



May 2018

## Calendar of Events:

- May 8th V-E DAY
- May 16th Veterans Relief Fund Meeting 3pm
- May 19th Armed Forces Day
- May 25th National Poppy
- May 28th Memorial Day



## Featured Topics

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**Welcome...**  
**Vet Affairs Monthly Newsletter by Shiawassee County Veterans Affairs & Services.**  
**Each month look for information and current events to keep you updated. All monthly newsletters will be available online and in our office. Sign up at [vetaffairs@shiawassee.net](mailto:vetaffairs@shiawassee.net) to receive monthly newsletter via email.**

## Contact Us:

201 N. Shiawassee St.  
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 Corunna, MI 48817  
 Phone: (989)743-2231  
 Fax: (989)743-2393  
[vetaffairs@shiawassee.net](mailto:vetaffairs@shiawassee.net)



### Notes from Our Director.

30 Days "In-Country" is a term many of our Veterans know. It's used to describe when that "...New Guy"; another term we'll save for a later day, became a little less dangerous and part of the team. It's a period when you found out about your job, your fellow Soldier/Sailor/Marine/Airman, and how to not end up a casualty...or create one. I've hit my "30-Day" mark and so far we're all in one piece.

I'm not going to sugar coat things and say everything's great or that the road to change will be easy, but with your help; yes...you...the **Veteran** reading this, **WE** can **achieve more** and do more! With your assistance and that of other organizations and agencies within Shiawassee County, we can find other and better solutions for our Veterans and their families. There should be, no reason, in this country, today, where one of our own should be homeless; sleeping in the streets.

The Veterans Affairs Department of Shiawassee County is committed to improving and growing in order to provide a higher level of excellence. As your Director, I'm looking forward to this new season of growth from both a professional and "comrade-in-arms" perspective. The foundation has been laid to be great, and with the right team, anything is possible. Phil Jackson said; "The strength of the team is each individual member. The strength of each member is the team."



## News Release

FOR IMMEDIATE RELEASE

April 17, 2018

Aleda E. Lutz VA Medical Center  
1500 Weiss Street  
Saginaw, MI 48602

Contact: Carrie Seward, Public Affairs Officer  
(989) 497-2500, extension 13020  
carrie.seward@va.gov

**We invite any media interested in interviewing our VA staff to learn more about care and services to contact our Public Affairs Officer at 989-497-2500, extension 13020 or e-mail [carrie.seward@va.gov](mailto:carrie.seward@va.gov)**

### ***Veterans and Their Families Invited to VA Health Fair and VA2K Walk for Homeless Veterans***

The Aleda E. Lutz VA would like to invite Veterans in the community, and their family members, to a Health Fair and a VA2K Walk to support our Homeless Veterans Program on May 16, 2018.

The Health Fair will be held at the Aleda E. Lutz VA Medical Center, 1500 Weiss Street, Saginaw, Michigan from 10:00 a.m. to 2:00 p.m. Activities will occur at the Pavilion which is located at the north parking lot of the Medical Center grounds.

During the health fair, participants are encouraged to join VA staff in one of three walks being offered on the VA campus beginning at 11:30 a.m., Noon, and 12:30 p.m. Please visit the registration table and you will be directed to the walking path.

Donations of toilet paper, dishwashing soap, laundry soap, dryer sheets, personal hygiene items, towels, washcloths, household cleaning supplies, socks, sleeping bags, paper towels, Kleenex, STARS Bus Passes, and Gas Cards are welcomed for the VA2K to help the Homeless Veterans Program. Please join us for this great event with a cause!!! For more information you may contact our Health Promotion and Disease Prevention Coordinator at 989-497-2500, Extension 11524.

The Aleda E. Lutz VAMC in Saginaw, Michigan operates an 81-bed skilled nursing and rehabilitation Community Living Center, with an additional 8-bed acute medicine and telemetry wing. It provides care to over 36,300 Veterans in a 35-county geographic area, from mid-Michigan to the Mackinac Bridge. Veterans also receive care at one of our nine VA Community Based Outpatient Clinics located throughout Michigan. More information about this VA can be found at [www.saginaw.va.gov](http://www.saginaw.va.gov).

