdays, 9am to 2pm. Open all year. 7 NW 1st Avenue; Homestead, FL 33030. 305.246.0357.

West Miami: Norman Brothers Monday to Saturday, 8am to 7pm; Sundays 9am to 6pm. 7621 SW 87th Avenue; Miami, FL 33173. 305.274.9363 normanbrothers.com

West Kendall: Strawberry Fields of Kendall/West Kendall U-Pick Open 7 days a week, December to May 9am to 6pm. .8800 SW 167th Avenue; Miami, FL 33196. 305.322.3388 miamistrawberries.com

Kendall: Strawberry Fields of Kendall/Kendall U-Pick (Open 7 days a week, December to May 9am to 6pm. 9600 SW 137th Avenue; Kendall, FL 33186. 305.322.3388 miamistrawberries.com

Countrywalk: Strawberry Fields of Kendall/Countrywalk U-Pick (Open 7 days a week December to May, 9am to 6pm. 16100 SW 157 Avenue; Miami, FL 33187. 305.322.3388 miamistrawberries.com

Kendall: Margarita's Fruits & Vegetables Open 7 days a week, 9am to 6pm. Open all year. 15585 SW 177th Avenue (Krome Avenue); Miami, FL 33187. 305.233.7793

For additional information or to participate in the Consortium contact us at:

Tel: 305-278-0442

www.healthymiamidade.org