

7 TIPS FOR MICROWAVE SAFETY

Microwaves are great for popping corn, heating leftovers, and steaming veggies. Follow these tips to prevent fires—and burned food.

1. Most plastic take-out containers, water bottles, and plastic tubs or jars are not microwave safe. Check for a symbol indicating it is before using.
2. These are safe to use in microwaves:
 - Containers labeled for microwave use
 - Heat-proof glass (such as Pyrex®) or glass ceramic (such as Correlle®)
 - Most paper products, wax paper, parchment paper, and heavy plastic wrap
3. Vent plastic wrap to allow steam to escape.
4. Always use oven mitts or a thick towel to remove hot food to avoid skin burns.
5. Never leave a microwave running unattended.
6. If you see sparks inside the microwave, turn it off immediately and remove the food and container. Use a different container or another cooking method.
7. In cases of fire, turn off the microwave immediately and unplug the power cord if safe. Do not open the door of the microwave. Call 9-1-1.



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REFRESHING Mocktails

Cool drinks feel great in warm weather.
Stay hydrated with these nonalcoholic ideas.



Orange Fizz:

- Splash of Lime or Grenadine
- 1 cup OJ
- 1 cup Sparkling Water



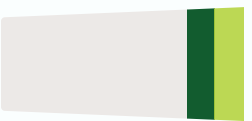
Bay Tease:

- ½ cup Peach or Mango Nectar
- 2 cups Cranberry Juice
- 1 cup Pineapple Juice



Arnold Palmer:

- 1 cup Iced Tea
- 1 cup Lemonade



Lime-Mint Spritzer

- 2 cups Seltzer water
- ½ Fresh-squeezed Lime
- Fresh-chopped Mint



Cocoa Cooler:

- ½ cup Crushed Ice
- 2 packets Hot Chocolate Mix
- 4 oz. Half-and-Half or Almond Milk



Sorbet Squeeze:

- 1 scoop Sorbet
- 2 cups Juice



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The beautiful thing about

LEARNING

is that

NO ONE

can take it away from you.

-B.B. King



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BEAT THE SWEETS

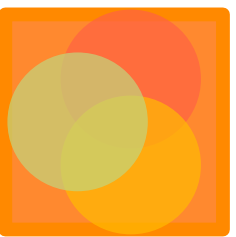
*chase away those junk food cravings:
snack on fruits and vegetables*



Raw fruits and vegetables make healthy snacks and won't harm your teeth or your waistline.



Fresh, frozen, juiced, dried, canned: They all count.



Eat the rainbow: Choose different colors so your body gets the nutrients it needs.



Eat five or more portions every day: about a third of your day's food.



A fruit or vegetable serving is about the size of your fist.



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Is this your idea
of stress relief?

Find a better way.
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Is this your idea
of stress relief?

Find a better way.
Student Health 101.



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Get a lot of bang for your buck with these nutrient-dense and tasty vegetables:

- Spaghetti squash
- Kale
- Edamame (fresh soy beans)
- Avocado
- Watercress

Add a colorful variety of vegetables to pastas, omelets, and quesadillas for a healthy twist on go-to favorites.

LETTUCE BEGIN

5 veggies to try today

5 creative ways to meet people

Is your social circle defined by the number of “friends” you have on Facebook? Humans are social animals and we need in-person interaction. Meeting new people involves getting out and, sometimes, expanding your comfort zone. But the truth is that people will appreciate your efforts to be friendly. Here are a few tips for meeting people in real life:

1. Volunteer.
2. Be on the lookout for events at your school.
3. Ask your roommate, residential assistant, and classmates if you can join them in activities.
4. If you talk with someone you like, exchange contact info.
5. Invite people to join you for things you enjoy and to bring their friends.



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TURNIP FOR WHAT



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I feel good from my head tomatoes!



You can too

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lettuce be friends

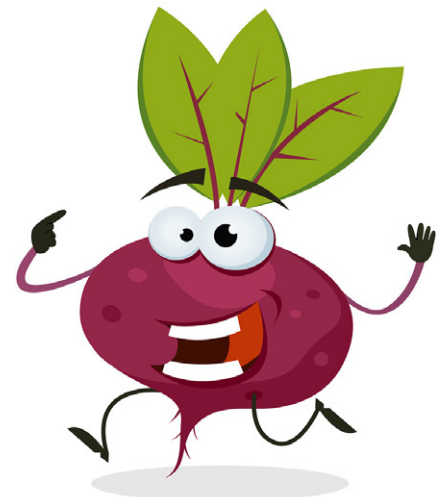


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droppin' a beet for health and wellness



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RE-FRAME SETBACKS
with positive language



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A SHIP IS SAFE IN HARBOR,
but that's not what ships are for.

– William G.T. Shedd



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Schedule time FOR EACH RESPONSIBILITY IN YOUR PLANNER.



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SLEEP

affects hormone and insulin levels.
MAKE IT A PRIORITY.



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This month in
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enter to win
\$1,000



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BE HAPPY

with what

YOU HAVE

while working

for what

YOU WANT

- Helen Keller



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Junk food can
leave you cranky.

**Reach for an apple
for stress relief.**



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Deck of cards
workout

Take a study break.

Grab a deck.

Draw cards.

For each suit:

♥ = push-ups

♠ = squats

♦ = crunches

♣ = lunges

Number on card
= number of reps



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THE
DIFFERENCE
BETWEEN
TRY



TRIUMPH

IS JUST
A LITTLE

UMPH



imperfection

is

individuality



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HEALTHY WAYS TO DEAL WITH STRESS

Take breaks

Plan ahead

**REACH OUT TO YOUR
SUPPORT SYSTEM**

*Be physically
active outside*

Talk to someone you trust

Breathe deeply

LAUGH

MAKE TIME FOR THE
THINGS (AND PEOPLE)
YOU LOVE



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How to look tan without a tanning bed.

Spray tans

Bronzer

Self-tanners

Wearing colors that
flatter your skin tone

*Or better yet,
embrace your
natural glow!*



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I can choose to let it
define me
confine me
refine me
outshine me

or I can choose to
move on and leave it

behind me



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You never know what

WORSE LUCK

your bad luck

HAS SAVED

you from.

Cormac McCarthy



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