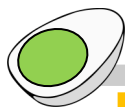


# Breakroom Buzz

## Avocado Deviled Eggs

(12 Servings)



- 6 eggs
- 1/2 avocado (mashed)
- 1/8 tsp salt
- Dash of cayenne pepper & paprika
- Pinch of garlic powder
- 1/2 T. lemon juice
- 1 green onion, chopped

1. Wash hands with soap and water.
2. Hard boil 6 eggs, and let cool in cold water. Cut the avocado in half, remove pit, and peel carefully. Mash half of the avocado in a plastic bag.
3. Peel eggs. Slice eggs in half, and put egg yolks in plastic bag with the mashed avocado. Mix well until the avocado and smashed yolks are completely combined.
4. Add in salt, garlic powder, and cayenne pepper to plastic bag and mix together. Add lemon juice and green onions and mix in plastic bag.
5. Cut bottom corner of plastic bag and pipe avocado mixture into egg whites. Sprinkle with paprika.

Nutrition Facts per egg: 60 calories, 4gm fat, 75mg sodium, 3g protein, 1g carbohydrates

### Tips for a Food Safe Picnic April 23rd is National Picnic Day!

- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.

Source: USDA

### Get Smart About Your Money!

Budgeting • Instituciones Financieras • Debt Relief • Retirement



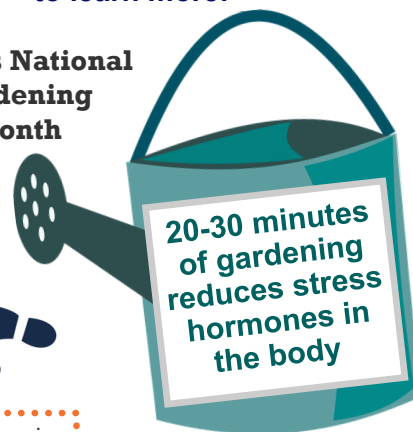
En Español

### MONEYSMARTWEEK

MONEYSMARTWEEK.ORG APRIL 15-21, 2023

Visit [moneysmartweek.org](https://moneysmartweek.org) to learn more!

### April is National Gardening Month



### April 5th is National Walking Day!



A small research study published by the University of Georgia found just 20 minutes of walking can reduce tiredness by 65% and has similar effects to a cup of tea or a shot of espresso.

### Boiling Eggs to Dye?

1. Wash hands with soap and water.
2. Place eggs in a single layer in a saucepan and cover with 1 inch of cold water.
3. Cover, bring to a boil and immediately remove from heat. Let stand 11-13 minutes. Remove eggs from water.
4. Chill by immersing eggs in ice water before peeling.

Hard boiled eggs keep for up to 7 days in the refrigerator

### I Didn't Know That

According to the National Children's Alliance, more than 600,000 children are abused annually in the United States. Unfortunately, the data may be incomplete because the number of children abused is likely underreported.



#### What can we do to help?

- ⇒ April 7 is a day to wear blue to support child abuse prevention month.
- ⇒ Care enough to call the Child Abuse Hotline if you suspect a child is being hurt. In Illinois, call 1-800-252-2873.
- ⇒ Be a positive and nurturing parent or caretaker. Help other family members, friends, and neighbors too.
- ⇒ Provide children with a safe and healthy environment.
- ⇒ Take a time-out when you need it. We can get frustrated, so make sure you take care of yourself.
- ⇒ Seek help if you need it.
- ⇒ Join or start a Child Abuse Prevention Coalition. For suggestions, visit the prevent child abuse Illinois website.
- ⇒ Organize a parent support group in a local church, library, or social service agency.
- ⇒ Participate in workshops, health fairs, or other fun events for families.
- ⇒ For a full list of 20 Ways to Prevent Child Abuse and Neglect, visit [Prevent Child Abuse Illinois, preventchildabuseillinois.org](https://preventchildabuseillinois.org)

Resource: [https://www.preventchildabuseillinois.org/files/ugd/eabf46\\_09cdd38ede5f4d0eb6f579e42860f7ca.pdf](https://www.preventchildabuseillinois.org/files/ugd/eabf46_09cdd38ede5f4d0eb6f579e42860f7ca.pdf) and <https://www.preventchildabuseillinois.org/20-ways> Adapted by Tessa Hobbs-Curley, Family Life Educator



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