Blurbs for Summer Campaign 2019

Week 1 – Many look forward to the warm summer weather, but heat stress can be dangerous for your health. What are the various types of heat stress and how can you avoid the damage?

Week 2 – Ahhh, the sounds of summer: “I’m bored.” A family plan can be your secret weapon to keep your kids happy and engaged this summer. Not sure where to start? We’ve done the work for you with steps to a successful family plan and a fun and frugal bucket list for your fridge or family calendar.

Week 3 – Take a break. There is science behind your vacation hours. Are you using them?

Week 4 – Ditch the boring hot dogs and hamburgers and keep your summer cookouts free of processed foods. A few simple strategies can clean up you summer barbecue favorites and have your guests inspired by fresh and fancy flavours like this Grapefruit and Avocado Spinach Salad!

Week 5 – It’s summer, it’s hot, and water is sooo boring! There is more to hydration than drinking yet another glass of water. You’ll love our recipes to refresh from the inside out.

Week 6 – Don’t say it! Don’t say it. Summer is coming to an end. Getting back into routine can be so hard. We have a plan that can help ease the stress of transitioning back into routine so that you can continue to enjoy all that summer still has to offer in the weeks to come.