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## June is National Safety Month

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. But there are many things people can do to stay safe and prevent injuries.

Make a difference. Spread the word about ways to reduce the risk of injuries.

Encourage communities, workplace, families and individuals to identify and report safety hazards.

How can National Safety Month make a difference?

We can all use this month to raise awareness about important safety issues like:

- ⇒ **Prescription painkiller abuse**
- ⇒ **Transportation safety**
- ⇒ **Ergonomics**
- ⇒ **Emergency preparedness**
- ⇒ **Slips, trips, and falls**

Everyone can get involved in reducing the risk of injuries. Together, we can share information about steps people can take to protect themselves and others.

For more information visit: [www.healthfinder.gov](http://www.healthfinder.gov)

## TIP CORNER

- **HELP FOR A SUGAR CRAVING:** by following a Chinese medicine approach try eating foods such as endive, radicchio, cooked greens and olives to stave off a sugar craving.
- **DRY SKIN RELIEF:** incorporate more avocados into your diet. They're rich in monounsaturated fat and vitamin E, both of which promote healthy skin. Try them on salads, sandwiches and in smoothies.
- **HOLD OFF ON THE ANTIBACTERIAL:** there is no evidence that antibacterial soaps are more effective than regular ones. In addition, long-term exposure to some ingredients in these products, such as triclosan, may pose health risks like bacterial resistance or hormonal effects, according to a 2013 FDA statement.



GISC has supported Quilts for Kids for several years.

Quilts for Kids transforms fabrics into patchwork quilts that comfort children with life-threatening illnesses and children of abuse.

GISC recently had the opportunity to help deliver 50 quilts to Christopher's Haven with the South Shore Quilts for Kids coordinator, Mary Ann O'Neill. It was an emotional experience with lots of smiles.

For more information about Quilts for Kids or if you would like to help, visit their website at: [www.QuiltsForKids.org](http://www.QuiltsForKids.org)





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## JUNE RECIPE

### SHRIMP SCAMPI OVER ARUGULA

#### INGREDIENTS:

- 2 tbsp. of salted butter
- 2 tbsp. of olive oil
- 1 tbsp. lemon juice
- 1/2 cup dry white wine
- 3 to 4 minced garlic cloves
- 1/4 cup grated parmesan cheese
- 1lb. unfrozen raw shrimp, shelled, deveined, with tails attached
- freshly ground pepper to taste
- 5 oz. package of Organic Arugula



#### DIRECTIONS:

1. Heat a sauté pan on high heat then reduce to medium high heat. Swirl the butter and olive oil into the pan. After the butter melts it will foam up a bit then subside. Stir in the slivered garlic.
2. Sauté the garlic for just a minute, until it begins to brown at the edges, then add the shrimp. Add the wine and stir to coat the shrimp with the sauce of butter, oil, and wine. Move the shrimp so they are in an even layer in the pan. Increase the heat to high and boil the wine for two to three minutes.
3. Stir the shrimp and arrange them so that you turn them over to cook on the other side. Continue to cook on high heat for another minute.
4. Remove the pan from the heat. Sprinkle the shrimp with lemon juice, black pepper and parmesan cheese.
5. Pour the mixture over a bed of Organic Arugula.

**Serves 4**

## dirty dozen



If you would like to know which type of produce has the highest pesticide residue see the list below from the Environmental Working Group. If high pesticides are a concern for you and your family, please purchase this produce in the organic aisle.

- Peaches
- Apples
- Sweet Bell Peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes (Imported)
- Spinach
- Lettuce
- Potatoes

## KIDS QUOTE

*“Mommy I’m serious. I’m not playing or kidding, I need a piece of chocolate!”*



*~Sophia 4*