

hapitimes



Spring Allergies? Fight Back with These Tips

It's spring! And that means lots of pollen is in the air, triggering allergy symptoms in millions of people. This condition is called seasonal allergic rhinitis, commonly referred to as hay fever. Hay fever can lead to sinus infections and can disrupt your sleep and affect your ability to learn at school or be productive at work. Symptoms include:

- Itching in the nose, roof of the mouth, throat and eyes
- Sneezing
- Stuffy nose
- Runny nose
- Tearing eyes
- Dark circles under the eyes

Depending on where you live, there are generally three pollen seasons. The start and end dates of these seasons, as well as the specific plants involved, vary by climate.

- Trees generally pollinate in the spring. Birch, cedar, cottonwood and pine are big allergy triggers.
- Grass releases its pollen in the summer.
- Weeds cause hay fever in the fall. Ragweed is the biggest offender, as it can grow in nearly every environment.

Avoiding your allergy triggers is the best way to reduce symptoms:

- Limit outdoor activities during days with high pollen counts.
- Keep windows closed (at home or in the car) to keep pollen out.
- Shower after coming indoors. Otherwise, pollen in your hair may bother you all night.

— Source: American Academy of Allergy, Asthma & Immunology

Let's Snack! — Healthy Kids' Treats Don't Have to Be Boring

Snacking is a major pastime for many kids — and that's not necessarily bad. Nutritious snacking can help your child curb hunger throughout the day, as well as provide energy and important nutrients. Some tips:



- **Keep junk food out of the house.** Your child won't clamor for cookies, candy bars or chips if you don't keep them on hand. Set a good example by choosing healthy snacks yourself.
- **Go for the grain.** Whole-grain foods — such as whole-grain pretzels or tortillas and high-fiber, whole-grain cereals — provide energy with some staying power.
- **Mix and match.** Serve baby carrots or other raw veggies with fat-free ranch dressing or hummus. Dip graham cracker sticks or fresh fruit in fat-free yogurt. Spread peanut butter on celery, apples or bananas.

— Source: Mayo Clinic

Hapi Meals

Turkey Roll

Ingredients:

- Fresh blueberries
- Fresh strawberries, sliced
- Fresh spinach, torn into bite-sized pieces
- Fresh romaine lettuce, torn into bite-sized pieces
- Carrot slivers
- 1 tablespoon ranch dressing
- 1 soft tortilla
- ¼ teaspoon mayonnaise
- 2 slices turkey breast
- 1 slice Colby Jack cheese



Instructions:

1. Place the blueberries and strawberries in a small container together.
2. Place the spinach, romaine, and carrots in a small container together. Place the lid on the container and shake.
3. Place the ranch dressing in a small container (I like mine separate so my salad isn't soggy by lunchtime).
4. Place the tortilla on the cutting board. Spread mayonnaise on the tortilla, add the turkey, veggies, and cheese, roll the tortilla up, and cut it into 1-inch sections.

Recipe from the Healthy Lunchtime Challenge Cookbook: www.whitehouse.gov

Inside The Landmark

Story Time with Special Guests

Mary and Neil Early, local Beaumont residents who are nationally known storytellers and performers will be sharing their stories with on April 18.



Their multicultural stories combine fun and laughter with serious life issues, as they explore relationships, justice, nutrition, and devotion to life. More info: www.storiesandmore.org

Deals at The Landmark

Spread the word: Tenants get \$400 off the first full month of their lease!

Springing Forward!

The best way to spring ahead? Move and move some more! Walk, stretch, jump, skip, reach for your toes and reach for the stars. Ready, set, go!



Health Facts

Let's Dance!

Reasons to turn on the music and move:

- Maintain and improve heart health
- Burn calories and maintain healthy weight
- Improve balance
- Relieve anxiety and stress
- Boost mood

Source: Berkeley Wellness, www.berkeleywellness.com

Food For Thought

"We do not stop playing because we grow old, we grow old because we stop playing!" - Ben Franklin