



ONSLOW CHIP TIP—DECEMBER

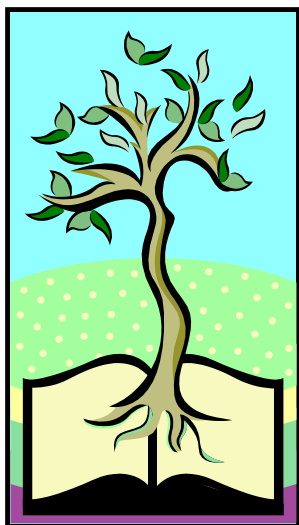
## ROOT VEGETABLES

Find great ways to use root vegetables - potatoes, sweet potatoes, carrots, turnips, rutabagas, celery root, or beets!

Learn more about root vegetables at:

[http://www.fruitsandveggiesmatter.gov/month/root\\_vegetables.html](http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html)

# THEME: ROOTS



**It's important to know your family's health history.**

With proper precautions, one might avoid some of the diseases which are passed on because of genes. Basic preventions and lifestyle changes can help one avoid certain hereditary diseases and help us live quality life. (<http://fitness.ygoy.com/how-heredity-affects-your-health/>)

Health & Human Services provides an online tool to create your family's health history tree at: <https://familyhistory.hhs.gov/fhh-web/home.action>.