###



# News Release

Office of Public Affairs  
Media Relations

Washington, DC 20420  
(202) 461-7600  
[www.va.gov](http://www.va.gov)

FOR IMMEDIATE RELEASE  
April 16, 2018

## VA Updates and Improves Assistance Program for Transitioning Service Members

**WASHINGTON** — As part of the U.S. Department of Veterans Affairs (VA) ongoing efforts to help transitioning service members navigate and understand VA's various benefits, the agency recently updated VA's briefing portion of the [Transition Assistance Program \(TAP\)](#) — an interagency initiative authorized as a voluntary program in 1991 under the National Defense Authorization Act and made mandatory under the VOW to Hire Heroes Act in 2011 to help service members adjust to civilian life.

The new VA briefing is designed to be more collaborative and stimulating, helping service members make informed decisions about their health care, employment, housing and other benefits.

"Each year, thousands of military members leave the service and settle in communities around the nation, with the goals of establishing comfortable homes, attaining quality education for themselves and their families, and finding rewarding employment opportunities," said Acting VA Secretary Robert M. Wilkie. "Coming from the Department of Defense, I understand the importance of this great program, and I believe these changes will strengthen it further and provide real-life relevance to those who have given a portion of their lives to serving our nation."

Because no two transitions are the same, the updates deliver elements relevant to service members based on where they are in their career and life. The redesign will encourage whole-health support for service members and their family members, to include relevant information about [Veterans Service Organizations \(VSOs\)](#) and allow time to identify local VSO representatives.

The updates, released this month, incorporated suggestions made by Veterans, VSOs and post-9/11 Veterans groups, including taking a more holistic view of a service member's new life, as well as the psychosocial aspects of the transition to civilian life.

"In fiscal year 2017, VA provided more than 63,000 events to educate more than 500,000 transitioning service members and family members," said Margarita Devlin, executive director of the [VA Benefits Assistance Service](#). "VA consistently receives high evaluations from service members who attend these benefits briefings, and we have taken the next step by incorporating recommendations by other stakeholders to make the program even better."

VA will now work to fully integrate TAP objectives into the military lifecycle, and as an added benefit, will begin implementing a post-transition Veteran survey. To view VA's updated curriculum, visit <https://www.benefits.va.gov/TAP/>.

###



# Welcome Home Veterans GOLF FUNDRAISER ANNUAL

Thank You for Helping Us Build a Home for Veterans and END Homelessness!

**SATURDAY, AUGUST 18, 2018**  
11 am Shotgun Start

Twin Brooks Golf Club, Chesaning, MI



## SIGN UP

Early Bird Sign up by August 3rd  
\$55 Player / \$220 Team of 4  
Sign up by Monday, August 14th  
\$60 Player / \$240 Team of 4  
Best Ball Scramble Singles  
Can be matched up.

## PRIZES

1st, 5th, 8th & Last Place  
Door Prizes  
50/50's  
Longest Drive - Male/Female  
Closest to the Pin - Men/Seniors  
Longest Putt - Female

## BETTING HOLE

\$5 / 3 Putts - Each ball in hole is one entry into drawing.

## WHAT'S FOR DINNER?

N.Y. Strip Steak • Potato • Dessert • Extras

## HOT DOG AT THE TURN

Skins - \$20 Team  
Mulligans - \$20 Team (1 per player)

[Click Here](#)  
TO REGISTER!

Questions regarding sign up or donations please contact: Kim Bowen: kimmybo@chartermi.net or 989-277-9292 | Robert Hardy: romarhardy67@frontier.com or 989-277-5173

Welcome Home Veterans (WHV USA) is a faith-based 501(c)(3) non-profit organization which seeks to provide housing to veterans and their families (EIN # 46-5166773).

Like & Follow Us on Facebook: @WHVUSA | Learn About WHV & Future Events at WHVusa.org



Welcome Home Veterans, Inc. | 1605 Vandekarr Rd, Owosso, MI 48867  
Phone: (989) 277-9292 | Email: info@WHVusa.org



# Welcome Home Veterans, Inc.

605 Vandekarr Rd, Owosso, MI 48867  
Phone: (989) 277-9292 | Email: [info@WHVusa.org](mailto:info@WHVusa.org) | Web: [WHVusa.org](http://WHVusa.org)



## HELP US Build a Home for Veterans and END Homelessness! ANNUAL GOLF FUNDRAISER

### AUGUST 18, 2018, 11:00 AM SHOTGUN START!

**Twin Brooks Golf Club, 1005 North McKeighan Rd., Chesaning, MI**  
*Thank you immensely for your heart, participation and your time.*

Welcome Home Veterans (WHV USA) is a faith-based 501(c)(3) non-profit organization which seeks to provide housing to veterans and their families (EIN # 46-5166773).

