



November 2018



HOT TIPS FOR WINTER DRIVING

Driving in wintry conditions can be nerve-racking even for the best drivers. Snow, fog, and black ice can make it hard to see and even harder to control your vehicle. But if you follow some basic tips, you'll be more likely to keep your cool and get to your destination without mishap.

BEFORE YOU HIT THE ROAD

First things first: Make sure your vehicle is in tip-top condition. And don't wait till the last minute to do this, in case mechanics find issues that need repairs or need to order in parts. Check the battery, lights, cooling system, tires, windshield wipers and defrosters to make sure everything's working correctly.

Be ready for possible emergencies. Carry a shovel, ice scraper, flashlight, jumper cables, emergency flares or markers, blankets, cell phone charger, snacks and water.

Plan your route carefully, keeping weather and construction in mind. If you're using GPS, make sure you input your destination before you leave. And let someone know your route and what time you expect to arrive.

SAFETY STRATEGIES

- Be well-rested before you go.
- Keep the gas tank at least half-full.

QUICK TAKES

KEEP YOUR COOL DURING HOLIDAY TRAVELS

It's that time of year again when thoughts turn to turkey and stuffing, pumpkin pie, and visiting with relatives and friends. Fun and festive? Sure. Exhausting and stressful? Quite possibly—especially if your get-together involves travel.

For many people, unrealistic expectations and family tensions cause stress around the holidays. There's a lot to do and many people to please. And the prospect of unpleasant conversations, be they around how to make gravy, politics, or football rivalries, looms large. Add in planning a road trip or arranging airline flights, and you've got enough stress to stuff a 25-pound turkey.

We can't really help with your family relationships and too-many-cooks-in-the-kitchen scenarios, but we can offer some tips to make the travel aspect of your holiday a little easier.

Some basic tips include careful planning, avoiding peak travel days so you avoid traffic jams and long airport lines, keeping an eye on the weather, and not rushing. Know that undue stress can affect your immune system, making you more apt to get sick. Stress can have other unpleasant physical symptoms as well. So the more you can keep your stress in check, the more likely it will be that you're feeling great physically and mentally, ready to enjoy the holidays. If you're traveling by car, follow the winter driving tips you'll find in this newsletter. You'll stress less—and, most important, you'll get where you're going safely.

SAFETY STRATEGIES (continued)

- Don't use cruise control when it's slippery due to snow, ice or rain.
- Drive slowly according to road conditions and traffic. Keep a longer following distance between you and the car ahead of you (a normal distance is three to four seconds; increase this to eight to ten).
- If you're stuck in the snow, stay with your vehicle. Don't try to walk in search of help. Tie a bright piece of cloth to the antenna or hang a piece of cloth from the closed window to try to attract attention. It's OK to keep the dome light on. It won't wear down your battery and will make your car more visible. Run the heater for short periods till the car is warm, and then turn it off to save gas. Always make sure the exhaust pipe is clear of snow or ice!
- Accelerate slowly. Steer in the direction of a skid. Brake gradually with steady pressure. (If you don't have anti-lock brakes, you might need to pump the brake pedal.)
- Stay out of the way of snow plows. Their field of vision is limited.

AND ALWAYS...

Always use your seat belt and make sure children are in car seats that are installed correctly. Don't text and drive and avoid other distractions whenever possible. And never, ever drink and drive.

If playing it safe means arriving at Grandma's a little late, so be it. Arriving safe, sound and healthy is what's important.

Sources:

AAA Minneapolis. Drive to Survive this Winter Season. <https://minneapolis.aaa.com/news/drive-survive-winter-season>. Accessed 9/11/18

National Highway Traffic Safety Administration. Winter driving tips. <https://www.nhtsa.gov/sites/nhtsa.dot.gov/files/documents/winter-driving-tips.pdf>. Accessed 9/11/18

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CHICKEN AND BEAN BURRITO MAKES 6 SERVINGS

Make this Tex-Mex meal with lean chicken or turkey, chili peppers and a hint of lime.

This healthy burrito calls for lean chicken or turkey, low-fat cheese and 10-inch, whole-wheat tortillas (as opposed to the 13-inch white-flour tortillas served at many restaurants). Serve with a zesty guacamole or plain non-fat yogurt, if desired.

INGREDIENTS

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| 1 tablespoon canola oil; | 1 medium onion, sliced; |
| 2 tablespoons lime juice; | 1 can (15 oz.) pinto beans |
| 2 cloves minced garlic; | rinsed and drained; |
| 2 to 3 teaspoons chili powder; | $\frac{3}{4}$ cup low-fat grated |
| 1 small (4 oz.) container green | Monterey Jack or mozzarella cheese; |
| chili peppers (mild or hot); | 2 cups shredded lettuce; |
| 1 can (15 oz.) diced tomatoes; | 6 10-inch whole-wheat |
| 2 Tablespoons lime juice; | tortillas or wraps |
| 4 cups shredded turkey or | |
| chicken (leftover or rotisserie); | |



NUTRITIONAL INFORMATION

395 Calories
39 g Protein
2 g Fat
1 g Saturated fat
38 g Carbohydrate
138 g Cholesterol
7 g Fiber
650 mg Sodium

DIRECTIONS

1. Heat oil in a large pan. Over medium heat, add onion and garlic and cook until soft, about 2 to 3 minutes.
2. Stir in chili powder and green chili peppers. Add tomatoes and lime juice and bring to a boil. Reduce heat to a simmer and cook another 15 to 20 minutes.
3. Stir in turkey or chicken and beans and heat through, another 3 or 4 minutes.
4. Divide the mixture evenly among tortillas. Top with cheese and lettuce. Roll and serve.

Variation: Serve turkey mixture over $\frac{1}{2}$ cup of brown rice instead of in a tortilla and add the cheese and lettuce to the rice mixture.