Winning at Winter: A Seasonal Safety Checklist

As a parent of a child with diabetes, you’re probably keenly aware of the importance of monitoring your child’s diet and blood sugar. But remember there are other smart actions you can take to help ensure your family’s well-being that aren’t directly related to diabetes. With winter upon us, now is a great time to brush up on seasonal health and safety tips.

Winter storms and cold temperature can be hazardous. You can stay safe and healthy by planning ahead. Here are some ways to prepare your home and cars, as well as prepare for power outages and outdoor activity.

Check your home heating system.
Inspect fireplace and chimneys.
Install a smoke detector. Test batteries monthly and replace them twice a year.
Install a carbon monoxide (CO) detector to alert you of the presence of the deadly gas, which is colorless and odorless. Check batteries when you change your clocks in the fall and spring.
Have a safe, alternate heating source and alternate fuels available. Locate generators at least 20 feet from the house.

Prepare your car

Service the radiator and maintain antifreeze level.
If necessary, replace tires with all-weather snow tires.
Use a wintertime formula in your windshield washer.

Put together a winter emergency kit for your car:

- Cell phone and extra charger
- Blankets
- Food and water
- Booster cables, flares, tire pump, bag of cat litter or sand for traction
- Flashlight, battery powered radio, and extra batteries
- Compass and maps
- First aid kit
- Plastic bags (for sanitation)

When planning travel by car, be aware of current and forecasted weather conditions. Carry any life-saving medications, such as insulin, with you with back-up supplies.

Safety rules if you become stranded in your car:

- Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.
- Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.
- Run the engine and heater only 10 minutes every hour.
- Keep a downwind window open.
- Make sure the tailpipe is not blocked.

Outdoor Precautions

- Wear appropriate outdoor clothing: a tightly woven, preferably wind-resistant coat or jacket; inner layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Carry a fully charged cell phone.

https://www.cdc.gov/features/winterweather/
If you’re like most teens, you’re probably not wild about fruits and vegetables. Or maybe you just don’t have a lot of time to prepare them with school and social activities. But you know they can help protect you against many chronic diseases, provide you with valuable vitamins and minerals your body needs to function. And yes, they help to keep you from getting sick!

SO WHAT can you DO?
Read on for some quick and clever ways to trick yourself into increasing your intake of fruits and veggies.

If you think you don’t have enough time to prepare meals with more produce, try these 10 easy suggestions, from the Centers for Disease Control and Prevention and the Department of Agriculture.

1. Make a fruit and yogurt parfait for breakfast. Mix a handful of low-fat granola with low-fat Greek yogurt. (There is a low-carb version of granola called “Paleonola” available online.) Add sliced bananas or strawberries.

2. Top a piece of whole-grain toast with peanut butter and sliced bananas.

3. Mix blueberries into your muffin or pancake batter.

4. Add bell peppers, spinach, broccoli, mushrooms, or tomatoes to your scrambled eggs.

5. Like pizza? Opt for more vegetable toppings and less cheese.

6. Mix green-beans, corn, broccoli, or peas into your favorite casserole or pasta dish. Aim to eat more veggies than you do pasta.

7. Make a meal of vegetable soup and salad. Beef up your lettuce salad with cherry tomatoes, shredded carrots, and sliced cucumbers, along with your favorite protein, such a grilled chicken tenders.

8. Create a healthier sandwich: On wholegrain bread, include a lot of spinach or Romaine lettuce, sliced tomatoes, sliced onions, and sliced cucumbers, along with whatever lean protein is your favorite.

9. Mix fresh or frozen fruit, ice cubes, and low-fat yogurt in a blender for a fruit-smoothie snack.

10. Keep apples, oranges, pears, and bananas nearby for go-to snacking.

Explore different varieties of vegetables and fruits for appealing tastes and texture. You may be surprised to find you like a fruit, like a kiwi, which is rich in vitamin C. The more you experiment the easier it will become to incorporate these foods into your daily diet and reap the health benefits!
You might need a little help in making this, but it packs well for an alternative to a sandwich for your lunch. Get an adult to help you slice the avocado and grate the cheese. You can add the avocado in slices or mash them. Hummus is an alternative if you don’t like avocado. Lavash bread can be found at Trader Joes, and low-carb whole wheat tortillas (Mission brand) at most grocery stores.

**Ingredients**

- 1 low-carbohydrate whole wheat tortilla or a one medium lavash wrap
- ¼ cup grated cheddar cheese
- ½ medium avocado, mashed or thinly sliced

**Instructions**

Warm tortilla or lavash bread for 15 seconds in the microwave on a microwave safe plate. Add cheese and warm for 30 seconds, open face. Add mashed or sliced avocado. Wrap carefully to hold all the good stuff in. Enjoy!

**Nutrition** Per serving, based on 1 serving

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<th>Calories</th>
<th>Fat</th>
<th>Saturated</th>
<th>Carbs</th>
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