

### Five Tips for Healthy Summer Eating

**#1: Work more veggies into your diet.** Adding avocado to sandwiches, sautéing onion, garlic, peppers and tomatoes to go with fish, chicken or beef not only add flavor to your meal, but though portions can be bigger, calories will be less.

**#2: Get the most out of your salad.** Not all salads are healthy, especially at a restaurant. Salads can be loaded with dressings, cheese, and add unwanted fats. Try making a ‘garbage’ salad, adding everything from corn, peas, spinach to raisins, sunflower seeds, apples. You’ll be surprised at the wonderful flavors that come through.

**#3: Avoid overdoing it at the summer BBQs.** Beat the temptation to overeat by filling up on the healthy stuff first. Fill your plate with fruit and green salads, choose raw vegetables over chips, and if you treat yourself to dessert, be aware of the portion size and keep it reasonable. The key is always moderation.

**#4: Cook at home.** There are a lot of benefits to eating at home. Not only will you save money, but you’ll know exactly what goes into your meal. Plus, cooking at home is generally healthier.

**#5: Don’t forget the fruit!** Summer is a great time for great time for fresh fruit. Add your favorite berries to your morning cereal or oatmeal. Choose watermelon or cherries for dessert instead of cookies or ice cream. Have you ever grilled peaches? Cut in half, remove the pit, drizzle a little olive oil and spices on the peaches and place on the grill. Very yummy dessert for any BBQ!  
**Bon Appétit!**

### Homemade & Organic Mosquito Repellent

There is so much that is wonderful about summer just the sheer freedom of being outdoors, unencumbered by heavy clothing, swimming, barbecuing, picnics... I could go on and on. Not only do we create new happy summer memories, but so many of the highlights of our lives come back to us when we think about summers past.



Sounds good, right? Unfortunately, summertime is also mosquito time and in this day of age, with the scares of the Zika virus and other maladies, keeping these little bugs away is pertinent!

Here’s a really easy DIY for an all-natural mason jar bug repellent; it contains great scents and claims that for some reason this combination is abhorrent to mosquitoes. The ingredients are easily found in most homes: MASON JARS, LEMONS, LIMES, WATER, FRESH ROSEMARY, and LAVENDER ESSENTIAL OIL ... use 2 lemons, 2 limes, and fresh rosemary. Fill a mason jar with water, the lemons, limes, rosemary and add several drops of lavender oil.

Not only do they look lovely, but the scent they give off is pure freshness, and the bugs detest the smell! This works great for any summertime outdoor activity where you are “Bugged by Bugs”, and it is a great natural way to make outdoor living a pleasure.

### Community Garden Update

The community garden is growing everyday, even though we’ve had a few ‘deer’ set-backs.

Volunteers, Nick, Frankie, and I **CAN’T REMEMBER HER NAME**, have been regularly weed eating the grows, pulling weeds from the flower beds, and watering. A special thank to all our volunteers for keeping up the good work...we’re all looking forward to those fresh veggies at harvest!



### WHAT’S ON THE HORIZON FOR INDIAN VALLEY & IVRC?

#### AUGUST 2016

##### Kids’ Fest

Evergreen’s Kids’ Fest at GHS...August 5th.

#### SEPTEMBER 2016

##### IVRC Food Shelf Collections

beginning with Pasta, Rice & Beans

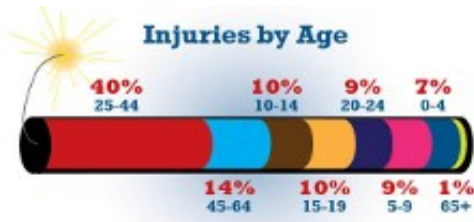
#### OCTOBER 2016

##### Baking Supply Collections

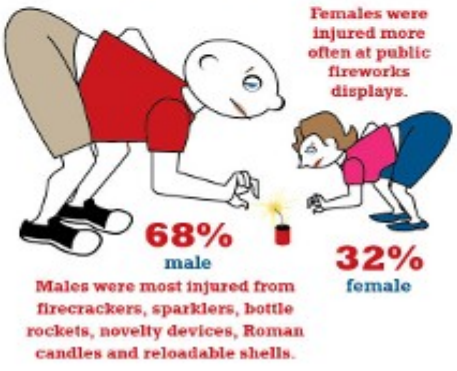
For baking bread for Thanksgiving Baskets

*Interested in volunteering at the IVRC or have a fundraising idea?*

**Call Lauri @530.284.1560**



### Injuries by Gender



### Fireworks Safety Tips!

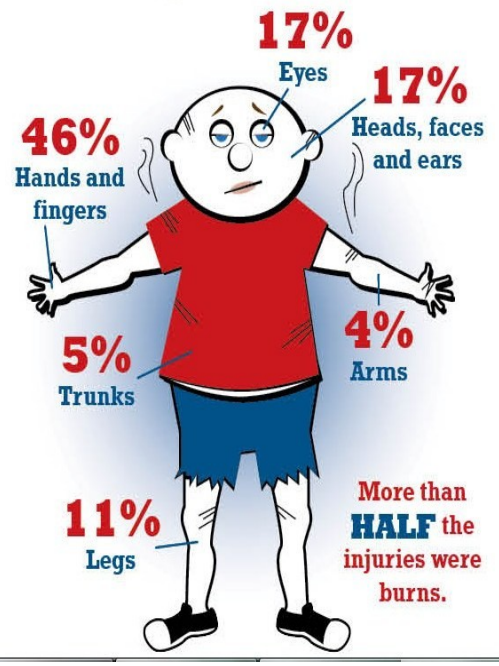
**Use ONLY Legal Fireworks!**  
Buy only fireworks that are approved by your state.

**Keep Water Close By!**  
Do NOT forget to place a bucket of water nearby in case of emergency. Douse used fireworks with water before putting in trash.

**Keep Distance From the Firework!**  
Once you've lit the fuse, move away immediately. In case of firework did not light properly, douse it with water and don NOT attempt to relight it.

**Use Fireworks Outdoors!**  
Remember to use fireworks ONLY outside and away from wooden or other flammable materials.

### Most Injured Body Parts



**NEW HOURS AT THE IVRC !!!**

We began this in JUNE: The IVRC will be open every week, Monday through Thursday, 9am to 2pm. **This to better serve YOU!**

**Don't Forget The Pets!**  
Plumas County P.I.T.S. has partnered with PCIRC and it's satellite offices to provide pet food to our furry friends who are in need. To participate in this new program, contact the PFRC office at 530.832.1827.

**CRISIS LINE:**  
**1.877.332.2754**



### CHANGE

- C**oncentrate on a new outcome
- H**ave a vision of what you want to achieve
- A**lways be open to the new possibilities
- N**ever let fear dictate your decisions
- G**ive your new direction a chance to work
- E**mbrace the change as it unfolds.

### Indian Valley Community Events

- July CalFresh Enrollments @ IVRC
- July Food Pantry Vouchers @ IVRC
- July Community Garden Volunteer Work
- July 7 WIC in Greenville @ IVRPD
- July 25 Community Supper (5:30pm) (Methodist Church-Greenville)

For information on any of these events, call 530.284.1560 (M-Th, 9am - 2pm)

Indian Valley Resource Center—A PCIRC Wellness Center  
209 Crescent Street / P.O. Box 686 Greenville, CA 95947

530.284.1560-ph

530.284.1676-fx

www.pcirc1.org

LRawlinsBetta.IVRC@gmail.com