



SHIFT Into Driving Safer



Share the road; With hundreds of vehicles on the road at any given time, it is vital that we use courteous driving skills. Aggressive driving causes thousands of accidents everyday across the nation. Just because you pay taxes doesn't mean you own the road.

Hold the wheel; We're all guilty of driving with one hand from time to time even though we were taught the 10 & 2 rule. The culture of cell phones and multi-tasking pushes us to do many things while driving other than hold onto the steering wheel with both hands.

Interval; Keep your distance from the vehicle in front of you using the three second rule. Once the vehicle in front of you passes a stationary object on the side of road (mile marker or sign) count to three and then you should pass the same object. This provides a safe interval no matter what speed your traveling at.

Follow the rules of the road; This can be pricy if you choose not to obey the traffic laws. We know the traffic laws but applying them behind the wheel each day shouldn't be a challenge. Use discipline because your actions on the road affect the safety of others.

Time; Give yourself plenty of it because when you don't, you neglect the main points mentioned above and increase the risk of accidents while driving. It has always been said, "Take your time because heaven can wait".

Smarter Food Labels Coming Soon

Making wise food choices will soon get easier for busy, on-the-go grocery store customers. At least that's the theory behind easy to read nutrition

labels announced this week by the Food Marketing Institute and the Grocery Marketing Association.

These "Nutrition Keys" will feature large print labels highlighting important nutrition information such as calories, fat, and sodium content on the package front. This will enable shoppers to quickly compare different products and make informed dietary decisions without having to scrutinize standard labels (which many people don't take the time to do).

Inspired by First Lady Michelle Obama's anti-obesity campaign, this labeling system seeks to encourage more people to pay attention to the nutritional profile of the foods they're buying. The system is set to be gradually implemented in the market by the end of the year. Making it quicker and easier for grocery shoppers to choose wisely may prove a useful tool in improving our nation's health and winning the battle against obesity.

Article edited by Gayle Christopher PhD.

PER SERVING

450
CALORIES

5g
SAT FAT
25% DV

360mg
SODIUM
15% DV

14g
SUGARS