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CONSUMER IMPACT

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Practice
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A young girl in a white school shirt and dark blue pleated skirt stands on the left, holding a pink folder and a pair of glasses. To her right is a blue school bag filled with various supplies like pens, pencils, and a ruler. A large yellow measuring tape is draped diagonally across the scene. The background is a blurred green field.

MEASUREMENTS A 'DIFFERENT' WAY TO SHOP

WELCOME

BACK TO SCHOOL

Be safe: Practice hand hygiene



The key to keeping consumers safe during this COVID-19 shopping season is practicing hand hygiene.

The COVID-19 virus is transmitted through respiratory droplets or contact. Contact transmission occurs when contaminated hands touch the mucosa of the mouth, nose, or eyes. The virus can also be transferred from one surface to another by contaminated hands, which facilitates indirect contact transmission. Consequently, hand hygiene is extremely important to prevent the spread of the COVID-19 virus.

With the COVID-19 protocols - hand washing, hand sanitizing, wearing of mask and limiting the amount of people - already in place in stores, the responsibility rests on traders and consumers to adhere to the protocols.

Traders should ensure high-traffic areas such as entrances, exits and check-out points are frequently cleaned and disinfected. Staff must wash their hands properly. This must be done before starting work, after coughing or sneezing or blowing their nose, before and after restocking

shelves, after a break or touching their phones, after taking money and giving change, and before leaving the store.

An even greater level of responsibility lies with consumers who visit from store to store. Consumers should sanitize their hands upon entering the store. Hand sanitizers should also be placed at strategic points in the store, and consumers are advised to sanitize their hands after contact with goods and surfaces.

Consumers should wash their hands with soap and water frequently and thoroughly for at least 20 seconds, especially:

- After being in public places and touching door handles, shopping carts, etc.
- After using the bathroom
- Before preparing food
- If soap and water are not available, use a hand sanitizer with at least 70% alcohol.
- Avoid touching your eyes, nose or mouth, especially with unwashed hands.
- If you cough or sneeze, do so in the bend of your elbow. If you use a tissue, throw it away immediately.



Wash before wear

It is possible to transfer viruses, bacteria, and fungus from one person to another person when clothes are tried on. Disinfectant sprays, alcohol and chlorine should not be used to sanitize clothes. Consumers should wash new clothes with soap/laundry detergent and water before wearing. After the initial wash, it's important for consumers to wash clothing after every wear to prevent the spread of the COVID-19 virus.

Minister's Message



Consumer education is an essential component of good governance, and this year, the Prices and Consumer Affairs Division within the Ministry of Immigration and Trade, shares timely and relevant information to guide consumers in making responsible decisions.

The information contained in this edition focuses greatly on keeping consumers safe and mitigating the spread of the Coronavirus. Because of the pandemic, consumers must adapt to the new environment, create new habits, and develop new behaviours regarding shopping and consumption.

As we prepare for the new school year, parents want to ensure their children are set with the right gears so they can be equipped to work hard. As you patronize the various traders in St. John's, it will be imperative for everyone - traders, staff, and consumers - to adhere to the guidelines already established by the Ministry of Health. Everyone has a personal responsibility to practice physical distancing, frequent hand washing, cough/sneeze etiquette, proper tissue usage and disposal, avoidance of touching their face, and respecting others.

As the Division prepares for the new school year, it looks forward to partnering with even more schools as it seeks to educate our nation's youth. Come September, the Division will continue its Big C Club in primary schools via a digital platform. The club aims to bring consumer awareness to students at an early age. Grade five students will learn about the process of consumption, production and distribution in meeting needs and wants, and the role of consumers, workers and producers in the economy.

The officers within the Division will continue to enforce the Distribution and Price Of Goods Act (CAP 138), in terms of ensuring the basic and essential goods named under the Act, are marked with their selling prices, and the wholesale and retail prices are not in excess of the maximum selling price. Emphasis will be placed on the items deemed necessary to protect consumers against the Coronavirus as we seek to mitigate its spread.

I commend the Division for the creative ways in which it is engaging the public, business community and our students. Full commendation to members of staff for your continued efforts.

As our students return to school, we ask Almighty God to protect them, and may they have a safe and productive year.

E. P. Chet Greene
Minister
Immigration and Trade

A 'DIFFERENT' WAY TO SHOP

Back-to-school shopping is one of the busiest shopping seasons, and it is customary to see parents and students making purchases in stores in St. John's.

