Hello Head Start Participants, I hope you are all doing well and are staying safe. Based on the information that was given last week here are a few more tips and guidelines to keep you and your family safe. Also, if you are someone with a low immune system it is always important to include some Vitamin C in your diet.

When running essential errands...

- Stay home if sick
- Use online service if available
- Wear a cloth mask
- Social distance at least 6ft apart
- Use hand sanitizer after leaving a store
- Order food online for home delivery or curbside pick up
- Disinfect shopping charts before using it
- Use cash or touchless payments (apple pay)
- If you go to the bank, disinfect the keypad or wear gloves before using it
- If pumping gas, disinfect the handle bar or wear gloves
- When visiting the doctor, try to avoid in-person visits and try to communicate through the phone or email if possible
- For prescriptions, try to avoid going into the pharmacy and have your medicine delivered if possible

When visiting parks and recreational facilities...

- Visit parks that are close to your home
- Do not visit parks if you are sick
- Keep at least 6ft apart
- Avoid large crowded places
- Avoid using playgrounds
- Avoid participating in organized activities or sports

Vitamin C: Is known to be essential to the body in many ways. One of the ways is to boost your immune system. Some Vitamin C sources include: citrus fruits, berries, and peppers. Vitamin C can also be consumed as a supplement.

Vitamin C Immune Booster Smoothie

Serving Size: 1
Preparation Time: 30 minutes

Ingredients:
- ½ cup fresh pineapple
- ½ cup fresh strawberries, stemmed and diced
- ½ orange, peeled and cut into segments
- 1 large carrot, cut into ¼ inch chunks
- Juice of ½ lemon
- ½ cup almond milk
- Handful of ice

Directions:
1) Cut all the fruit into small chunks, set aside.
2) Blend everything in the blender until smooth.
3) Serve and enjoy!