





### HEALTHY EATING ON A BUDGET

#### Create a Grocery Game Plan

Making a plan before heading to the store can help you get organized, save money, and choose healthy options.

- Weekly Meal Planning
- Grocery Lists
- Tips to Save More

#### Shop Smart to Fill Your Cart

To get the most for your dollar, follow these tips as you shop at your favorite food store.

- Tips for Every Aisle
- Understanding the Price Tag
- How to Read the Food Label

#### Prepare Healthy Meals

Whether you're cooking for your family or making a quick snack for yourself, it's easy to make it healthy.

- Kitchen Timesavers
- Cooking for the Family
- Tasty and Low-cost Recipes

#### Additional Resources

- Sample 2-week Menus
- Financial Planning and Budgeting

<https://www.choosemyplate.gov/budget#>

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#### HOW CAN I REMEMBER THE ELEMENTS OF VPP?

## " I ACT "

- I - Management Leadership & Employee Involvement
- A - Worksite Analysis
- C - Hazard Prevention & Control
- T - Safety & Health Training



See someone doing something safe?  
Let Kathy Berry know! x6284



## Wall of Fame Corner

Introducing 1<sup>st</sup> quarter FY18's new members of the electronic Wall of Fame!

**Mr. John Finch**, QMC, submitted an innovated suggestion of bullet-proof Kevlar blankets for an active shooter situation. Thanks, John!!

**Mr. James Watts**, G-6, reported a very loose pane of glass on an employee door. Thanks for preventing a mishap, James! Repair has been made.

**Mr. Tom Amburgey**, G3/5, passed information about a recall on Kiddie fire extinguishers. Not only did we make sure LOGCOM didn't use these, we can all check at home too. Thank you, Tom!

**Mr. Dennis Lawing**, G6, reported a hazardous situation with the west crosswalk close to Bldg. 3700. Pedestrians are very hard to see when they leave the sidewalk and enter the crosswalk. We are working on a resolution! Watch for changes! Thanks, Dennis!



A message from Kay:

Dear LOGCOMies,

It's hard to believe that I've been with the command for 10 years! Before my departure I want to share my heartfelt thanks to each of you for helping me create the good memories that I will take with me into my retirement. Randy Sexton will be taking over my position and will formally assume my responsibilities in January. He comes to us with a wealth of knowledge in safety and ergonomics.

I have been blessed with the opportunity to take my retirement now, so I can spend it caring for my aging mother. I am so looking forward to our future time together!

I have been most fortunate to in my career to have met so many different and wonderful people. I know there are many of you that will stay in contact. It is my hope that our paths will cross again in the future.

Stay safe! AND if what you do at work hurts, you're probably doing it wrong...Call Randy!

With gratitude and appreciation,  
Kay Mull

**DO YOU DEMONSTRATE AN UNDERSTANDING OF VPP? DO YOU KNOW THE BASIC PRINCIPLES?**