Building Healthy Families
Strengthening Families through Education and Support

OUT OF TOUCH

According to Safe Kids Worldwide, half of the 2.4 million calls to Poison Help Number in 2010 involved children ages five and under. In fact, nine out of ten poisonings occur at home. Here are a few tips to keep little explorers from finding their way into household items that could be dangerous.

Top Tips

- Store all household products and poisonous items out of sight and reach, or use safety locks on cabinets within reach. Don’t forget detergent pods.
- Read product labels to find out what can be hazardous, you might be surprised.
- Store all medications, including vitamins and adult medicines out of reach and sight.
- Remove peeling paint or chewable surfaces with lead-based paint.

It’s a great idea to put the toll-free Poison Help Number (1-800-222-1222) into your cell phone and post it in your home for the babysitter.

For more information, contact Safe Kids Northeast Oregon Coalition Coordinator Billie-Jo Deal at 541-426-9411.

For questions or registration information contact

**BHF**
541-426-9411

**BHF Wish List**
- Cleaning Supplies
- Art Supplies
- Diapers/Wipes
- New children’s books
- Basic Office Supplies: Pencils, erasers, pens, printer paper
- Kitchen Supplies: Pots with lids, Baby utensils, baking dishes, sets of matching plates
SPRING BREAK IDEAS

Need some ideas for how to keep your kids busy over spring break? Here are some quick family-friendly ideas!

1. Explore Close to Home: Who needs a travel agent or huge budget to get out of town? Have fun planning a trip close to home! Brainstorm ideas as a family for a quick day get-away. From waterparks, to museums to nature trails a new idea is closer than you think.

2. Hit-up your local neighborhood: Many libraries offer special spring break programming for students and families. Try a new restaurant, visit your local YMCA, or head to a local museum or art center.

3. Think Global: Spring break could be a fun time to learn about a foreign place. Decide on a location as a family and go from there! Plan a meal, rent a movie or go on-line to learn all about your global destination!

DINNER ON A DIME

Barbecue-Stuffed Potatoes

Ingredients

- 4 baking potatoes
- 1/2 cup reduced fat sour-cream
- 2 green onions finely chopped
- 1 1/3 cup shredded BBQ chicken (such as Lloyds)
- 1/2 cup shredded cheddar cheese

Directions

1. Pierce potatoes with a fork. Arrange in a circle on a paper towels in a microwave oven. Microwave on HIGH 10 minutes or until done.

2. While potatoes cook, combine sour cream and 2 Tbs. onion set aside.

3. Place chicken in microwave safe bowl, cover with plastic wrap and microwave on High 2 minutes or until thoroughly heated.

4. Slice potatoes lengthwise, cutting to, but not through, the other side. Fluff with a fork. Top each potato with chicken, sour cream mixture, cheese and remaining onions.