

Refrigerator SHELF-LIFE

of FRUITS AND VEGETABLES

Produce Type	Refrigerator Shelf Life*
Berries	2 Days
Corn (on the cob)	2 Days
Mushrooms	3 Days
Asparagus	4 Days
Melons	4 Days
Peaches, nectarines	4 Days
Pears	4 Days
Bell peppers	5 Days
Broccoli	5 Days
Brussels sprouts	5 Days
Cauliflower	5 Days
Cucumbers	5 Days
Summer squash (yellow squash, zucchini)	5 Days
Grapes	1 Week
Green beans	1 Week
Leaf lettuce (unwashed)	1 Week
Celery	2 Weeks
Citrus fruit	2 Weeks
Carrots	3 Weeks
Apples	1 Month

Use the free [USDA FoodKeeper Smartphone App](#) for more information on safe storage

Bathroom Buzz

Tips for Moving More During the Work Day

- Stand up or walk during a call
- Keep a small glass of water at your desk, so you are more inclined to get up and refill it
- Set a timer to remind yourself to move every hour
- Have an accountability work partner to ensure you're both meeting your moving goals

Lisa Peterson, Nutrition & Wellness Extension Educator

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April is National Child Abuse Prevention Month

In April of 1983, former President Ronald Reagan proclaimed the observation of National Child Abuse Prevention Month. According to the Children's Advocacy Center of Illinois, in 2018, nearly 3,561 cases of child abuse were indicated in Illinois.

You might see blue pinwheels in yards as you drive around. The blue pinwheels represent a commitment to preventing child abuse. Prevent Child Abuse Illinois gives 20 suggestions to help prevent child abuse and neglect. Here are just five tips:

1. **Care enough to call.** In Illinois, call 1-800-25ABUSE (1-800-252-2873)
2. **Be a positive and nurturing parent or caretaker.** Support family members, friends, and others to show positivity.
3. **Make children a priority.** Children need a safe and healthy environment.
4. **Take a time-out when needed.** Self-care is important to help managed life.
5. **Seek help if you need it.** If you need support with parenting, reach out to others and get help.

As communities come together, they can help prevent child abuse. For a complete list of suggestions to help support the mission and vision of Prevent Child Abuse Illinois, at <https://www.preventchildabuseillinois.org/20-ways>.

Resource: Family Life Educator, Tessa Hobbs-Curley adapted from Prevent Child Abuse Illinois. https://12d18ff2-240a-9a40-9053-8117886e3810.filesusr.com/ugd/eabf46_69a7af3a204c438798714fa62d142373.pdf