



January 4, 2020

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All about AVOCADOS

- ♦ Avocados are originally from Mexico, and Mexico is the top producer of avocados today.
- ♦ Avocados are a creamy fruit (they are not sweet) and have many health benefits.
- ♦ They are high in vitamin A, which helps with eyesight. Avocados are also a good source of fiber, which helps with digestion.
- ♦ Avocados also have lots of healthy fats, which help with feeling full and satisfied longer after a meal. These fats may also lower cholesterol and inflammation in the body.
- ♦ Avocados have also been shown to help stabilize blood sugar.

Avocado Tips:

- Avocados are ripe and ready to eat when you gently squeeze it and it is firm but has some give.
- If it is hard, it is not ready yet, and if the avocado is squishy, it is overripe and will be brown and mushy inside.
- To cut into the avocado, hold it in your hand and slice with a knife around the avocado. You will feel a large seed, or pit, on the inside.
- Once you have cut around the pit, hold on either side and twist the avocado open. A good avocado should be bright green inside.
- Scoop out the insides and use how you wish!
- Some simple suggestions would be on a sandwich or BLT, with scrambled eggs, on a salad, on toast, with a pinch of salt and pepper.

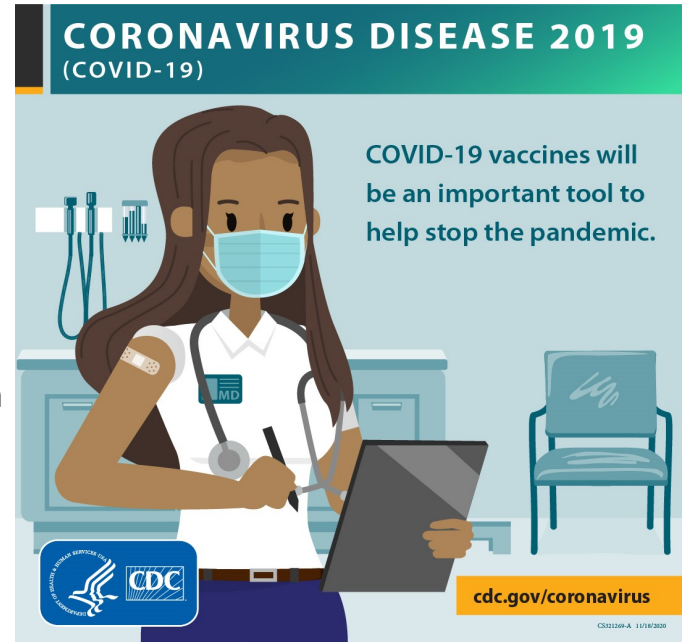




Questions about the COVID-19 vaccine?

Here is some information so you can feel confident about getting a vaccine. Hopefully an opportunity will come up soon to get your vaccination (if it hasn't already)!

- + The COVID-19 vaccine has been carefully tested for safety. It was produced faster than most vaccines because more resources were provided in a timely fashion.
- + The vaccine does not contain a live virus so it cannot cause disease.
- + The most noted side effect of the vaccine is arm soreness for 1-2 days. Headache and low-grade fever may also occur for 1-2 days. These symptoms are normal and show the body is building immunity to the virus.
- + Two shots are needed for the COVID-19 vaccine, and should be given about 21 days apart.
- + Doses of the COVID-19 vaccine have been purchased by US taxpayer dollars, and will be given to Americans at no cost.
- + Getting the COVID-19 vaccine is part of fighting the pandemic, in addition to social distancing and wearing a mask or face covering when in public. The vaccine works with your immune system so your body will be ready to fight the virus if you are exposed.



If you leave home, know your 3 Ws!



Ask your doctor or medical provider for more information if desired. Remember to protect yourself the best you can to stay well!

Information retrieved from:

<https://www.cdc.gov/vaccines/covid-19>