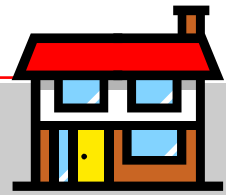


A Publication of C-1, Inc.



The Tenant Connection

Providing Information You Can Use

Making Healthy Eating Habits a Way of Life

As parents, it is our responsibility to buy healthy groceries and serve nutritious food to our growing children.

Start by establishing a daily routine, even if it is difficult at first. This means a set time for breakfast, lunch, dinner, and snacks. Once you have an established routine, meal times are more relaxed. Most children are happier and become hungry at regular times. You'll feel happier about your parenting job when the family has a routine.

- Be consistent! Children need a meal routine just like they need a bedtime routine. Plan for 3 meals and 2 snacks each day. Serve a vegetable or fruit at every meal. Fruits and vegetables are great for snacking, too.
- Instead of rewarding your child with food, reward them with attention (hugs, kisses, and smiles) and playful activities.

Tips for Helping Your Picky-Eater:

- Parents are role models! Set a good example by eating healthy foods yourself. Buy and try new fruits and vegetables. Drink water

between meals, instead of sodas.

- Don't expect your child to like a new food the first time. Offer it again in a week. It usually takes several tries before children are willing to accept new foods.
- Place a small amount of each food on your child's plates. Let him/her ask for more.
- It's normal for children to explore foods. Young children often touch or smell the food on their plate.
- Stick to the meal routine. Your child is less likely to be tired or fussy when it's time to eat.
- Offer healthy foods. Your child soon learns that these are the foods in your home and will eventually eat!

Info from The Centers for Disease Control & Prevention Website at www.cdc.gov.



The Tenant Connection

Fall 2006 Edition
Volume 5, Issue 2

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The Door to Homeownership Is Open

*Have you always wanted to own a home?
Well, a new door has opened!*

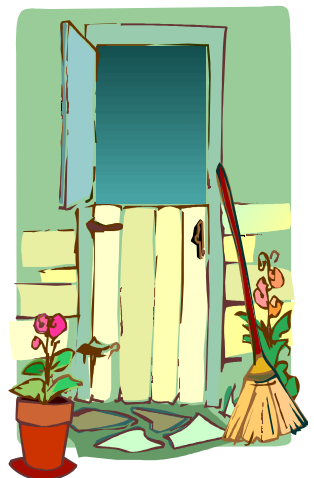
Memphis Housing Authority (MHA) is offering a new housing option to Section 8 participants called SHAPE (*Section 8 Homeownership Assistance Program*).

SHAPE is designed to help you convert your rental payments into mortgage assistance payments. Eligible families may purchase a home and Section 8 subsidies to assist with mortgage payment.

To obtain more information about this unique program and its criteria, simply call Marquiepta Odom, SHAPE Counselor, at (901) 544-1835.

If you are interested in purchasing a home owned by C-1, Inc., through this program, please contact us at (901) 377-2696 today. We'd be glad to help.

Make homeownership a reality for you and your family!!



Eating Your Way to a Super Pregnancy

What a mommy-to-be eats while she is pregnant is extremely important to the baby's well-being.

During pregnancy, healthy foods provide the optimum mix of baby-building nutrients. Starting in the second trimester, expecting moms need about 300 additional calories in their diet every day.

Here are some choice foods to add to a pregnancy diet, making those extra calories count by providing a variety of nutrients that benefit mom and baby.

- **Beans**~ They supply fiber, protein, iron, folate, calcium, and zinc.
- **Beef**~ Lean cuts of beef (such as top sirloin steak) are packed with protein, vitamins B6, B12, and niacin as well as zinc and iron. Beef also has a high concentration of choline, required for brain development and peak cognitive powers.
- **Berries**~ They are packed with carbohydrates, vitamin C, potassium, folate, fiber, and fluid. The phytonutrients in berries are naturally occurring beneficial plant compounds that protect cells from damage.
- **Broccoli**~ Eat broccoli for the folate, fiber, calcium, lutein, zeaxanthin, carotenoids to foster healthy vision, and potassium for fluid balance and normal blood pressure. Broccoli



also contains the raw materials for vitamin A production in the body.