With the current Covid-19 regulations, however, many traders are worried that they will not have the footfall to generate the kind of business they once did this back-to-school season. On the other hand, parents and guardians are concerned that shopping with your child could be a great risk at this time.

The Prices and Consumer Affairs Division is mindful of the impact the coronavirus has had on both consumers and traders, and the need to keep consumers and traders safe. In this milieu, the Division is advising parents and guardians to "go back to basics" and shop by measurements as an option to shopping with your child.

On an average, uniforms and shoes are the two most likely reasons for in store shopping with your child. However, your child can easily be measured to fit both goods.

MEASURING YOUR CHILD AT HOME

Height

Get your child to stand barefoot, and measure from their heel to the top of their head. It can be easier to make a mark on a wall or doorframe and measure their height from there - it's also a fun way for you to track how much they've grown.

Chest

Wrap a measuring tape around your child's chest, just under the arms at the widest point is best. Leave a little room for extra comfort.

Waist

Measure around the natural waistline which is just above the hips, holding the tape lightly loose for a comfortable fit.

Inside leg

Measure from the top of the thigh to where the bottom of the trouser (skirt or dress) should fall. It's easiest to take this measurement when your child has shoes on in order to get an idea of where the trouser leg will rest above the shoe.

Hips

Standing with their legs together, measure around the widest part of your child's hips.

Neck

Carefully measure around the neck where the collar will sit, placing two fingers in between the tape so it's not too tight a fit.

Sleeves

Carefully measure around the arm leaving a little room for extra comfort. Measure the length desired as well.

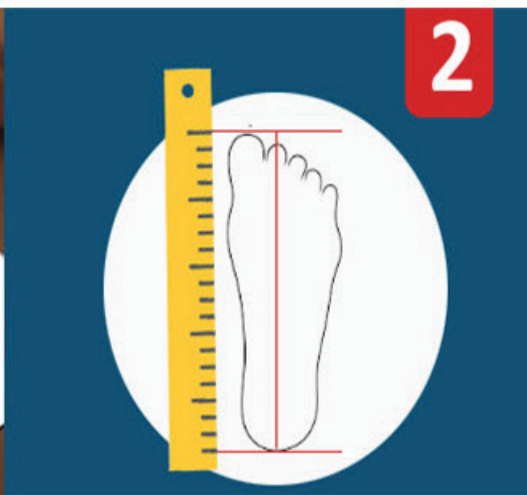
MEASURING YOUR CHILD'S SHOE SIZE

Your child's feet can grow over two full shoe sizes in the course of a year, so take the guessing out of shopping by measuring.

- Grab a piece of paper, pencil and measuring tape or ruler.
- Put the paper on the ground and secure it with some tape to stop it slipping around.
- Place your child's bare foot on the paper. You can either draw around it or make a line just behind the heel and slightly in front of the tip of their biggest toe.
- Measure between the lines you've made or use as a pattern to find the best size conversion.



1



2

While making back-to-school purchases, consumers should be clear about what they want (for example, the size, style, colour etc.), check goods for faults, compare prices and quality and keep receipts. Be sure to find out what the store policies are. For instance, if you are purchasing a pair of shoes, but your child is not present, inquire about the store's return policy. Hold talks with the trader as to the possibility of having the shoe exchanged if it does not fit correctly, and put the necessary arrangements in place to facilitate the exchange should needs be.

Consumers should be aware of signs such as: no refunds on sale items, all sales are final or no refunds, exchange only. Such signs are contrary to the Unfair Contract Terms Act. Consumers have the right to complain and to be duly compensated when goods are faulty and flaws were not pointed out before the purchase.



Washing Food: How & Why Should We Do It

Washing raw fruits and vegetables is something many people do before cooking or eating them, especially if they have been bought loose from the market, or have remnants of soil on them. However, preparing food at home in the current Covid-19 season has many of us asking should we be washing our food, and our packaging, more frequently? Will doing so reduce the risk of spreading or contracting the virus?

Why is it important to wash your food properly?

Certain food items can carry harmful bacteria on them, and so it is important to wash these to reduce the risk of you ingesting bacteria and becoming ill.

In addition to washing food items that may be dirty from production, we are also concerned with contracting the coronavirus from food. Though this virus is thought to spread mainly from person to person and foodborne exposure to this virus is not known to be a route of transmission, it has been found that the virus can survive on surfaces for up to 72 hours. With this in mind, it is essential that you continue to wash

your hands before handling food or eating, and to take extra care when preparing food.

