September is Fruit and Vegetables – More Matters Month!

Help your child to love fruits and vegetables

The Produce for Better Health Foundation has a fun Web page for kids called Fruit and Veggie Color Champions. It includes many activities and games about fruits and vegetables for children ages 2-5 and 6-8 that include riddles, word and math puzzles and mazes.

It also has nine coloring sheets featuring cartoon characters based on fruits and vegetables, delicious fruit recipes that children will enjoy helping to make, and a printable calendar, fruit and vegetable stickers and a party kit with placemats, place cards, invitations and a fruit and veggie party game. There is even a colorful Fruit and Veggie Eater Meter that helps children to track their weekly intake of fruits and vegetables while prompting them to make plans to consume more the next week.

The children can also upload their artwork to share on the Web site and see artwork that other children have posted. This Web page offers an interactive way to get kids thinking about fruits and vegetables in order to encourage them to eat more at their meals and snacks. To access the web page go to –


September is Also National Childhood Obesity Awareness Month

How appropriate! - since increasing fruits and vegetables is one way to combat childhood obesity. Fruits and vegetables are naturally low in caloric density while being high in needed vitamins, minerals, fiber and other important nutrients.

Top cereals with fruit; add vegetables to canned soups; put lettuce and tomato on sandwiches; serve broccoli slaw with dried cranberries; use shredded carrots in pasta sauce; and add mashed fruit or pureed vegetables to muffin and bread recipes.
Radon: The Silent Killer

Did you know your home could be filled with an invisible radioactive gas called Radon? Radon is a naturally occurring gas that comes from the decay of uranium found in most rocks and soil. This is of particular concern to homeowners because the air pressure inside your home is typically lower than the pressure in the soil around your home’s foundation, causing your house to act like a vacuum and draw the radon in through foundation cracks or other openings. On average, 1 in 15 homes will test at or above the acceptable level of radon gas, which is 4.0 picocuries per liter (4 pCi/L).

Breathing high levels of radon over time can cause lung cancer. Radon is the second leading cause of lung cancer overall and the first leading cause of lung cancer among nonsmokers. Most of us see news headlines every day on deaths caused by drunk driving, but surprisingly radon gas causes more deaths in the United States every year (approximately 20,000) than drunk driving accidents.

Testing your home is the only way to know if you are breathing high levels of this harmful gas. The great news is that having a radon problem in your home is relatively simple to fix. You just need to get a radon test kit and test your home. Testing should be done at the lowest livable area of your home, and the test kit should be placed at the shortest person’s breathing level. Remember to test for radon every two years (even if you have a radon reduction system in place) to ensure you and your loved ones are safe.

If the test results come back at or above 4 pCi/L, you should fix your home. If the test results are between 2 and 4 pCi/L, there is still enough risk of excess exposure that you should consider mitigating your house.

Radon reduction systems can be put into place by radon mitigation companies to reduce radon levels by up to 99%, and help you greatly improve your home’s indoor air quality.

Since radon levels vary from house to house, if your neighbor tests their home and has an acceptable level of radon that does not necessarily mean your home will also test low. Radon test kits may be ordered by going online to www.UGAradon.org.

Delaying testing can cause you and your loved ones to continue to breathe dangerous levels of radon, so test your home today! The lower the radon level in your home, the lower your family’s risk of developing lung cancer.

If your house has not been tested for RADON, do it as soon as possible!