

PURSUIT

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Florida Blue 
BetterYou

A monthly wellness newsletter from Better You

Top 5 Tips for Toy Safety This Holiday Season

According to the [Consumer Product Safety Commission \(CPSC\)](#), in 2015, approximately 254,200 toy-related injuries were reported and treated in U.S. hospital emergency rooms. Almost 70% of these incidents happened to children younger than 12.

When you're buying a toy for your child or someone else's, keep safety top of mind. And remember: always keep an eye on a child who's playing with a toy—no matter how safe you think it is.

Keep these things in mind as you shop and play this holiday season and all year round.

 **Buy age-appropriate toys.**

Otherwise, it can become a choking hazard. Keep toys for older children out of reach of younger children.

 **Read regulation and age labels.**

Toys with an American Society for Testing and Material (ASTM) safety standards label



and those deemed nontoxic, washable, hygienic, flame resistant or flame retardant are good choices. Be careful when buying cheaper toys made in some countries outside the U.S. because they may not be made with the same standards regarding [lead paint](#) and chemicals.

 **Store toys safely.**
Keep them in toy boxes or storage bins with lids that stay open and have ventilation holes.



Remember all toys can become dangerous.

There's a reason that famous line from *A Christmas Story*—"You'll shoot your eye out"—sticks in our memories. Loose screws reveal batteries that can be put into a toddler's mouth; sharp edges can cut; cords and strings can choke; and any toy can be turned into a projectile that leads to eye and other injuries. And remember to suit up kids with helmets and pads before they get on a scooter, bike or skateboard.



Know the latest toy recalls.

Check the U.S. Consumer Product Safety Commission site (<http://www.cpsc.gov>) for updates and information on toy recalls. This goes for used toys, too.

If you're not sure whether a toy is safe for a child, don't allow them to play with it. Call the U.S. Consumer Product Safety Commission Toll-Free Hot Line at 800-638-2772 if you have questions about buying safe toys and gifts.

Resource: [American Academy of Pediatrics](#); [Consumer Product Safety Commission](#); [Department of Public Health](#)

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Don't Forget to Take Care of YOU

Do you find yourself in a frenzy during the holidays? Overwhelmed trying to make healthy food and drink choices at parties? Worried about buying just the right gift? Not sure how you're going to entertain that crowd again this year? Stressed about finding time to check everything off your to-do list? While you're worrying about everyone else this holiday season, use this checklist to make sure you're also taking care of you.

✓ **Eat well.** When you have a party to go to, eat smaller portions beforehand so you can enjoy some of the holiday food. Don't deprive yourself, but indulge in moderation. Watch out for

liquid calories. Drink a full glass of water before having alcohol.

✓ **Sleep well.** When you have a to-do list a mile long, it can be tempting to cut back on sleep. But it will make you grumpy and affect your ability to focus. It's hard to enjoy time with friends and family if you are exhausted.

✓ **Move well.** Go for a walk after dinner, or do a fun activity together with family or dinner guests for some memorable bonding time. If you are out shopping for gifts, do some extra laps around the mall.

✓ **Be well.** Think about what the holidays mean to you, and stay true to that. Take a few moments in the morning for meditation or quiet time, or take a bath

with Epsom salts to relax. Don't blow your budget just because you feel pressure to buy something for everyone in your life. Get creative with gifts of time that are meaningful but free.

✓ **Mean well.** For many people the holidays are a time of sadness. Help others less fortunate than you, and invite someone spending the holidays alone to join you. It will lift your spirits, too.

Be present for what matters most to you over the holidays. It usually doesn't come gift-wrapped!

Resource: *Handling the Holidays in Good Health* FB presentation

Snowball Truffles Recipe

These dairy-free truffles taste great without added fat and sugar. Give as a holiday gift to family, friends or coworkers.

Ingredients:

- 12 medjool dates, pitted
- 2 tablespoons water
- 4 tablespoons unsweetened cocoa powder

- ½ cup puffed brown rice
- ½ cup shredded unsweetened dried coconut

Directions:

1. In food processor or blender puree dates and water until a sticky paste/ball forms. Pulse in cocoa powder until solid dough forms. Stir in puffed brown rice.
2. With small scoop, form mixture into 14 tablespoon-sized balls.

3. Roll each ball into coconut to lightly coat.
4. Refrigerate for 30 to 60 minutes to set.

Nutrition:

Serving size: 1 truffle. Serves 14
Calories: 70; Total Fat: 2.5g; Saturated Fat: 2g; Cholesterol: 0mg; Sodium: 0mg; Total Carbohydrate: 13g; Dietary Fiber: 2g; Sugars: 10g; Protein: 1g; Vitamin A: 0%; Vitamin C: 0%; Calcium: 2%; Iron: 2%.

Recipe courtesy of eatright.org

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