Which foods should you wash?

The main foods you should wash before eating are raw fruits and vegetables. This is because bacteria may be on them from their time growing. Bacteria can come from the soil, from birds and insects that may have landed on the produce, or even from small animals that may have been in the field where the produce grows. Food that would be peeled or cut, for example oranges, melons or avocados, should still be washed to avoid any bacteria from the outside peel ending up on the edible part. Washing foods before peeling or chopping will also prevent any bacteria from the outer side contaminating your chopping board and utensils.

In normal times, it may have been considered unnecessary to wash cans and tins before use. However, with the advent of Covid-19, it is best to wash cans and tins before opening or drinking from them. It is also wise to wash or wipe food packaging before opening.

How to wash food safely

Before handling food, remember to wash your hands with warm soapy water. This will ensure your hands are clean and that you are not risking cross contaminating your food, worktops or any utensils you are using.

The best way to wash food is with cold water; place your produce in a bowl or colander under a running tap. Start with the least soiled first and rub them over under the water. When you've washed them all, give them a final rinse. For items with stubborn soil stains, you can use a clean brush to dislodge the dirt. For produce with lots of hiding places, such as broccoli or cauliflower, you can leave them soaking in cold clean water for a couple of minutes. Delicate items, such as grapes, need to be handled carefully. Do not soak these but submerge them briefly in a bowl of cold clean water, and lift out gently with your hands. Loose bought items tend to have more residue on them than pre packed fruit and vegetables, but be sure to wash them all thoroughly.

Never use soap or bacterial disinfectants to clean your food. Whilst these are good for our hands and kitchen surfaces, many foods are porous and will absorb the chemicals. This means when you come to eat the food, you ingest the chemicals also. This can make you very poorly and cause great gastrointestinal distress. Water is as effective as it is in removing dirt and bacteria from food items.

eatitup

Mango and Coconut Pancakes

What you'll need:

100g Plain Flour
2 Eggs
300ml Milk
1 tbsp. Vegetable Oil
1 tsp Cinnamon
1 Mango, peeled and cubed
5 tbsp. Desiccated Coconut
1 Lime
Sugar



What to do:

- 1) Add the flour, eggs, cinnamon, milk and vegetable oil into a bowl and stir/whisk into a smooth batter. Leave to rest for at least 30 minutes.
- 2) After 30 minutes stir in 3 tbsp. of desiccated coconut into the pancake batter. Heat a frying pan over a medium heat, brush with vegetable oil and cook each pancake until golden brown on each side.
- 3) Serve the pancakes sprinkled with sugar and topped with diced mango, lime zest and desiccated coconut.

Coconut Oats Porridge

What you'll need:

1 cup Water
1 cup Coconut Milk
1/2 tsp Ground Cinnamon
1 cup Porridge Oats
1 tsp Vanilla Extract
1/4 tsp Nutmeg
1/4 cup Condensed Milk
Honey, to serve



What to do:

- 1) Add the water, coconut milk, condensed milk and porridge oats into a large saucepan, along with the cinnamon and nutmeg. Bring to a boil.
- 2) Reduce the heat and cook for around 5 minutes, so that the mixture is thickened.
- 3) Add the vanilla extract. Adjust the consistency by adding more coconut milk or water to get it how you like.
- 5) Serve with slices of fresh mango, blueberries and a drizzle of honey.

Lunch Bag



or



Lunch Box

When your child heads back to school for the new year a lunch bag or box is often on the shopping list. You would need something to hold their lunch that will keep it fresh, and ideally not too squashed until lunchtime. Plus, if you are packing foods that need refrigeration you also want to keep them cool to avoid your child from potentially getting sick. Added to all this is the issue of easy cleaning with the advent of Covid-19.

The Pros and Cons of Lunch Bags

Lunch bags are a great option in many ways but they do also have some disadvantages.

The Pros of Lunch Bags

- Lunch bags are softer and easier to carry especially for little ones.
- Lunch bags are generally at least slightly insulated.
- Lunch bags are less breakable than plastic lunch boxes.
- Lunch bags can accommodate lots of different foods.
- Lunch bags can be a great inexpensive option.
- Many lunch bags can go in the washing machine.
- Once they are empty they take up very little space.

The Cons of Lunch Bags

- Because they are flexible food can get squashed.

