

## Healthier Living

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In Its Place



As summer approaches, outdoor activities and fresh produce from your local farmer's market make healthier living easy to do. Here are some suggestions for a healthier living space...

- Deal with your mail as soon as it comes in – toss or shred the junk, put bills in their designated “home”, and mark your calendar or to-do-list with items that require action.
- Go through all the food in your kitchen cabinets. Toss anything that is stale or expired. If there are items that you're just not eating, consider donating them to your local food bank if they are non-perishable, unopened, and have not expired.
- As you prepare to store winter clothes, pull out for the donation pile any items that are in good condition but don't fit or didn't get worn in the last year. Make a list of clothes you will need to purchase. Repeat this process with your summer wardrobe.
- Clear out the garage early on. Toss broken items, take newspapers and plastics to your local recycling center, and rearrange garden tools for easy access.
- Don't forget to schedule fun in your summer!