

hapitimes



Flu Vaccine Why Get Vaccinated?

Influenza (“flu”) is a contagious disease that spreads around the U.S. annually, usually between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing and close contact. Anyone can get flu. It strikes suddenly and can last several days. Symptoms vary by age, but can include:

- Fever/chills and sore throat
- Muscle aches
- Fatigue
- Cough
- Headache
- Runny or stuffy nose

Flu can also lead to pneumonia and blood infections, and can cause diarrhea and seizures in children. If you have a medical condition, such as heart or lung disease, flu can make it worse. Infants and young children, people age 65 years and older, pregnant

women, and people with certain health conditions or a weakened immune system are at greatest risk.

Each year thousands of people in the U.S. die from flu, and many more are hospitalized. Flu vaccine can:

- Keep you from getting flu
- Make flu less severe if you do get it
- Keep you from spreading flu to your family and others

There are a small number of people for whom the flu vaccine isn’t recommended, depending on their medical history. Ask your doctor if you have any questions about whether you should receive the vaccine.

— Source: Centers for Disease Control and Prevention

Did You Know? Don’t Give Older Kids’ Cough and Cold Products to Toddlers or Infants

Way back in January 2008, manufacturers voluntarily removed over-the-counter infant (less than 2 years of age) cough and cold products from the market due to safety concerns. Later that year, they also voluntarily relabeled these products to state: “Do not use in children under 4 years of age.”

Today, however, there are concerns that many parents may be giving cough-and-cold products that remain on the market — those designed for older children — to their infants and young children.

The FDA reminds all caregivers never to give a child under 2 years of age any kind of cough-

and-cold product containing decongestants or antihistamines without consulting your doctor. These products include those that contain the decongestants ephedrine, pseudoephedrine or phenylephrine, and the antihistamines diphenhydramine, brompheniramine or chlorpheniramine.

— Source: U.S. Department of Health and Human Services

Inside the Landmark



Back to School!

At a kick-off party to celebrate the new school year, Hapi celebrated with 30 families at The Landmark. We supplied backpacks, including lunch kits. (Thanks to Cricket for the backpacks and Pick A Kid for providing school supplies).

Garden Update!

Cucumbers are thriving in the community garden at The Landmark—and the kids in the after-school program recently helped us harvest corn, cucumbers, and squash.

Wise Words



An ounce of prevention
is worth a pound of cure.



—Benjamin Franklin

Hapi Meals

Peanut Butter and Jelly Bars



INGREDIENTS

3 tbsp. creamy peanut butter
2 tbsp. unsalted butter
1/4 cup brown sugar
1/4 tsp. kosher salt
1 1/4 cup whole wheat flour
3/4 cup strawberry jam or preserves
1/2 cup granola

INSTRUCTIONS

Preheat oven to 350°F.

Combine peanut butter and butter in a large mixing bowl by hand or using an electric mixer on medium speed. Combine until fluffy.

Add sugars and salt; mix until well combined.

Gradually add flour to creamed butter and sugar mixture, setting aside one cup of flour. Mix until a dough ball is formed.

Press dough into bottom of an 8 x 8-inch square baking dish.

Bake 15 minutes.

Carefully spread jam or preserves over crust.

Combine the rest of the flour with granola and sprinkle on top.

Bake an additional 20 minutes.

Allow bars to cool completely before cutting and serving. Enjoy!

Recipe adapted from H-E-B; more recipes at www.heb.com/recipes