- Lunch bags can be wiped, but is best to be washed thoroughly after each use.
- Most lunch bags will need either sandwich wraps or small containers to go with them to keep food separate.

The Pros and Cons of Lunch Boxes

Lunch boxes have come a long way since the brittle plastic lunch ones of past years. You can now get insulated food boxes, sectioned boxes, stainless steel boxes and of course, all the character lunch boxes that your child may like.

The Pros of Lunch Boxes

- Lunch boxes are rigid so there's no risk of sandwiches getting squashed.
- Many lunch boxes have multiple sections so you can keep food separate.
- You can get lunch boxes that are fully sealed for liquid lunches.
- Insulated food jars are perfect for sending leftovers for lunch.
- Lunch boxes are easy to clean, and can be washed at the sink.

The Cons of Lunch Boxes

- Lunch boxes can be hard and break easier if they end up getting dropped or thrown.
- Lunch boxes are rigid so they take up the same amount of space even if they are empty.
- Lunch boxes are often more expensive than lunch bags.

How to shop for a mask

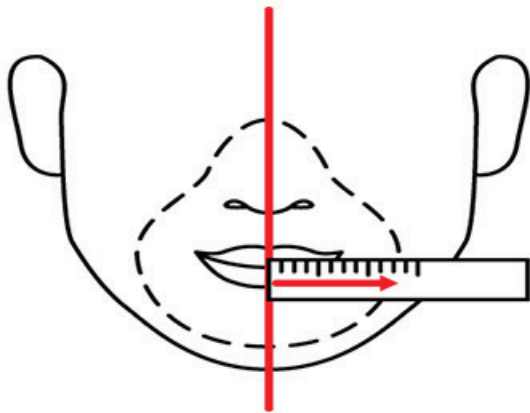
Most consumers purchase a mask based on its decorative or artistic features, however, much thought must be given to its effectiveness and the public health aspect of it.

A mask should:

1. Fit snugly (but comfortably) against your face.
2. Be secured with ties or ear loops.
3. Include multiple layers of fabric.
4. Allow for breathing without restriction.
5. Washable without damage or shape change.

Before purchasing, check that the mask is:

- well stitched and the fabric is not fraying;
- the colour or pattern is as desired;
- the type of fabric is as desired;
- the correct size.



Measure from the centreline of your face at your mouth to at least 1 inch (2.5 cm) past the

outside corner of your mouth (you might want to ask a friend to assist you). The outer edge of the mask should sit against your face at 1 to 1.5 inches (2.5 to 3.8 cm) outside the corner of your mouth. Double the measurement you have taken and match to the best fit.

Consumers should look for masks that can be easily washed and are comfortable. If you can't breathe through it very well, you're not going to want to wear it very long. Here's the bottom line: comfort, washability, and dual-filtration is key. But above all else, keep practicing physical distancing, washing your hands and following other precautions, no matter what type of mask you wear.

What if I buy the wrong mask?

Before purchasing, consumers should examine the mask thoroughly to ensure it meets their desired requirements. Due to the nature of the good, once it is removed from the packaged and handled by the consumer, this Personal Protective Equipment may not be exchanged, should the consumer make an incorrect purchase.

Disposable Face Mask

Disposable face masks are for one time use purposes. Such face masks should be disposed of when the mask becomes soiled on either side, or when the user is done with wear.

Disposal Procedure:

- Remove mask from face, be gentle so as to not disturb liquid and solid contaminants on the mask.
- Place mask in a plastic bag - like a grocery bag or a zip lock bag.
- Secure bag tightly.
- Place plastic bag into the garbage receptacle.
- Wash hands immediately after disposing of your mask.
- Never put on a new face mask until you have properly washed your hands.



Dispose of masks correctly
Consumers must be sensitive to factors that underlie the duty of care: hygiene, safety and quality of the environment.



Back to School Immune Boosters

Building Immunity begins with a combination of factors to include sanitation (clean food and hands) healthy eating, adequate sleep, exercise, and sunshine. Healthy eating appears to be the most challenging, as a few factors should be considered before packing the lunch box.

Many foods can help to boost immunity. While specific foods have been highlighted as a magic ingredient, eating should be approached holistically as no single food contains all the nutrients essential for a person's health needs. Be sure to maximize your intake of produce in season while keeping in mind the following tips to help your family boost immunity.

Rainbow Your Foods!

Incorporate various colours of fruits and vege-

tables in meals and snacks. A variety of colours offer a good supply of vitamins, minerals, and phytonutrients, which help boost immunity, delay aging, and fight off infection and diseases.

