

Words on Wellness

Boil Water Advisory: Simple Steps to Stay Safe



A “boil water advisory” means your tap water may contain germs that can make you sick.

How to boil water safely:

Bring tap water to a rolling boil for 1 minute, then let it cool. At higher elevations, boil for 2-3 minutes. Boil water even if you use a filter because most filters do not remove germs.

Use boiled or bottled water for:

- Drinking and making drinks
- Cooking and washing foods
- Brushing teeth
- Making new ice (discard old ice)

Do not use water or ice from your refrigerator or ice maker.

For bathing, avoid swallowing water; consider sponge baths for young children.

After the advisory is lifted:

Run all faucets for a few minutes to clear the lines. Then you can use your tap water normally again.

Source: [CDC](https://www.cdc.gov), go.iastate.edu/LR9E00

Sweet Potato Burritos

Serving Size: 1 burrito | Serves: 6

Ingredients:

- 2 sweet potatoes (peeled and cubed, about 3 cups)
- 1/4 cup salsa
- 1 tablespoon oil (canola, olive, or vegetable)
- 1 onion, diced (about 1 cup)
- 1 can (15 ounces) black beans (drained and rinsed)
- 6 (8 inch) whole wheat tortillas
- 3/4 cup shredded cheese (cheddar, Colby, pepper jack)

Directions:

1. Put sweet potatoes in a medium saucepan and cover with water. Cover pan with lid and bring to a boil. Reduce heat and simmer 10 minutes, or until tender.
2. Drain sweet potatoes and place in a medium bowl. Add salsa and mash with a fork.
3. Heat oil in the saucepan over medium. Sauté onion for 3 minutes, then add black beans and cook 3 minutes more.
4. Stir sweet potatoes into the bean mixture until combined.
5. Spread 1/2 cup mixture onto each tortilla. Top with 2 tablespoons cheese. Serve immediately.

Tip: Try adding chopped vegetables (avocado, corn, onion, peppers), salsa, sour cream or plain yogurt, or cooked meat (beef steak, chicken breast, pork chop).

Nutrition information per serving:

340 calories, 11g total fat, 4g saturated fat, 0g trans fat, 15mg cholesterol, 620mg sodium, 51g total carbohydrate, 11g fiber, 5g sugar, 13g protein

This recipe is courtesy of ISU Extension and Outreach's Spend Smart. Eat Smart. website. For more information, recipes, and videos, visit [Spend Smart. Eat Smart.](https://spendsmart.extension.iastate.edu), spendsmart.extension.iastate.edu.

Move to Feel Better: Physical Activity for Stress Relief

Feeling stressed? Moving your body can help! Exercise helps your brain release “feel-good” chemicals called endorphins. These can help you relax, feel happier, and sleep better.

Why It Works

- **Lifts Your Mood:** A short walk can make you feel calmer.
- **Clears Your Mind:** Moving gives your brain a break.
- **Better Sleep:** Regular activity helps you rest at night.

Easy Ways to Start

- Take a **10-minute walk** outside.
- Try **stretching or yoga**.
- **Dance** to your favorite song.
- Do yard work like **raking leaves or gardening**.

Start small—just 10 minutes a day. Pick activities you enjoy and invite a friend for fun and support. Remember: Exercise isn’t just for your body—it’s great for your mind, too!

Mental Health Resources

- **Iowa Concern:** Call or text 800-447-1985
- **Your Life Iowa:** Call 855-581-8111 or text 855-895-8398
yourlifeiowa.org
- **National Suicide Prevention Lifeline:** Dial 988

Protein Choices that Support Your Health and Wallet

Protein is super important to include in your daily meals, but the price of meat can feel overwhelming at times. Did you know you can get high-quality protein from foods other than fresh meat? Here are some protein options that can help your health and your wallet:

- **Beans/legumes:** Foods like lentils, black beans, soybeans/soy products, and garbanzo beans are a great source of plant-based protein. Plus, they are typically much cheaper than meat! You can buy beans dry or canned, depending on how you want to prepare them in your meals.
- **Dairy:** Foods like Greek yogurt and cottage cheese are high in protein and can easily be incorporated into meals and snacks.
- **Eggs:** Using eggs as a protein source, even outside of breakfast, can help cut costs on meals!
- **Lower-cost meat:** Try options like canned tuna, canned sardines, and less tender cuts of beef (round, chuck, shoulder). These are effective ways of consuming meat while saving money!

To find recipes using low-cost protein foods, check out Spend Smart. Eat Smart., spendsmart.extension.iastate.edu/recipes, to plan your meals!

Sources: University of Nebraska-Lincoln Extension, go.iastate.edu/ERY6C5
WebMD, go.iastate.edu/MTQ60D

Copyright © 2024 Iowa State University of Science and Technology, Iowa State University Extension and Outreach. All rights reserved. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/legal. PM 2099 September 2026

Here for you.
Now.
Always.

Iowa State University
Extension and Outreach

AnswerLine

Call 1 800 262 3804

extension.iastate.edu/answerline

Spend Smart. Eat Smart.®

spendsmart.extension.iastate.edu

Health and Human Sciences

[extension.iastate.edu/
humansciences](http://extension.iastate.edu/humansciences)

If you or someone you know is skipping meals, going hungry, or choosing between food and medicine, call 1 855 944 3663 to apply for assistance today.

Call Iowa 2 1 1 or Iowa Lifelong Links, 1 866 468 7887, for additional resources.

