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**National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.** Communities across the country use the month each year to raise awareness about the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

Vaccines are our best protection against a number of serious, and sometimes deadly, diseases. Every year, the Centers for Disease Control and Prevention (CDC) and other medical experts update vaccine recommendations for children, teens, and adults based on the latest research and evidence-based science on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases. =

**You have the power to protect yourself and the ones you love. Talk to your healthcare professional about which vaccines are right for you and your family.**

(Sourced from the CDC)



## September Food Pantry Schedule

**Monday, September 2nd: Office is closed**

Tuesday, September 3rd 10:00 AM — 1:00 PM

Wednesday, September 4th 5:00 PM — 8:00 PM

Monday, September 9th 5:00 PM — 8:00 PM

Tuesday, September 10th 10:00 AM — 1:00 PM

### Immunization Information

- ◆ For a wide variety of information on vaccination for children and adults alike, check <https://www.cdc.gov/vaccines/index.html>.
- ◆ To find vaccines providers near you, go to <http://vaccine.healthmap.org/>
- ◆ For information on immunization requirements in the state of New Jersey, check out [https://nj.gov/health/cd/imm\\_requirements/](https://nj.gov/health/cd/imm_requirements/)
- ◆ For an interactive timeline of the history of immunization, as well as family-friendly activities teaching how vaccines are researched and how they work, check out <https://www.historyofvaccines.org/timeline/all>

(Sourced from the CDC)

### *Did you know?*

Jonas Salk, inventor of the polio vaccine, never patented or profited off it, preferring it to be distributed as widely as possible!  
(Sourced from the Salk Institute)

# Isaac's Meal-of-the-Month

## Butternut Squash Soup

Butternut squash is called a “winter squash” because it keeps well, but it’s at its tastiest in the late summer. You’ll be amazed at how creamy this soup is—since it has no dairy and is almost completely fat-free!

### Ingredients

- *1 butternut squash*
- *Salt to taste*
- *Oil (olive or vegetable)*
- *1 medium yellow onion*
- *2 cups stock (vegetable or chicken)*

### Instructions

1. Preheat oven to 425°F.
2. Cut squash lengthwise in half with a sturdy knife and scoop out the seeds.
3. Lightly coat squash with oil and sprinkle with salt.
4. Roast in the oven for an hour until very soft and beginning to brown, then scoop out flesh.
5. Dice the onion fine, and heat around two tablespoons oil in a saucepan over medium heat.
6. Add onion to hot pan, and sprinkle a few pinches of salt over while constantly stirring.
7. Sauté until translucent and starting to brown, around 10 to 15 minutes.
8. Combine mashed squash, onion, and broth (in a blender or food processor if possible), and purée until it becomes a thick liquid, and serve!

### Isaac's Top Tips

- ◆ You don't need to throw the seeds out! Wash them thoroughly, toss them in salt, pepper and oil, and toast them in a hot saucepan for a delicious and healthy snack—or a crunchy soup topper!
- ◆ This recipe is pretty simple, so feel free to jazz it up a bit. I like adding white pepper, nutmeg, and a pinch of cayenne while I'm sautéing the onions! Let your imagination run wild!

## Amazing Amino Acids

If you look at a human, what do you see? A face, a body, skin, head, shoulders, knees and toes. But look closer—much, much closer—and you'll see a much more complex picture. Our cells are made of many compounds, from DNA to lipids to good old fashioned H<sub>2</sub>O. But perhaps the most important compound in our cells is the incredibly versatile protein.

Proteins are long and complex chains, each one different from another. The human body produces up to six billion different proteins, each performing a distinct vital function. But of all these proteins are made of just twenty-one building blocks, known as the amino acids. And they are: alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, isoleucine, lysine, leucine, methionine, phenylalanine, proline, selenocysteine, serine, threonine, tryptophan, tyrosine, and valine.

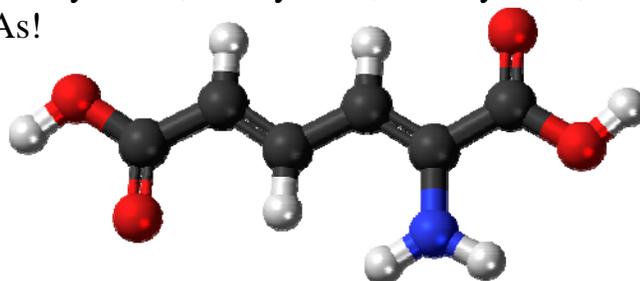
Whoof, that's a lot of Latin there. Well, to make it easier for the poor scientists who have to say them, each one of these amino acids have a letter assigned to them.

Now out of these twenty-one amino acids, humans can produce most of them ourselves, but there are nine which we have to get from our food. For completion's sake, I'll list them for you: phenylalanine (F), histidine (H), isoleucine (I), lysine (K), leucine (L), methionine (M), threonine (T), valine (V), and tryptophan (W).

So where can we get these essential amino acids? Here's a guide from registered dietician Natalie Olsen at MedicalNewsToday.

- Phenylalanine is in dairy, meat, poultry, soy, fish, beans, and nuts.
- Meat, fish, poultry, nuts, seeds, and whole grains contain large amounts of histidine.
- Isoleucine is plentiful in meat, fish, poultry, eggs, cheese, lentils, nuts, and seeds.
- Lysine is in meat, eggs, soy, black beans, quinoa, and pumpkinseeds.
- Dairy, soy, beans, and legumes are sources of leucine.
- Methionine is in eggs, grains, nuts, and seeds.
- Cottage cheese and wheat germ contain high quantities of threonine.
- Valine is in soy, cheese, peanuts, mushrooms, whole grains, and vegetables.
- Tryptophan is in most high-protein foods, including wheat germ, cottage cheese, chicken, and turkey.

Proteins are one of the most important parts of our diet. They're the literal building blocks of life! So make sure to get your fill of your F, harvest your H, impress with your I, keep your K, love your L, munch your M, treat your T, value your V, and watch your W, so your amino acids will be all As!



Source From MedicalPlus

## **How to Make Your Resume POP!**

**An okay resume shows where you've been.  
A good resume shows what you've done.  
A great resume makes it **POP!****

- P**roblem: What situation or issue did you face?  
**O**peration: What action did you take?  
**P**roduct: What was the quantified positive result?



(Nice try, but not that kind of pop!)

Say you made a newsletter for a local organization.  
An okay resume might say.

*Made a newsletter for a local organization.*

But let's make that **POP**, shall we?

- P:** Local organization needs to send out newsletter  
**O:** Designed and distributed four-page newsletter  
**P:** Sent new recipes and useful information to two hundred clients per month

A resume that **POP**s might say:

*Designed and distributed a four-page newsletter for a local organization, sending new recipes and useful information to two hundred clients per month.*

Now THAT's a resume that **POP**s!