Brightly coloured fruits and vegetables are packed with the antioxidants and nutrients that work together for optimum nutrition and healing. Be sure to include the five basic colours that can be found in foods such as the pink/reds, the yellow/oranges, the purple/blues, the white/browns, and the greens. Of the five colours, the purple/blues and greens and sometimes whites tend to be the least consumed colours. Incorporate spinach, beets, berries, sour sop, cauliflower, and tamarinds into fruit or cheese pizzas, smoothies, juices, sauces, or desserts. Each time you plan a

meal, think of the rainbow to inspire creative ways to include a variety of colours on the daily menu.

Balance Your Meals

Balancing meals helps to ensure that your family is getting adequate nutrients from each food group. Include healthy heart fats such as nuts, seeds, nutbutter, and avocados. Whole grains like corn, rice, oats, and wheat can be incorporated in fun ways. I have posted some lunch and snack ideas further in this article. (Note: If your child has allergies to any foods, you can consult a dietitian to help you plan non-allergenic meals for your child's optimal nutrition intake).

Make Every Bite Count

Every bite should count, so starting your children early in life with healthy eating habits goes a long way. The aim is to get as many fruits and vegetables in during the first half each day. The reason is that many times later get busy. Some persons also do not digest specific fruits and vegetables well in the evening, while for others, meals are not as organized in the evening for various reasons as they would for breakfast and lunch. So, ensuring that fruits or vegetables are consumed with heart-healthy protein and fat at each meal can suppress cravings for unhealthy foods.



Meal Ideas

Breakfast is the most important meal of the day. A nourishing meal before school helps with cognitive development and a child's ability to concentrate on learning. Parents should



ensure that each child has a nutrient-dense meal in the morning before school. While some children may be provided with a multivitamin supplement, it should not be given in place of a physical breakfast, as there is no substitute for real food. Preparing healthy, immune-boosting meals starts with meal planning and a grocery list. Storage, sanitation, and ease of eating are a few factors that should be kept in mind when planning snacks for school and after school. There are some foods that hold up better in the lunch kit than others, so here are a few tips:

- **Main Meals:** Sandwiches or cooked lunch (stored in a hot food flask) with a choice of protein (e.g., Chicken, Cooked Fish, Tuna, Cheese, Tofu). Pack fresh vegetables in a separate container or serve hot lunches with

steamed veggies. Tip: To keep hot foods at a safe temperature, prefill the food flasks with boiling water.

- **Fruits & Veggies:** Whole or Cut Fruits, Local Fruit Juice, "Sucka Bubby," made from real fruit juice, Cherry Tomatoes, Veggie sticks with Dip (e.g., Hummus, Cream cheese, Nutbutter, Apple sauce, salsa). Try homemade juices instead of store-bought sugar-sweetened beverages. Remember to pack adequate drinking water.

- **Snacks:** Stovetop Popcorn, 3 Ingredient Chips (e.g., Potato, Plantain, Cassava, Banana), Peas Balls, Granola or Trail Mix, Banana or Pumpkin Muffins, Oatmeal cookies, Fruit Yogurt.

- **Home Snacks:** Cheese pizza, Fruit pizza, Salsa or Guacamole with Tortilla Chips, Fruit sorbets, Fruit Smoothies, or Shakes.

Parents and Teachers Too!

It is vital that in addition to the students, parents, and teachers should keep up their immunity. While this article is about immune-boosting foods, the emphasis is on building a good nutritional foundation by incorporating a variety of colourful foods for optimal nutrition, thereby helping to maintain good immunity. Some ingredients that can be added to meals and snacks to increase overall immunity are citrus, West Indian cherries, turmeric, garlic, ginger, broccoli, spinach, yogurt. Also, ensure that children are allowed at least 60 minutes of free play and sunshine exposure each day. The overall aim is to replace unhealthy foods with healthy ones, so be sure to make room for as many healthy options as possible. We are all in this nutrition journey together.

For more information, you can visit: <https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/nifty-new-aterter-school-snack-ideas>

Mrs. Dorothy Graham-Charles, MSc., is a Nutrition Consultant with experience in Public Health Education and Promotion.

drinkitup



Banana Mango Smoothie

What you'll need:

- 3 medium bananas (about 1 lb.)
- 2 mangoes
- 1/4 cup apple juice or 1/4 cup unsweetened coconut milk
- 1 tablespoon honey
- 1 cup ice cube

What to do:

1. Chill the bananas and mangoes in the refrigerator for 1 hour.
2. Peel and slice bananas and mangoes; place in a blender container.
3. Add apple juice or coconut milk and honey. Cover and blend until smooth.
4. With blender running, add ice cubes, one at a time, through opening in lid.
5. Blend until smooth.

