

## LIVE WELL – WORK WELL



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## National Preparedness Month

Since 2004, the Federal Emergency Management Agency (FEMA) and the national [Ready Campaign](#) have promoted National Preparedness Month (NPM) every September. NPM encourages Americans to take steps to prepare for all types of emergencies and strives to increase the overall number of people, families and communities that engage in preparedness actions.

The most recent data from the Red Cross, though, reveals that despite 8 out of 10 Americans feeling unprepared for a catastrophic event, only 1 in 10 has taken the following appropriate preparedness steps:

- ✓ **Create a family emergency plan**
- ✓ **Stock an emergency supply and first-aid kit**
- ✓ **Train in basic first aid**



Remember, you can't plan when a disaster will occur, but you can plan ahead to be prepared if and when a disaster does strike. This September, take time to learn more about NPM and take the suggested steps to become properly prepared. For more information, please visit the NPM [website](#).



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### MICROWAVE DENVER SCRAMBLE SLIDER

1 Tbsp. Red or Green Bell Pepper (chopped)

1 Tbsp. Onion (chopped)

1 Egg

1 Thin Slice Deli Ham (chopped)

1 Tbsp. Water

1 Whole Wheat English Muffin (split and toasted)

#### PREPARATION

1. Place peppers and onion in a small bowl. Microwave on high for 30 seconds. Stir.
2. Add egg, ham and water to the pepper and onion mixture. Beat mixture together until the egg is blended.
3. Microwave mixture on high for 30 seconds. Stir.
4. Microwave mixture again until egg is almost set, about 30 to 45 more seconds.
5. Carefully transfer cooked mixture to prepared English muffin. Serve warm.

#### Nutritional Information

Total Calories	240
Total Fat	6g
Protein	16g
Carbohydrates	29g
Dietary Fiber	4g
Saturated Fat	2g
Sodium	550mg

### 3 Tips to Help Make the First Few Days of School Less Stressful

After a summer of sleeping in and doing things on their own time, the morning alarm and school bell can be a tough transition for students going back to school, as well as their families.

- The first day of school tends to be particularly hectic for kids of all ages, adjusting to a new classroom or schedule and trying to remember all the books and supplies they need. To help combat first-day stress, consider the following suggestions:
- Pack backpacks the night before so no one is scrambling at the last minute looking for books and supplies. Also, have lunch packed or lunch money ready in advance.
- Pick out or have your child pick out his or her clothes the night before. Doing so will help keep everyone on time while getting ready and prevent last-minute rushing in the morning.

Arrange a visit beforehand if your child will be going to a new school. Explore all the areas of the school and get a map to help direct your child on the first day.



Source: Zywave