Please provide copies of this form for teammates. *This form serves as a receipt for all money donated.*

#### GOLFERS:

Includes green fees, cart, clubhouse lunch, dinner banquet and door prize!

- \$55 Early Bird sign up
- \$60 per person
- \$220 a foursome
- \$240 a foursome

#### Team Information:

Golfer #1 (Captain): \_\_\_\_\_

Contact #: \_\_\_\_\_

Golfer #2: \_\_\_\_\_

Golfer #3: \_\_\_\_\_

Golfer #4: \_\_\_\_\_

#### SPONSORS:

Sponsor a Hole: Individual or Organizations will receive a sign at a designated hole, recognition on our website and Facebook page.

**All signs will be identical in shape and size.**

Ⓞ Send Logo or Sign request to: [KBowen@whaleo.net](mailto:KBowen@whaleo.net)

\_\_\_\_\_ \$100 per hole

#### DONORS: Donate Door Prize Cash or Any Items

Donors will receive recognition on Website and Facebook Page.

**All checks payable to:  
Welcome Home Veterans**

Contact: Bob Hardy 989-277-5173  
[romarhardy67@frontier.com](mailto:romarhardy67@frontier.com)

or  
Kimberly Bowen 277-9292  
[KBowen@WHALEO.net](mailto:KBowen@WHALEO.net)

Welcome Home Veterans representative will gladly pick up the donated item.

\$ \_\_\_\_\_ Donation Total

Like & Follow Us on Facebook: [@WHVUSA](https://www.facebook.com/WHVUSA)

| Learn About WHV & Future Events at [WHVusa.org](http://WHVusa.org)

CHOICES: PRINT/SAVE & PRINT/SAVE & EMAIL

SAVE FIRST: CLICK TO SUBMIT BY EMAIL

*The*  
**Aleda E. Lutz VA Medical Center**  
**Saginaw, MI**  
*Invites Veterans, Family Members, and Interested  
Community Partners to a*  
**VA Veteran Town Hall**  
**in Saginaw, MI**

- WHO:** *Veterans, their families, and any organization or individual who works with or on behalf of Veterans are invited to attend.*
- WHAT:** ***Veteran Town Hall Meeting in Saginaw, MI***
- WHERE:** Aleda E. Lutz VA Medical Center's Pavilion (North Lot)  
1500 Weiss Street, Saginaw, MI 48602
- WHEN:** **Tuesday, May 1, 2018, at 1:00 p.m.**
- WHY:** *To share information, hear feedback, and have questions answered regarding VA care and services.*

**VA**U.S. Department  
of Veterans Affairs



*Please join State Representative*  
**BEN FREDERICK**  
 Sponsored by **Oliver Woods**  
**Retirement Village**

— *For a presentation on* —  
**ELDER ABUSE & FRAUD PREVENTION**

**Thursday, May 24, 2018**

**5:30 – 7 p.m.**

**Baker College Welcome Center**  
 1309 S. Shiawassee St. • Owosso



For more information, please contact the office of:  
 State Representative  
**BEN FREDERICK**  
 (517) 373-0841 • BenFrederick@house.mi.gov • www.RepFrederick.com



## VA Begins Summer of Service to Bolster Volunteer Assistance for Veterans



WASHINGTON, DC—The Department of Veterans Affairs (VA) today announced a new nationwide initiative designed to build upon its existing partnerships to grow the number of individuals and organizations serving Veterans in their communities. The Department is renewing its commitment to Veterans and embarking upon a “Summer of Service” that seeks the help of citizens across the country to honor that commitment.

“We have made progress over the past year addressing the challenges we face in delivering care and benefits to millions of Veterans and their families,” said Secretary of Veterans Affairs Robert A. McDonald. “While there is more work to do to honor our sacred commitment to Veterans, we also recognize that VA cannot do it alone. We are asking Americans everywhere to join the Summer of Service and help us give back to those who have given so much to our nation.”

In the coming weeks, VA will be working closely with Congressional partners, Veterans Service Organizations, Mayors and local communities, private sector and non-profit organizations, and VA employees to identify new and innovative ways to support VA’s commitment to care for those who “have borne the battle” and their families.

