



RETIRING?

If you belong to 115's Pension Plan, you must complete your pension application at least 90 days before your official retirement date. When you apply, please bring important personal papers with you, such as your birth certificate, Social Security card, marriage certificate, divorce decree or spouse's death certificate (if applicable). To apply, visit Local 115's office from Monday to Friday, 9 a.m. to 5 p.m.; for more information, call 215-335-0100, ext. 107.

SCHOLARSHIP FUND

Doing Well — So says 2009 Scholarship Fund award recipient **Nicole Pelaschier**, who just finished her Freshman year at Rutgers University Camden.



"I would like to thank you again for the scholarship and let you know how my second semester went, Nicole wrote. "My grades this semester were much better than last semester and I plan to keep improving every semester. I will keep you up to date each semester on how I am doing."

Thanks for the progress report, Nicole. We're sure your dad **William (Republic Services of NJ)** is as proud of you as we are! And — a shout out to all 115 Scholarship recipients...drop us a line & let us know how **you're** doing!

FUNDS DIRECTORY:

Pension Fund Questions: 215-335-0331, Ext. 107

Health & Welfare Questions, Eligibility:
215-335-0331, A to Z Ext. 105

Health & Welfare Claim Status, A to Z:
215-335-0331, Ext. 108

Dental/Vision Questions, Eligibility & Claim Status: 215-335-0331, Ext. 109

Legal Questions: 215-335-2626, Ext. 107

Scholarship Questions/Applications:
215-335-0331, Ext. 108

All Funds — Shane Reilly:
215-335-0331, Ext. 114

Change of Job Status, Change of Address, Dues Questions: 215-335-0100, Ext. 112

Credit Union:
215-335-0100, Ext. 106



New Food Rules Coming — Later this year from the U.S. Dept. of Health & Human Services & the Dept. of Agriculture, reports *EatingWell* magazine. Although the new federal dietary guidelines (which are updated & reviewed by federal officials & outside experts every five years) won't be officially released until the end of this year, some of the preliminary recommendations are:

- Eat fewer calories every day.
- Eat more plant-based foods, such as beans, fruits, whole grains & nuts.
- Eat more than 2 servings of fish per week.
- Switch to low-fat dairy products.
- Eat only moderate quantities of lean meats, poultry & eggs.
- Eat less of foods containing added sugars & solid fats (such as butter).
- Eat less sodium (salt) & refined grains (white bread & pasta).
- Exercise at least 2 1/2 hours of moderate-intensity aerobic physical activity per week. Include strength training exercise in your weekly workouts.

The final dietary guidelines will also be used by the USDA to rebuild the current "food pyramid." For more info and to comment on the proposed new food rules, check out the USDA's website,

www.MyPyramid.gov.

New Food Rules for Kids — According to the editors at *Children's Health* magazine, here are seven rules every parent should follow to help their children eat healthier & prevent obesity:

- 1) *Never, ever, skip breakfast.* Kids who eat breakfast are roughly 30% less likely to be overweight. Research shows girls, older kids & teens are more likely to skip breakfast than any other meal.
- 2) *Teach "strategic snacking."* Offer healthier snacks like popcorn to your kids instead of salty/sweet snacks.
- 3) *Push smaller portions.* Buy smaller bowls & cups to train your children to eat smaller portions at mealtimes.
- 4) *Drink healthier.* Instead of soda and other sweetened beverages, offer your kids more water & milk. And, set a good example by avoiding soda yourself.
- 5) *Eat more whole foods & less processed foods.* One good rule — the shorter the ingredient list, the healthier the food is.
- 6) *Eat meals together.* Get the kids involved in setting the table, even cooking. Research shows children in families with regular mealtimes have healthier eating habits.
- 7) *Avoid sugar-filled foods.* Don't buy foods with any form of sugar (including high fructose corn syrup) as the first ingredient on the item's ingredient list. Food manufacturers pad many food items with extra sugar to get consumers to eat more — and your kids don't need the empty calories!