



## Did You Know December is Safe Toys & Gifts Month?

You can practice this month's newsletter topic by thinking before you buy this holiday season.

Nearly 200,000 toy-related injuries were treated in the US in 2020, with 40% being sustained by children under the age of 4. Buying toys and other gifts are one of the most exciting parts of the holidays, but it's important to keep safety in mind during all the holiday excitement.

Here are some of the top 10 tips when searching for that perfect toy:

1. **Read the label.** Warning labels give important information about how to use a toy and what ages the toy is safe for. Be sure to also demonstrate to children how to safely use a toy.
2. **Think LARGE.** Make sure all toys and parts are larger than your child's mouth to prevent choking.
3. **Avoid toys that shoot objects into the air.** Objects that shoot high into the air can cause serious eye injuries or choking hazards.
4. **Avoid toys that make too loud of a sound** to prevent damage to your child's hearing.
5. **Look for stuffed toys that are well made.** Make sure all parts of a toy are on tight and seams and edges are secure. Toys should also be machine washable. Remove any loose ribbons or strings to avoid strangulation and avoid toys that have small bean-like pellets or stuffing that can cause choking or suffocation.
6. **Buy plastic toys that are sturdy.** Toys made from thin plastic may break easily.
7. **Avoid toys with toxic materials that could cause poisoning.** Make sure labels indicate that the toy is "nontoxic."
8. **Avoid hobby kits and chemistry sets for children younger than 12 years.** These can cause fires or explosions and may contain dangerous

chemicals. Make sure your older children know how to safely handle these types of toys.

9. **Electric toys should be labeled UL**, indicating they have met safety standards as set by Underwriters Laboratories (UL).
10. **Be careful when buying crib toys.** Soft objects, loose bedding, or any objects that could increase entrapment, suffocation, or strangulation should be kept out of the crib. Any hanging crib toys (i.e. mobiles, crib gyms) should be out of baby's reach and removed when your baby can push up on his or her hands and knees, typically around 5 months, whichever comes first.

Resources:

<https://child-familyservices.org/december-is-national-safe-toys-and-gifts-month/kidshealth.org>

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Remember, the holidays aren't all about gift giving and getting toys, but there's many other important observances to remember this month.

***Other noteworthy events to keep in mind this December:***

- **World AIDS Day** (December 1)
  - **International Day of Persons with Disability** (December 3)
  - **National Handwashing Awareness Week** (December 5-11)
  - **National Influenza Vaccination Week (December 5-11)**
    - National Influenza Week is an annual reminder for communities to get vaccinated.
    - The Influenza virus is a rather common virus and many usually experience common cold symptoms around this time of year. Influenza can cause mild to severe illness and can lead to death for some who may not have a healthy immune system or be at high risk.
    - Influenza flu symptoms may include a sore throat, runny nose, body aches, cough, or other cold like symptoms.
    - As of November 2022, the CDC reports that out of the 4.4 million illnesses this flu season, there have been over 38,000 hospitalizations, and over 2,000 deaths.
    - While Influenza is a seasonal virus that most people are able to overcome even without getting vaccinated, it's important to consider that there are others who may react more severely and getting those individuals sick can be detrimental to their long-term health.
    - Protection from a flu vaccine declines over time, and so, keeping up with our yearly vaccinations ensures that our bodies are prepared for the flu season. Viruses contain genes wrapped in a coat of protein that constantly change over time, so a yearly vaccination is always recommended.
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# Chicken Soup with Tortilla

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Number of Servings:** 12

## Ingredients

- 2 teaspoons, oil
- 1 cup chopped onion (about 1 medium)
- 2 garlic cloves, minced, or 1/2 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 cup (16 ounces) navy beans
- 1 can (28 ounces) diced tomatoes
- 2 cans (14.5 ounces each) fat-free chicken broth\*
- 1 can (8 ounces) tomato sauce
- 2 cans (4 ounces each) chopped green chilies
- 2 teaspoons dried oregano
- 2 cups chopped cooked chicken
- 1/2 cup chopped fresh cilantro
- 1 cup shredded cheese
- 10 thin corn tortillas

## Directions

1. Heat oil in a large pot. Add onion, garlic, and cumin, and sauté until onion is softened but not browned.
2. Drain and rinse beans. Add drained beans, tomatoes with liquid, and chicken broth. Heat to a boil. Reduce heat.
3. Stir in tomato sauce, chilies, oregano, and chicken. Simmer 15 minutes.
4. When ready to serve, stir in cilantro and 1 cup cheese until melted. Serve tortilla strips on the side as soup toppings.
5. Refrigerate leftovers within 2 hours.



**Warm up this winter with this healthy and fulfilling soup!**

## \* Notes:

- Broth can be canned or made using bouillon. For each cup of broth, use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- To make tortilla strips, stack tortillas and cut in half. Cut each half-stack into thin strips. Spread strips on a baking sheet. Bake at 350 °F, tossing frequently, for 15 minutes or until crispy and starting to lightly brown.

[More recipes like this](#)

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## Upcoming Events\*\*

*\*\* Times/Locations Subject to Change \*\**

Visit the Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, December 8th, 15th, 22nd, & 29th: Fontana Farmers' Market,** 2pm-7pm, Southridge Park (Don Day Center Parking Lot)
- **Sundays, December 11th, & 18th (Market will be closed on 12/25 for Christmas Holiday): Fontana Farmers' Market,** 10am-3pm, Fontana Park/Aquatic Center Parking Lot

- **Saturday, December 10th:** *Fontana Walks! in the Christmas Parade*, Corner of Sierra & Arrow, 10am
- **Saturday, December 10th:** **Festival of Winter**, Miller Park, 11am-4pm



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## Connect with Healthy Fontana

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