Tropical Smoothie

What you'll need:

- 3 passion fruits
- 1 banana chopped
- 1 small mango, stoned and peeled
- 300ml orange juice
- Ice Cubes

What to do:

Scoop the pulp of the passion fruit into a blender, add the banana, mango and orange juice, puree until smooth top with ice cubes and drink.



choosing the right

SCHOOL BAG

When shopping for a quality school bag, keep an eye on the following:



Avoid loose, uneven or careless stitching that could come undone. Check for raw or frayed fabric edges which could unravel. Pass on zippers that are openly exposed to weather. Instead, opt for zippers that have fabric flaps over them to keep water and other elements out of the bag.



Choose the proper size: The width of a bag should be relatively proportionate to the child's width. Look for broad straps with padding for the shoulders. Go for school bags with pockets, slots, and dividers to evenly distribute the weight. Keep the weight of the packed bag to 15% of your child's body weight.



Test before you purchase: Bring a few personal items that your child would normally carry in his school bag to the store with you. Slip them into the bag as he tries them on to get a better sense of weight distribution, etc. If it has chest or waist straps, make sure they sit properly on your child.



Consider your child's personal style: While proper fit and good quality are the biggest factors to look for, style is still an element to consider. You want to know that your child actually likes the bag.





BACK TO SCHOOL SHOPPING ONLINE

With the advent of COVID-19, a larger number of consumers are opting to make purchases online.

Shopping online for school shoes, bags and uniforms can be a gamble. Sizes vary widely across different stores and brands, and sometimes, returning the item can be a major hassle. Here are some tips to assist you.

Using a U.S. mailbox service

If you are engaging a locally operated U.S. mailbox service, **know their terms, conditions, fees**, and verify that you have the **correct U.S. shipping address**.

The online shop

1. Choose an online shop with a **reliable history**.

2. Measure your child - A size 4 in one brand may feel like a size 6 in another, so it's important to go by measurements. Measure your child's bust, waist, hips and length. Write down your numbers and check them against the store's sizing chart to determine which size would fit your child's measurements best.

3. The right size - Measure the length from heel to toe and compare the measurement with the conversion chart and size guide on the website.

4. Start with the right foot - Many consumers ignore that the two feet are often not of the same size. If you are unsure, measure both feet and use the measure of the larger one.

5. When shopping for school bags make sure to look for one suitable for the age of your child.

Check the measurements. A good guide is to measure your child's current school bag to get an idea of the size needed.

6. Read customer reviews on the item before making your choice.

Before you check-out

1. Read the **store's e-commerce return policy**.

2. Double check items in your basket to ensure they are the correct sizes and colours.

If you make back-to-school purchases online and upon arrival the item(s) are defective or you receive the wrong colour or size, the Division does not have authority to contact a supplier outside of Antigua and Barbuda. Therefore, pay careful attention before concluding online sale transactions.



MAKE SURE there are no broken stitches, and that stitches are not too close together where they turn a corner and could weaken the material, causing it to tear.

CHECK:

- ✓ How well the shoes are put together
- ✓ How level the heels are. Make sure they are not shaking
- ✓ For loose straps, test their strength
- ✓ How well the shoes will take your weight
- ✓ All glued areas
- ✓ That lining at toes and heels are firmly stuck

Allow your child to walk around the store in the shoes to make sure they do not hurt or squeak. If a pair of shoes hurt your child's feet in the shop, and you still insist on buying them, you could hardly blame the retailer later.

Check that shoes fit properly. They should be

Long enough - this could be checked by pressing on the top of the toes of the shoe to see if there is room between the end of the longest toe and the end of the inside of the shoe (at least one half of an inch for a growing foot).

Wide enough - the child's feet should not make the sides of the shoe bulge.

Deep enough - the top of the shoes should not press down tightly on your child's feet. They should not be too deep either. When standing on toes, there should not be a large ridge in the upper part of the shoe.

Close fitting - at the heel without cutting into the ankle-bone. If your child stands on tip-toe the shoe should not slip off at the heel.