As part of VA’s Summer of Service, the Department has committed to holding an open house in VA facilities the week of June 28 to spur increased local engagement and welcome members of the community interested in supporting the needs of Veterans. VA has also established the following goals to achieve by Labor Day:

- **Increasing Volunteers:** Committed to engaging with 100,000 volunteers to support care and benefits programs and local events.
- **Increasing Community Partners:** Committed to expanding current agreements to provide services and support reaching more than 15,000 Veterans and family.
- **Recruiting Medical Professionals:** Hiring clinicians and clinical support staff to further expand access to care and homelessness.
- **Congress:** Host Congressional Members and Staffs at VA facilities across the country.

The Department has an outstanding volunteer program, which will be highlighted throughout the country this summer. VA will build upon the ongoing work of its more than 350,000 employees and 76,000 volunteers around the nation. While the central focus of the campaign will be increasing volunteerism and partnerships, it will also provide individuals and communities an opportunity to support other important priorities. Despite a hiring effort that brought more than 11,000 net new employees onboard over the past year, VA still needs more health care providers, claims specialists, medical support assistants, and cemetery directors to continue to expand needed services. VA's partners can help by getting the word out this summer.

In the last year, VA has completed more than 46 million appointments, an increase of more than two million from the previous year. Nearly 3 million Veterans received care in the private sector, an increase of more than 44 percent from the previous year. The number of Veterans and Survivors receiving monthly compensation and pension benefits has increased to nearly 5 million. In an effort to improve the Veteran's customer service experience, VA has begun the most comprehensive re-organization in its history. The initiative, called MyVA, has been guided by ideas and recommendations from Veterans, employees, and stakeholders.

“There is no mission more noble than serving Veterans and their families. At VA, we constantly strive to improve the way we do our job,” said McDonald. “State by state, community by community, person by person, there are a number of ways we can all come together to serve Veterans. From expanded partnerships with the private sector and non-profit organizations, to accelerating hiring, to celebrating the commitment of VA employees and volunteers – we need the help of communities everywhere to succeed.”

Volunteers can help to serve Veterans by visiting <http://www.volunteer.va.gov/> to find out the needs of your local VA facility. Follow #VASummerOfService on [Vantage Point](#), [Twitter](#), [Facebook](#) and [Instagram](#), and join VA in caring for America's Veterans.

For more information, go to: <http://www.va.gov/vasummerofservice/>

# **DRIVERS NEEDED**

**THE SHIAWASSEE COUNTY DAV VAN NEEDS VOLUNTEER DRIVERS  
TO TRANSPORT VETERANS TO AND FROM VA MEDICAL  
APPOINTMENTS.**

**CALL SHIAWASSEE COUNTY VETERANS AFFAIRS AT  
(989) 743-2346 OR ASK STAFF FOR AN APPLICATION**



# **WE WANT YOU!**

**DONATE YOUR TIME AND HELP A VETERAN IN NEED.**

American Legion Elsie

Post #502

45th Old Time

Country Jamboree

May 9, 2018



© Can Stock Photo - csp26277639

**6pm-9pm Donation Only**

Anyone that plays a stringed instrument can  
join the player singers.

Open mike MC Mr. Tim Evans.

There is a sign up sheet and this determines  
when you sing or play at the Jamboree.

Maybe you would just like to sit and listen to  
people play. Come on out, many people do!

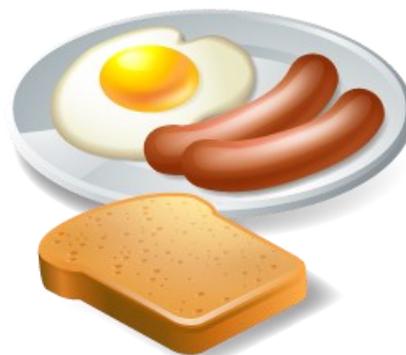
**American Legion  
220 South Ovid St.  
Elsie, MI 48831  
(989)834-2438**



**Every Sunday**

**Breakfast**

**8am-Noon**



VFW

519 S. Chipman St.  
Owosso, MI 48867

(989)723-8655



AMERICAN LEGION AUXILIARY

# HONOR AMERICA'S

**NATIONAL POPPY DAY**

HONOR THE FALLEN AND  
SUPPORT THE LIVING.

**GET INVOLVED.**

Wear  
a poppy  
with pride.

