

## NUTRITION

### CAPRESE BITES

#### Ingredients

- 8 oz. mozzarella balls
- 2-4 tablespoons basil pesto
- 24 cherry tomatoes
- 12 fresh basil or baby spinach leaves
- Balsamic vinegar glaze

#### Directions

1. In a small bowl, stir together mozzarella balls and basil pesto sauce. Set aside.
2. On a mini wooden skewer, layer a cherry tomato, basil or baby spinach leaf, pesto mozzarella ball, and another cherry tomato.
3. Drizzle skewers with balsamic vinegar glaze and serve.



Scan for a list of Bronson's healthy living classes.



## PRACTICE



## PREVENT MOLD GROWTH

While April showers may bring May flowers, they can also create the perfect environment for mold to thrive. To keep mold at bay, try these strategies:

- **Encourage airflow** in your home by using fans and keeping doorways open.
- **Repair any leaks** in the roof or pipes and promptly dry out any accumulated water.
- **Use a dehumidifier** in damp areas.
- **Use exhaust fans** in the kitchen and bathroom to reduce excess moisture.
- **Angle outdoor gutters** and drainpipes away from your home



## WELL-BEING

### DIY MOLD CLEAN UP

You can handle mold removal yourself if the area is smaller than 3 feet by 3 feet. Follow these steps:

- **Fix Leaks:** Repair any damage and dry the area.
  - You must remove mold before repainting or recaulking.
- **Safety First:**
  - Use a HEPA filter to eliminate mold spores from the air.
  - Wear rubber boots, gloves, goggles and an N-95 mask.
  - Ventilate by opening windows and doors.
- **Clean Mold:** Use soap and water with a disposable brush or sponge.
  - Alternatively, use a mold cleaner or bleach (mix 1 cup of bleach with 1 gallon of water).
  - Follow container instructions and **never** mix bleach with ammonia.
  - Throw away absorbent moldy materials like ceiling tiles and carpet

Click [here](#) for more Bronson HelpNet EAP resources.