



Free Local & Delicious Produce!

Beginning **August 7**, fresh veggies from local farms, harvested by Merrymeeting Gleaners, will be available in the Conference Room of our office at 80 Congress Avenue **every Wednesday from 1-3pm**. We won't know from week to week what will be delivered, but right now it could be anything from greens to summer squash to broccoli and lots more. If deliveries are delayed or disrupted for any reason, you will receive a OneCall message. **Please come help yourself!**

5 Ingredient Broccoli Salad

By: Dana Angelo White, M.S., R.D., A.T.C.



Ingredients:

- 1/4 cup nonfat Greek yogurt—more protein and less fat than mayo
- 2 tablespoons balsamic vinaigrette
- 5 cups chopped broccoli—full of Vitamin C, Fiber, Vitamin K & Folate
- 2 tablespoons roasted and salted sunflower seeds—crunch, fiber, protein and heart-healthy fat
- 1/4 cup raisins
- Optional 6th ingredient: 3 slices of cooked and crumbled bacon

Directions:

In a small bowl whisk yogurt and vinaigrette until smooth. Add a tablespoon of water to thin it out slightly. Season with 1/4 teaspoon kosher salt and black pepper; set aside. In a medium bowl, combine broccoli, sunflower seeds and raisins. Top with dressing and toss well. Place in the refrigerator for at least 30 minutes before serving to allow the flavors to marry. Serves 6. *Find more Healthy, Kid-Friendly Summer Recipes at www.foodnetwork.com.*

Free Summer Meals for All Kids 2-18 Monday-Friday through August 23. Breakfast and lunch available at Bath YMCA, lunch at Fisher Mitchell School and Dike Newell School. Call Jacqueline at the Bath YMCA with any questions: 443-4112 x13.

Bath Sharing Table: Thursdays 3-6pm, next to the gazebo outside the library, **free produce from local farms**, unstaffed table, help yourself.



Our contractor has let us know that the Shaw Street improvements have been moved to the fall. The work for which we have contracted includes repaving all walkways, removing the interior stone wall, grading the yard so that there is grass up to the sidewalk, repairing the interior stone wall, providing a longer term fix for the parking lot pot hole and addressing drain work. As we get closer, we will provide much more detail about the work, how long it will last and the impact on you.

Available for Residents at Our Office Monday-Friday 8am-4pm: **Free All Day Bus Passes & Applications for Free Bath YMCA Memberships**

Contact Kristen at 295-3317 or kmcevoy@bathhousing.org with any questions



80 Congress Ave
Bath, ME 04530
(207) 443-3116
August 2019

Family Scuttlebutt

Free Backpacks, School Supplies & More for All Pre-K-Grade 12 RSU 1 Students!



Students are invited to **Set for Success** on **Sunday, August 25**. Every student will receive a free backpack and free school supplies and will also have access to community resources, giveaways, free gifts, free haircuts, free mini manicures and free access to a clothing closet. The event will take place from 10am-2pm at Bath Middle School at 6 Old Brunswick Road in Bath.

It's Hard for Kids and Babies To Stay Cool!

Tips from Joanna Cohen, MD, Emergency Department physician with Children's National Health:



- 1) Limit time outside between the hottest hours of 10am-4pm
- 2) To prevent dehydration, make sure your child is drinking plenty of water (not sugary drinks or caffeine), even if he/she is not thirsty. After exercise or lengthy heat exposure, replenish electrolytes with something like Pedialyte.
- 3) Prep foods like salads, fruits, veggies, popsicles and frozen fruit that do not require creating more heat with the oven.
- 4) Dress your child in loose fitting, light-colored clothing, breathable footwear, a big-brimmed hat and sunglasses.
- 5) Cool off in the water, making sure to apply SPF 30 or higher sunscreen every 2 hours (or other sun protection measures for babies under 6 months).
- 6) Avoid activities on or around pavement, which heats up quickly and can burn.
- 7) If you don't have air conditioning, use fans to help circulate air. Be sure that your child can't touch fan blades or electrocute themselves. If you do have A/C, be sure that it isn't too cold for babies. The best room temperature is between 65-74 degrees Fahrenheit.

Find more children's health and wellness resources at *Rise and Shine*:

<https://riseandshine.childrensnational.org>