**MAY 25, 2018**

**[poppydayusa.org](http://poppydayusa.org)**



# VETERANS



# THE AMERICAN LEGION FAMILY NATIONAL POPPY DAY®

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## IN FLANDERS FIELDS

In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved, and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

December 8, 1915 | John McCrae

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MAY 25, 2018





## The Poppy Story



After World War I, the poppy flourished in Europe. Scientists attributed the growth to soils in France and Belgium becoming enriched with lime from the rubble left by the war. From the dirt and mud grew a beautiful red poppy. The red poppy came to symbolize the blood shed during battle following the publication of the wartime poem "In Flanders Fields." The poem was written by Lieutenant Colonel John McCrae, M.D. while serving on the front lines.

On September 27, 1920, the poppy became the official flower of The American Legion family to memorialize the soldiers who fought and died during the war. In 1924, the distribution of poppies became a national program of The American Legion.



Led by the American Legion Auxiliary, each year members of The American Legion Family distribute poppies with a request that the person receiving the flower make a donation to support the future of veterans, active-duty military personnel and their families with medical and financial needs.

Poppy Day is celebrated in countries around the world. The American Legion brought National Poppy Day® to the United States by asking Congress to designate the Friday before Memorial Day, as National Poppy Day.

On May 25, wear a red poppy to honor the fallen and support the living who have worn our nation's uniform.

[www.legion.org/poppyday/history](http://www.legion.org/poppyday/history)

# Health

Ask your health care team about exercise options through the MOVE! Program. Ask, too, if you qualify for any special programs that offer help with fitness. Examples are “Wheelchair Games” and the “Diabetes Education Program.”

Record minutes exercised, blood pressure & blood sugar and/or log these on [www.myhealth.va.gov](http://www.myhealth.va.gov)

## Exercise boosts mind and body

**Exercise can lower your chances of being Depressed and help you feel better about yourself. Consider these ways you can be more active:**

- ◆ Do leg lifts or march in place during phone calls
- ◆ Take the stairs instead of the elevator
- ◆ Walk or ride your bicycle to run local errands
- ◆ Use a stretch band, dumbbells, or exercise ball during TV commercials



**Health Goal: I will limit my TV time to 1 to 2 minutes while watching TV.**

“How are you feeling?”

It’s a question sometimes asked in the midst of casual conversation, but for veterans it could be the start of an important conversation about their mental health – and how they can seek help.

May is Mental Health Awareness Month, and the Michigan Veterans Affairs Agency encourages all veterans to ask themselves that very question. Mental health is a sensitive yet important subject, and for this reason, MVAA has collaborated to offer veterans an online tool to screen for mental health concerns such as depression, bipolar, post-traumatic stress, anxiety, alcohol and drug abuse and eating disorders.

In conjunction with Screening for Mental Health, a nonprofit organization providing innovative mental health and substance abuse resources, MVAA created the free online mental health and substance abuse screening tool in October. Encouraging veterans to get a “checkup from your neck up,” the anonymous online screening is available 24/7.

“Mental health is key to overall health, and MVAA wants to make sure all Michigan veterans have the tools they need to care for themselves both mentally and physically,” MVAA Director James Robert Redford said. “With this online tool, veterans can complete a quick and easy mental health screening and get the help and information they need when necessary.”

The screening begins by asking veterans to select a statement that best fits how they have been thinking or behaving recently. Based on the first response, veterans then answer a brief set of questions about themselves and how they are feeling. The survey ends with general explanations about their moods and behaviors as well as available mental health care support and where to find care closest to them.

The majority of veterans who used the mental health screening tool between October 1, 2015 and April 30 were aged 65-74 (25 percent), 25-34 (20 percent) and 35-44 (19 percent). Seventy-

seven percent of all veterans who went through the screening were male.

Forty-three percent of participants served Post-9/11 and 35 percent served during the Vietnam War era.

In an effort to promote the online mental health and substance abuse screening tool, MVAA created business cards for benefits counselors and Veterans Treatment Court personnel to distribute to local veterans and their families. The card lists the screening tool website in addition to the veterans crisis line phone number.

Benefits counselors who would like additional business cards for the mental health screening tool are encouraged to call 800-MICH-VET (800-642-4838).

Veterans can find their nearest benefits counselor by visiting [MichiganVeterans.com](http://MichiganVeterans.com). To take the online survey, go to [MichiganVeterans.com/Mental-Health-Screening](http://MichiganVeterans.com/Mental-Health-Screening).



