

## *Tornado Season—Are You Prepared?*

**Ready in 3** is an easy way to prepare for an emergency.

It includes 3 steps:

1. Create a plan
2. Prepare a kit
3. Listen for information

**Create a plan** for you, your family, and your business.

- Develop a plan for your family. You may not be together when an emergency happens, that's why it is important to have a plan in place.
- Plan for two situations—staying home or having to leave home.
- Know where to go if you have to leave. Plan where your family will meet and how you will get there.
- Practice your plan

**Prepare a kit** for home, car, and work. Basic supplies include:

- ◆ Water and canned/dried food (3 days worth).
- ◆ Battery powered radio
- ◆ Flashlight
- ◆ Extra batteries for radio & flashlight
- ◆ Prescription medicine
- ◆ First aid kit

Keep supplies in a waterproof, easily transportable container.

**Listen for information** about what to do and where to go in an actual emergency. Listen to the TV, radio, or NOAA weather radio. City, county and state officials have developed emergency plans, it is important to follow their advice. **REMAIN CALM.**

**Tornado watch** means tornados are possible in your area, remain alert for approaching storms.

**Tornado warning** means a tornado has been sighted or indicated by weather radar. If a tornado warning is issued in your area and the sky becomes threatening, move to your pre-designated place of safety.

**Look out for:**

- ◆ Dark, often greenish sky
- ◆ Wall cloud
- ◆ Large hail
- ◆ Loud roar, similar to a freight train

**If a warning is issued:**

- ◆ Move to an underground shelter or an interior room on the lowest floor, under a piece of sturdy furniture.
- ◆ Stay away from windows.

- ◆ Get out of automobiles—do not try to outrun a tornado in your car—leave it immediately.
- ◆ Mobile homes, even tied down offer little protection from tornados and should be abandoned.

For more information go to [www.nssl.noaa.gov/edu/safety/](http://www.nssl.noaa.gov/edu/safety/)



**COMMUNITY HAPPENINGS**

- ◆ Mar. 5th—Community Connections 12 noon, CMH community room #1
- ◆ Mar. 14th—Polk County Bike Club meeting 10 am,
- ◆ Mar. 14th & 21st—Hitched & Happy, Zion Lutheran Church. Call 326-6276 to register.
- ◆ Mar. 16th—20th Smoke-buster Week . Promote smoke-free environments.
- ◆ Mar. 24th—Second hand smoke seminar 6 pm, CMH community room #2.



STOP CYBER  
BULLYING—DELETE,  
DON'T FORWARD  
HURTFUL OR  
DEROGATORY  
EMAILS AND TEXTS!  
WWW.ICAC.ORG

## National Nutrition Month

National Nutrition Month is an annual campaign created by the American Dietetic Association to help us make informed food choices and develop sound eating and physical activity habits.

Below are tips for helping you eat healthy on the go—one for every day of the month.

1. Think ahead and plan where you will eat so you can consider the menu options for healthier choices.
2. Take time to look over the menu, most restaurants have a special section for 'healthier' choices.
3. Read restaurant menus for fat and calorie content. Terms like baked, broiled, and steamed usually mean fewer calories.
4. Menu terms like fried, buttered, and creamed, usually mean higher calories.
5. Order small or child sized portions.
6. Make simple special requests, like baked potato instead of fries, no mayonnaise or bacon, sauces on the side.
7. Tell them to hold the pre-meal bread or chips.
8. Think about your entire days food choices. If you're going out at night; eat lighter during the day.
9. Limit the amount of alcohol you drink—it is more calories and fewer nutrients.
10. Want dessert—share!
11. Split your order with a friend.
12. Add lettuce, tomato peppers or any other vegetable you can.
13. Baked potato is better than fries, just skip the butter and sour cream. Use broccoli and a little cheese or salsa instead.
14. Order an appetizer instead of an entrée.
15. At the sandwich shop order lean meats and whole grains.
16. Choose a side salad instead of fries.
17. Enjoy ethnic foods with lots of veggies like stir fry.
18. Enjoy fresh fruit as your dessert.
19. Eat soup and salad first.
20. Ask for dressing on the side—then you control how much you eat.
21. Pass up all-you-can-eat specials.
22. If you choose the buffet—use smaller plates.
23. Load up your pizza with veggies.
24. Replace the sausage with Canadian bacon.
25. Watch your portions!
26. Try a smoothie made with juice, fruit and yogurt.
27. Refrigerate leftovers promptly—2 hour rule.
28. Eating supermarket deli? Try the rotisserie.
29. Tuck portable non-perishable foods in your purse so you won't be tempted to grab junk at the quick stop.
30. Keep single serve fruit, crackers, soup or tuna.
31. Drink lots of water.



For more info go to [www.eatright.org](http://www.eatright.org).