HURRICANE PREPAREDNESS

Suggested Consumer Checklist

During the hurricane season, your emergency plan should include a list of items that you can keep stocked in your home. This hurricane preparedness list should include a first aid kit, water, non-perishable foods and other supplies you may need during a storm. Check out this emergency supply list to prepare yourself and your family.



KEY SUPPLIES

- ☐ **Water** – 1 gallon per 1 person per day. For a family of 4 for 5 days, you need 20 gallons. Save water in containers for food preparation, basic sanitation and dishwashing,
- ☐ **First Aid Kit** – Band-Aids, bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every 1 gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- ☐ **Flashlight** – 1 flashlight per family member and extra batteries.
- ☐ **Tool Kit** – A basic set of tools: hammer, nails, screws, screwdriver, pliers, and knife.
- ☐ **Sanitation Products** – Toilet paper, paper towels, bleach, disinfectants, sanitizers, hand soap and garbage bags.



FOOD

Your family needs to accumulate at least a five-day supply of nonperishable food that requires no refrigeration and little preparation.

This includes:

- ☐ Dry cereal
- ☐ Canned goods: fruit, vegetables, juice, soups, meats, pasta, beans
- ☐ Nuts
- ☐ Peanut butter
- ☐ Bread
- ☐ Crackers
- ☐ Granola and energy bars
- ☐ Un-refrigerated fruit: bananas, apples, oranges
- ☐ Baby food and bottles
- ☐ Rice and pasta
- ☐ Pasta sauce
- ☐ Seasoning
- ☐ Oats



OTHER ITEMS

- ☐ Plastic sheeting
- ☐ Tarps to cover roof
- ☐ Masking and/or duct tape
- ☐ Aluminum foil
- ☐ Mosquito repellent
- ☐ Cash
- ☐ Manual can opener
- ☐ Large sealable bags to store important documents
- ☐ At least ONE fully-charged cellular phone. A power pack would be a good option as well.
- ☐ Matches
- ☐ Baby diapers, wipes and rash ointment
- ☐ Feminine supplies
- ☐ Liquid detergent
- ☐ Prescription Drugs
- ☐ Bucket/mop, broom
- ☐ Battery operated radio with extra batteries
- ☐ Extra filled propane tanks
- ☐ Pet supplies

NOTE: When shopping for grocery in preparation for a storm, consumers should be mindful that perishable foods require refrigeration and electrical power may be out for an extended period of time. Keep the refrigerator temperature at or below 40° F (4° C). Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40°F. Be aware that food can make you very sick even when it doesn't look, smell, or taste spoiled.

Consumers asked to check ingredients in hand sanitizers

Over the past two days the Prices and Consumer Affairs Division has conducted investigations into the recalled good Command Brands Gel AntiBac Instant Hand Sanitizer, and has found none of the good at any supplier or retailer on the island.

Roque Plast S.A. de C.V. manufacturer of Command Brands Gel AntiBac Instant Hand Sanitizer has this week issued a recall of the product due to the potential presence of methanol.

The Division is therefore cautioning consumers to pay keen attention to the active ingredients in hand sanitizers, since substantial methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death.

According the manufacturer, "although all persons using the product on their hands are at risk, young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute, are most at risk for methanol poisoning."

Consumers are advised to check hand sanitizers in their possession, and before purchasing hand sanitizers for methanol. Should methanol be present, consumers are asked to make a report to the Prices and Consumer Affairs Division.



get a Receipt

Sales Receipt

Transaction #: 5136
 Date: 02/12/2014 Time: 4:15:59 PM
 Cashier #: 1
 Register #: 1 Administrator

Item	Qty	Amount
010620-10 ADDAS SHOE MUNGO QD 1009-1110 A1584310	1	\$79.00
		Disc (\$30.90)
		Sub Total \$49.00
		Total \$49.00
		Voucher Tendered \$100.00
		Change Voucher \$51.00