- **Cheese (pasteurized)**~ Cheese supplies concentrated amounts of calcium, phosphorus, and magnesium for mom's and baby's bones, plus vitamin B12 and protein (use reduced-fat varieties, such as Cabot 50% Light Cheddar to save on calories, fat, and cholesterol).
- **Eggs**~ They supply the gold-standard of protein because they provide all the amino acids mom and baby needs to thrive. They also include more than a dozen vitamins and minerals, such as choline, lutein, and zeaxanthin.
- **Milk**~ Milk is an excellent source of calcium, phosphorus, and vitamin D—bone-building nutrients mom and baby require every day. It is packed with protein, vitamin A, and B vitamins.

- **Orange Juice**~ Orange juice with added calcium and vitamin D contains the same levels of these nutrients as milk. Plus, orange juice supplies hefty doses of vitamin C, potassium, and folate.
- **Pork Tenderloin**~ It is as lean as boneless, skinless chicken breast, and it serves up the B vitamins thiamin and niacin, vitamin B6, zinc, iron, and choline.
- **Salmon**~ Salmon has the protein, B vitamins, and the omega-3 fats that promote brain development and vision in babies.
- **Sweet Potato**~ These potatoes are packed with vitamin C, folate, fiber, and carotenoids—compounds your body converts to vitamin A. They also supply potassium in large amounts.
- **Whole Grains**~ Enriched whole grains are fortified with folic acid and other B vitamins, iron, and zinc. Whole grains contain more fiber and trace nutrients than processed grains, such as white bread, white rice, and white flour.
- **Yogurt**~ Yogurt has protein, calcium, B vitamins, and zinc. Plain yogurt contains more calcium than milk.



Info from the WebMD Website at www.WebMD.com; article written by Elizabeth Ward.

Easy Ways to Prevent Common Illnesses



Are you tired of being sick all the time?

If you wish you could somehow prevent the frequent on-set of illnesses, check out these easy tips on how to prevent them. Unfortunately, they won't prevent illness 100% of the time, but they certainly will help.

Here are a few quick tips:

1. Wash your hands!
If you do nothing else, be sure to wash your hands frequently. This is the single most important step to preventing the spread of disease.
2. Take a daily multivitamin.
3. Exercise regularly, at least 30 minutes a day.

4. Eat a healthy, balanced diet.
Eating a well-balanced diet, getting regular exercise and taking a daily multivitamin all work to boost your immune system, so you will be less likely to get sick.
5. Drink at least 64 ounces of water a day.
Drinking plenty of water will keep you well-hydrated. Proper hydration is essential to a strong immune system and will help you feel better as well.
6. Avoid people with a cold or the flu, especially when they have a fever.
An ill person is the most contagious when he/she has a fever.

Info from the About Website at www.about.com; article written by Kristina Duda.



Fighting the Dreaded Flu



It's flu season!!

No one likes getting the dreaded flu virus (also known as influenza), so to help your family stay healthier, take defensive measures that can help stop the spread of the flu in its tracks.

How Flu Spreads

The flu can be transmitted in two ways.

Most commonly, the flu virus is spread from person to person through coughing or sneezing.

Sometimes people may become infected by touching surfaces or common household items (for example: doorknobs, toys, kitchen counters and especially keyboards) that have been contaminated with the flu virus by someone who is already ill, and then touching their mouth or nose.

Remember, you can pass along the flu virus as early as 1 day before the start of

symptoms as well as while you are sick for up to 5 days.

How to Spot the Flu

Is it really the flu or just a common cold? Colds are minor viral infections, whereas the flu's symptoms are typically much more severe. In fact, the flu is characterized by symptoms such as: fever (usually high), headache, weakness, sore throat, muscle aches and deep cough.

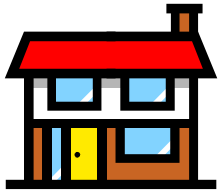
How to Help Prevent the Flu

The "flu shot" is an effective and easy way to help prevent your family from getting the flu during the flu season. The flu shot is also highly recommended for people who are at "high risk" for catching the flu.

Contact the Memphis & Shelby County Health Department at (901) 544-7708 for a list of flu shot locations.

Info from the WebMD Website at www.WebMD.com.

"... You can pass along the flu virus as early as 1 day before the start of symptoms..."



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We hope you found this issue of **The Tenant Connection** helpful.
If you have suggestions for articles we might include in an upcoming issue,
please mail them to:

C-1, Inc.

Attn: Tenant Connection

P.O. Box 34277

Memphis, TN 38184

Don't forget—for maintenance issues, please contact us at (901) 377-2696.

Thank you for renting from C-1, Inc.

