



IN THIS EDITION:

- ThriveOn Meal Kit Cooking Demo
- Spring Cleaning for Health
- Dare to Be Aware
- Invest In Our Planet for Earth Day
- Protecting Your Relationship from the Stress of Trying to Conceive



ThriveOn Meal Kit Cooking Demo - Hakurei Turnip Salad

ThriveOn has partnered with Yellowbird Foodshed to offer virtual cooking demos with a free meal kit! By signing up you will receive a meal kit with all the necessary ingredients so that you can tune into the webinar and cook along, right from your very own kitchen. Plus, it's a great way to get the whole family involved and try new foods!

Join us on **Thursday, May 18th at 6pm** for a hakurei turnip salad! [Click here](#) to sign up (registration closes Sunday 5/7 or once we reach max capacity). Once registration closes you will be provided with a link to register for the webinar.

Limit **one meal kit per household per year**. [Click here](#) for step-by-step registration instructions.

Future meal kit cooking demo recipes (subject to change based on availability of ingredients):

- August: Caribbean kebabs with hummus
- October/November: Sweet potato black bean burgers



Spring Cleaning for Health

With a fresh new season in full swing, now is the perfect time to freshen up your living space with some spring cleaning. Creating a clean-up list that is broken down into different areas allows you to conquer one small project at a time and feel a sense of accomplishment. The kitchen is a perfect place to start tidying up!

- Countertops – declutter and clear off items that don't get regular use
- Dishwasher – clean out the food trap and wipe down the seal around the door
- Sink – scrub with hot, soapy water and run ice cubes or lemon peels through the disposal
- Stove – remove crusted food and debris from the interior and run the self-cleaning function
- Cabinets & drawers – wipe surfaces, pulls, and knobs with a warm, damp rag and vacuum the interior
- Refrigerator – remove all items, toss any expired condiments, and wipe down the shelves and drawers
- Pantry – throw away expired foods, vacuum shelves, and group like items together

Did you know that spring cleaning can lead to important [health benefits](#), from reducing stress to boosting your immune system? On the other hand, it can feel like a daunting task, and cleaning products can be expensive. [Click here](#) for some spring cleaning tips that won't break the bank!



Dare to Be Aware

While alcohol is legal for adults ages 21+, the [2020 - 2025 Dietary Guidelines for Americans](#) recommends that adults either choose not to drink, or drink in moderation, in order to reduce the health and safety risks associated with alcohol. That means limiting alcohol intake to two drinks per day for men or one drink per day for women. But what exactly is "a drink"? Well, it depends on the type of alcohol. Below is a general guide as to what constitutes one drink.

- 12 ounces of beer
- 8 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits or liquor

While drinking in moderation is ok for most people, there are some people who should not consume alcohol at all, including:

- Those who are pregnant or might be pregnant
- Individuals under age 21
- Those with certain medical conditions or those taking certain medications that can interact with alcohol
- Those recovering from an alcohol use disorder or if they are unable to control the amount consumed

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems, such as high blood pressure, liver disease, cancer, weakened immune system, mental health problems, and [more](#). According to the 2021 National Survey on Drug Use and Health, 11.3% of people ages 18 and older had Alcohol Use Disorder. It's hard to acknowledge that you or a loved one may have a problem. But alcohol and drug addiction is a condition, it's treatable, and there is help available. Call the Substance Use Disorder Helpline at 1-855-780-5955 to speak with a licensed clinician or visit liveandworkwell.com/recovery to get the support you deserve.

If you're looking to cut back on alcoholic beverages or just want to enjoy a delicious drink without the risks of alcohol, try one of these [30 mocktail recipes](#).



Invest In Our Planet

Earth Day is April 22nd and this year's theme is "Invest in Our Planet." When we Invest in Our Planet together, we are supporting healthy, happy, and wealthy communities worldwide. Sustainable living involves making choices today that will positively impact the planet tomorrow. Eco-friendly choices can help reduce environmental pollution, decrease energy consumption, and conserve natural resources. Showing appreciation for the environment can even promote feelings of gratitude and happiness, as well as improve personal well-being! Try these small swaps in the kitchen that can have a big impact:

- Swap paper towels for reusable dish cloths
- Swap plastic containers for glassware
- Swap conventional wipes for biodegradable wipes
- Swap disposable straws for metal straws
- Swap parchment paper for silicone baking mat

[Click here](#) to learn more about living sustainably and ways to Invest In Our Planet. If you're looking to get more involved, find an [Earth Day cleanup event](#) near you.



Protecting Your Relationship from the Stress of Trying to Conceive

Trying to conceive through fertility treatments can put strain on your relationship, and you're not alone if the process is making you feel disconnected or at odds with your partner. Join Maven's family-building experts on **Wednesday, April 26 from 12-12:45pm** to learn strategies to keep your relationship strong, troubleshoot issues, and tackle your fertility journey together. [Click here](#) to register.

Whether you are experiencing infertility, have experienced complicated pregnancies, are looking to adopt, or any other family-building challenge, Maven can provide the support you need for starting and growing your family. Visit BeWell.franklincountyohio.gov to learn more.