



How to protect your home from sweets

Junk food can be found everywhere your child turns. It's at her friend's birthday party, her school celebrations and sporting events, and even at grandma's house.

We can't always control what happens outside our home, but we can control what happens inside our home. So why not create a place where healthy eating is the norm?

"The concept is simple: protect your home from sweets and junk food to help raise healthier kids," said [Dr. Michelle Levitt](#), a pediatric obesity medicine specialist in Akron Children's [Weight Management Clinic](#). "If junk food is stocked in your home, kids will be constantly faced with the decision on whether to choose a sugary option or a healthy one. And in many cases, they're going to make the unhealthy choice."

She offers 5 tips to protect your home from sweets and help your kids make healthier choices — even outside your home.

1. Start small. Start off by eliminating the high-sugared foods first, such as doughnuts, sugared cereals and sweet drinks. Then, gradually introduce healthier options.

2. Focus on what you can control. Ultimately, you can't control what your kids choose to eat. Instead, focus on what you put in your pantry, such as popcorn and dried fruits, and your refrigerator, including fresh fruits and veggies, cheese and low-sugar yogurt.

3. Talk to their influencers. If a friend or family member is introducing too many sweets to your child, talk to them about your concerns. Ask them to limit the sweets and offer ideas on healthier options that you'd prefer.

4. Teach kids to be in tune with their body. When kids pay close attention to how sweets and other junk food make them feel, it will empower them to hopefully make better choices. Ask her about how sweets make her body feel afterward. Does her tummy hurt? How do her clothes fit?

5. Keep it positive. Instead of arguing about eating sweets, spin the conversation to a positive one. For example, you could create weekly family goals together about eating healthier.

School Health

Get Smarter about Snacking

Good nutrition is important for healthy growth and development, and it sets the stage for a lifetime of healthy eating.

Healthy snacks are a great way to help fill in nutritional gaps in your diet, especially if you choose ones with whole grains low-fat dairy, and fruits and vegetables. Plus, well-timed snacks, such as after school, can prevent you from getting overly hungry and overeating at mealtime.

Here are 10 fun and healthy after-school snacks that you're sure to love and will keep you focused long after school has ended.

1. "Fruit nachos" made with layers of apple slices and topped with yogurt, honey and berries
2. Make-your-own trail mix with whole-grain cereal, nuts and dried fruit
3. Greek yogurt parfait with granola and fresh berries
4. A banana rolled in yogurt and crushed cereal
5. A deli turkey or ham and cheese roll-up
6. Scrambled eggs with cheese and diced sweet peppers
7. Homemade sweet potato or other root vegetable chips
8. Fruit dip made with Greek yogurt and 1 tsp. honey, maple syrup or fruit preserves for an extra kick, and fresh fruit
9. Hummus or veggie dip made with plain Greek yogurt and ranch seasoning, and fresh-cut vegetables, such as cucumbers, zucchini or grape tomatoes
10. Mini quesadillas made with black beans and cheddar cheese stuffed in a whole grain tortilla.



Have you heard about the **FREE** urgent health care clinic located right here in Windham?



Faithful Servants

CARE CENTER

What is Faithful Servants?

Faithful Servants Mission is a Christian-based health care organization with a commitment to providing quality urgent health care services to the uninsured and those who meet specific eligibility requirements (see below).

Will I see a real doctor?

Yes. Our services are provided by professional, licensed physicians and certified nurse practitioners who volunteer their time.

Who is eligible for free care?

Adults and children with family income at or below 200 percent of the federal poverty guidelines and either of the following:

- Without medical insurance
- With Medicare or Medicaid but lacking a primary care provider

Must sign an affidavit confirming the above. May require documentation.

Is the care really free?

Yes. We work closely with community agencies, churches, and other available resources to provide services at no cost to the patient.

Do I need an appointment or referral?

No. The care center operates on a walk-in basis. No appointments or referrals are needed. All paperwork is filled out on site.

Treatment Services

- Sudden illness (cough or cold, sore throat, stomach pain, rash, headache, ear ache, etc.).
- Cuts, sprains, back pain, possible broken bones.
- Blood pressure and diabetes checks.
- Initial treatment for tooth or eye injury or infection.
- Referrals for emergency or follow-up care, including mental health care.
- Spiritual and emotional support.
- Free or discounted prescriptions.

The care center does not prescribe or have on site any controlled substances or narcotics.

Patient Eligibility

- Must bring photo ID. Patients under 18 must be accompanied by a parent/guardian with a valid photo ID.
- Annual income at or below 200% of poverty level.
- Must bring Medicaid or Medicare card.

Care Center Location and Hours:



9005 Wilverne Drive, Windham OH 44288
330-326-3003

HOURS:

Mondays 4:00-7:00 pm
1st Weds 9:00-11:30 am
2nd Weds 1:30-4:00 pm
3rd Weds 4:00-7:00 pm
4th Weds 9:00-11:30 am

Walk-ins only



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For more information, call
(330) 633-3680

www.faithfulservantscarecenter.org