

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Pesticides and Produce

Listed below are 12 fruits and vegetables that contain the most and least pesticides. There is a growing consensus among the scientific community that small doses of pesticides can adversely affect people, especially during susceptible periods of fetal development and childhood when exposures can have long lasting effects. Washing and rinsing fresh produce may reduce levels of some pesticides, but it does not eliminate them. Peeling also reduces exposures, but valuable nutrients are found in the peel. The best option is to eat a varied diet, wash all produce, and choose organic produce when possible to reduce exposure to potentially harmful chemicals. For more information, please visit <http://www.foodnews.org>

Low Pesticide Foods

1. Onions
2. Avocado
3. Sweet Corn-Frozen
4. Pineapples
5. Mango
6. Sweet Peas-Frozen
7. Asparagus
8. Kiwi
9. Bananas
10. Cabbage
11. Broccoli
12. Eggplant

High Pesticide Foods

1. Peaches
2. Apples
3. Bell Peppers
4. Celery
5. Nectarines
6. Strawberries
7. Cherries
8. Lettuce
9. Grapes
10. Pears
11. Spinach
12. Potatoes

The Basics of Estate Planning Class

2817 Cattlemen Road, Conf Room B

June 11th (Wednesday)

Noon-1:30pm

Register on TRAC; Class Code: 1FIT3105

Learn more about advanced directives, living wills, trusts, power of attorney, the probate process, problems that could arise, how to plan & save for emergency funds.



May is National Foster Care Month

There are many ways you can help. There are over 1,200 children in the foster care system in Sarasota, Manatee, and Desoto counties. Here are some ways you can help make a difference in a child's life TODAY:

- Become a foster or adoptive parent
- Mentor a foster child(ren)
- Volunteer at one of the group shelters
- Become a babysitter for a foster family
- Donate new clothing, toys, or hygiene products to the YMCA Clothes Closet which provides items for children entering the foster care system
- Share this information with family members, friends or members of the community.

You may use up to 16 hours of approved administrative leave as a county employee if you decide to get involved in a youth mentoring program (e.g., Guardian ad Litem, Boys and Girls Club, YMCA, Big Brother/Big Sister, etc.) – *Paula Parsons Grubb, Guardian ad Litem, 12 Judicial District*

Have You Completed Your Online Health Risk Assessment for 2008?

Did you know you can earn up to \$100 a year for participating in the Incentive Program? To get started, visit www.aetna.com to complete your online HRA and earn \$25! Just log in, click on **Take Action on Your Health**, click on **Staying Healthy** and then click the link **Simple Steps to Healthier Life**. The online HRA is a confidential questionnaire that assesses your health risks determined by your lifestyle and health history. After completing the HRA, visit the TPM website to view a list of programs that qualify for the incentive program <http://tpm.scgov.net> (*Living Well, Healthy Living Programs*). The deadline for completing the HRA & all other programs is 10/31/08.