You saved \$30.90

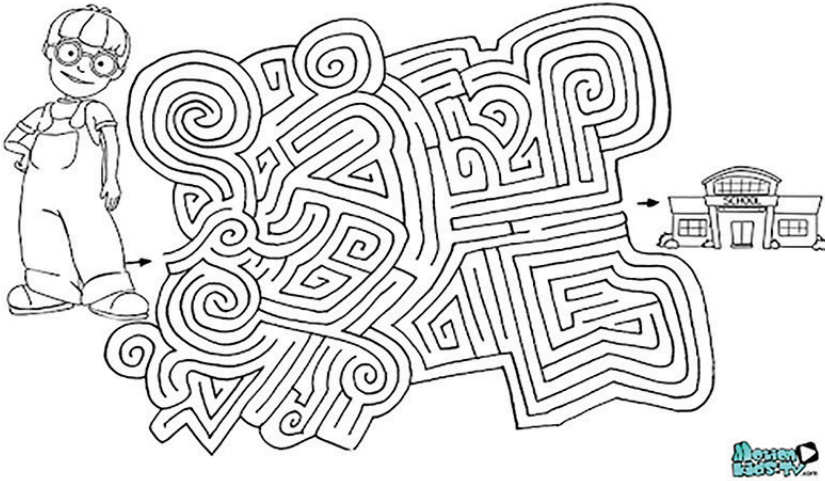
5136

A receipt is your proof of purchase that will be needed in the event you have to return an item to the place of purchase. Too often, consumers encounter problems with items which they have purchased but do not have a receipt for the purchase. Some traders too are guilty of not giving receipts, yet attempt to deny customers their right to redress because they do not have one.

It is a legal requirement for receipts to be issued for purchases valued at \$5.00 or more. If it is not given, demand it.

Even if you lose your receipt, your consumer rights still apply when returning something that is faulty. All you need is proof of purchase, which doesn't necessarily need to be a receipt. Proof of purchase could be a credit or debit card statement, an invoice, or a returned cheque.

HELP ALEX TO GET TO SCHOOL!



Back-to-School Word Search



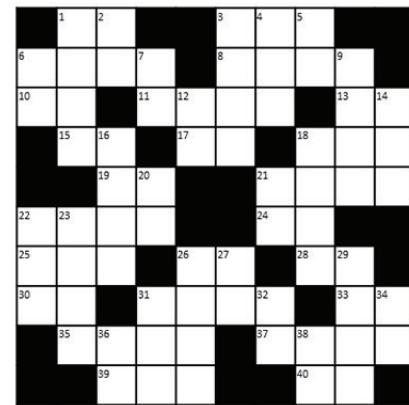
How many words can you find hidden in the puzzle?

ACTIVITIES	CALENDAR	GLOBE	PENCIL	THINKING CAP
ART	CLASSROOM	GLUE	PRINCIPAL	WELCOME
BACKPACK	COMPUTER	GRADE	READING	WELCOME
BUS	CRAYONS	GYM	RULER	WRITING
CAFETERIA	DESK	LEARN	SCHOOL	
	DESK	LESSON	SCIENCE	
	ERASER	LUNCH	SCISSORS	
	FIELD TRIP	MAP	SOCIAL STUDIES	
	FOLDER	MATH	SPELLING	
	FRIENDSHIP	MUSIC	STUDENT	
		NOTEBOOK	TEACHER	



Super Teacher Worksheets - www.superteacherworksheets.com

Cross Number #1



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ACROSS

- 22 - 9
- 159 - 13
- 465 + 750
- 2329 + 3294
- 25 - 10
- 18833 - 9266
- 20 - 7
- 15 + 16
- 120 - 24
- 952 - 344
- 99 - 40
- 445 + 8975

- 1496 + 930
- 124 - 46
- 1290 - 300
- 98 - 44
- 11 + 5
- 27 + 40
- 9284 - 2589
- 44 - 10
- 3292 - 768
- 9 + 1616
- 858 - 356
- 1 + 10

DOWN

- 710 + 543
- 46 - 15
- 297 + 1269
- 235 + 232
- 83 - 21
- 15 - 4
- 29 + 30
- 5457 - 2355
- 24 + 35
- 560 - 180
- 381 + 1139
- 12346 + 5865
- 27 + 69
- 183 - 86
- 338 - 42
- 280 + 4692
- 10786 - 5144
- 27 + 22
- 12200 - 5879
- 687 - 67
- 62 - 11
- 21 + 24
- 61 - 6
- 17 + 44

Why did the broom get such poor grades in school?



Because he was always sweeping!

Who is the king of all school supplies?



The ruler.

Why did the m&m go to school?



Because he wanted to be a Smartie.

What kind of school do you go to if you are ice cream?



Sundae school.

Why do magicians do really well in school?



Because they are really good at the trick questions!

What is the world's tallest building?



The library because it has the most stories.

Why was the teacher wearing sunglasses to school?



Because her students were so bright.

Why is 2+2=5 like your left foot?



Because it isn't right.