

# Community Health Newsletter

Week 25



## Y-Mr. Yuk™



Created by the Pittsburgh Poison Center, Mr. Yuk symbol raises awareness for poison prevention and the poison centers. Poison centers are available 24 hours a day, every day of the year.

Regardless of your location in the U.S., dialing the national toll-free "Poison Help" number, 1-800-222-1222, will direct your call to the nearest poison center for free, confidential, expert advice. Program the "Poison Help" number into ALL your telephones, and post the number in a visible place.

Most poisonings can be prevented.

- Never tell a child that a medication is candy.
- Perform daily surveillance throughout your home and property to identify substances, including small, shiny objects, that may be within the reach of a child or pet.
- Always use child-resistant closures properly, and keep all medications, harmful products, and plants out of the reach of children and pets.

## Food of the Week: Yams

Yams are often confused with sweet potatoes. Yams are in the lily and grass family and originated in Africa and Asia. Sweet potatoes belong to the morning glory family, and are native to America. Sweet potato varieties are classified as either 'firm' or 'soft'. When cooked, those in the 'firm' category remain firm, while 'soft' varieties become soft and moist. It is the 'soft' varieties that are often labeled as yams in the United States. When soft varieties were first grown commercially, there was a need to differentiate between the two.

Now, the U.S. Department of Agriculture requires labels with the term 'yam' to be accompanied by the term 'sweet potato.' Unless you specifically search for yams, usually found in an international market, you are probably eating sweet potatoes that are rich in vitamins A, C, E, beta-carotene, folic acid, and potassium.



## Physical Activity

Rotator cuff injury can be caused by lifting and repetitive arm activities such as throwing a ball or placing items on an overhead shelf. Daily shoulder stretches will help you maintain shoulder flexibility.

Bend your arms at the elbows with hands parallel to the floor. Gently pull your elbows behind your back to squeeze your shoulder blades together. Hold for ten seconds and repeat 3 to 5 times.

To request a free sheet of Mr. Yuk stickers, send a self-addressed, stamped business size envelope to: Mr. Yuk, Pittsburgh Poison Center, UPMC, 200 Lothrop Street, BRI 010701, Pittsburgh, PA 15213

## Hippie Stix – Source Oak Ridge Elementary (Recipes for Healthy Kids Competition)

1.5 pounds of fresh, pared, raw sweet potato cut (approximately ¼" x ¼" x 4" stick shape)	3 cups
No-salt seasoning (Mrs. Dash)	¾ teaspoon
Cinnamon	¾ teaspoon
Pre-heat oven to 400 degrees F.	
Arrange the sweet potato sticks in a single layer and so that they are not touching each other on a lined baking sheet.	
Bake at 400 degrees F until tender (approximately 25 minutes), flipping after approximately 10 minutes (Note: oven temps may vary; please adjust accordingly).	
Remove the sweet potato sticks from oven and sprinkle with the no-salt seasoning and cinnamon. Serve warm.	

Image source: <http://www.ncagr.gov/markets/kidstuff/dotf/sweetpot.htm>