News & Updates



### 6 Healthy Ingredients to Supercharge Your Smoothie

Start your day with the nutrition of a salad and the taste of dessert! Make yourself a smoothie packed with healthy vegetables, fruits and herbs—and then add a “super” ingredient—such as kombucha, flaxseeds or green tea, to deliver extra benefits. Here are 6 health-packed ingredients to supercharge your smoothie.



#### Green tea

Really, what can green tea not do? The world’s most popular beverage boasts cancer-fighting catechins. Those antioxidants may also help to boost your immunity. One more benefit? It may help to protect your skin from sun damage.

#### Silken tofu

Silken tofu is loaded with protein, which can help you feel full longer and curb snack attacks midmorning. If you buy calcium-set tofu, you’ll also get a good dose of calcium.

#### Pomegranate juice

Preliminary research suggests

#### Vanilla kefir

If you haven’t tried kefir, you should. It’s a drinkable yogurt that’s full of calcium and healthy probiotics that may help give your immune system a little extra edge.

#### Kombucha

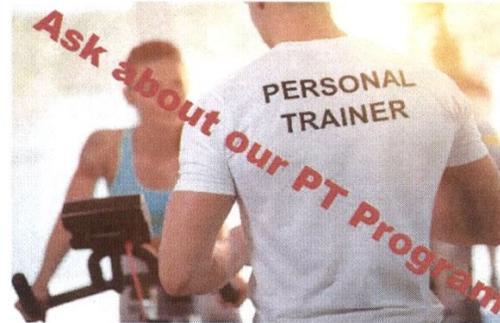
Kombucha is a fermented tea with a fizzy “zip,” offered in flavors from mango to cayenne-watermelon. Newly available in supermarkets, it has probiotics and more antioxidants than other teas.

#### Flaxseed

The health community is buzzing about omega-3 fatty acids. Flaxseed and

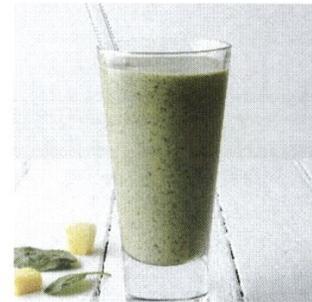
pomegranate juice helps relieve sore muscles after exercise (cherry juice is credited with the same effect, so that's another juice you could try in your smoothie). But that's not all: the antioxidants in a daily cup of pomegranate juice might help to keep free radicals from oxidizing "bad" LDL cholesterol, suggested a preliminary study in the American Journal of Clinical Nutrition. (Oxidized LDL contributes to plaque buildup in the arteries.)

flaxmeal (ground from flaxseed) are rich in alpha-linolenic acid (ALA), a plant-based omega-3. ALA may help to lower inflammation and increase blood flow in the body, reducing the risk of high blood pressure and blood clots.



### Pineapple Green Smoothie

½ cup unsweetened almond milk  
 ½ cup nonfat plain Greek yogurt  
 1 cup baby spinach  
 1 cup frozen banana slices (about 1 medium banana)  
 ½ cup frozen pineapple chunks  
 1 tablespoon chia seeds  
 1-2 teaspoons pure maple syrup or honey (optional)



Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia and sweetener (if using); blend until smooth.

### Almond-Honey Power Bar

- 
- 1 cup old-fashioned rolled oats
- ¼ cup slivered almonds
- ¼ cup sunflower seeds
- 1 tablespoon flaxseeds, preferably golden
- 1 tablespoon sesame seeds
- 1 cup unsweetened whole-grain puffed cereal (see Note)
- ⅓ cup currants
- ⅓ cup chopped dried apricots
- ⅓ cup chopped golden raisins
- ¼ cup creamy almond butter (see Note)
- ¼ cup turbinado sugar (see Note)
- ¼ cup honey
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt



Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.

Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shaking the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.

Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes.

Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

**Make Ahead Tip:** Store in an airtight container at room temperature or in the refrigerator for up to 1 week or freeze for up to 1 month; thaw at room temperature.

**Ingredient notes:** For this recipe, we like unsweetened puffed multi-grain cereal, such as Kashi's 7 Whole Grain Puffs.

Almond butter can be found at natural-foods stores and large supermarkets, near the peanut butter.

Turbinado sugar is steam-cleaned raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.

**Cut Down on Dishes:** A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

**Storage smarts:** For long-term freezer storage, wrap your food in a layer of plastic wrap followed by a layer of foil. The plastic will help prevent freezer burn while the foil will help keep off-odors from seeping into the food.



**REFER A FRIEND**  
— AND BE REWARDED —

