

Health Highlights  
Kids Safety in Crowds | Cottage Cheese Health Benefits

ANCHOR INTRO:  
HOW TO KEEP **YOUR** KIDS SAFE IN CROWDED PLACES –  
AND THE HEALTH BENEFITS OF COTTAGE CHEESE COMES WITH SOME CAUTION.  
TIM DITMAN HAS THAT – IN TODAY’S HEALTH HIGHLIGHTS.

**PKG**

**TRACK 1: KIDS SAFETY IN CROWDS** <<(AS TRICK-OR-TREATING NEARS – AND HOLIDAY FESTIVALS ARE RIGHT AROUND THE CORNER – IT’S IMPORTANT TO KEEP YOUR KIDS’ SAFETY AT TOP OF MIND.

BUT YOU DON’T HAVE TO WAIT UNTIL YOU GET TO THE EVENT TO HAVE A SAFETY PLAN IN PLACE.  
DR. KYLE BOERKE WITH OSF HEALTHCARE – SAYS CONVERSATIONS SHOULD BE HAD BEFORE HEADING OUT.

**DR. KYLE BOERKE SOT :46-57** <<(**“Those conversations should surround what I call the “proximity rule” or the “distance rule.” There are going to be different distance rules for different settings.”**)>>

**MATT TRACK:** DR. BOERKE SAYS FOR CROWDED EVENTS – YOUNGER KIDS SHOULD BE HOLDING THE HANDS AND VERY CLOSE TO THEIR CAREGIVER.

**COTTAGE CHEESE TRACK 2:** <<(SAY CHEESE! COTTAGE CHEESE IS THE LATEST TREND SWEEPING THE INTERNET. OSF HEALTHCARE DIETITIAN CARLY ZIMMER SAYS COTTAGE CHEESE HAS BENEFITS LIKE PROTEIN AND CALCIUM – BUT YOU HAVE TO WATCH THE SALT LEVELS – ESPECIALLY IF YOU HAVE CONDITIONS LIKE HIGH BLOOD PRESSURE OR HEART DISEASE.

**Carly Zimmer, OSF HealthCare dietitian SOT**

<<(**“Cottage cheese adds protein, so it could have its place in recipes. But I wouldn’t go out of my way to say it needs to be added. It depends on the person and what they like.”**)>>

**MATT TRACK:** ZIMMER SAYS TO TRY COTTAGE CHEESE AS A SNACK – AN INGREDIENT REPLACEMENT – OR BLEND IT. IT’S EVEN BEEN SEEN LATELY IN RECIPES LIKE COOKIE DOUGH AND LASAGNA. FOR THESE STORIES AND MORE – HEAD TO NEWSROOM-DOT-OSFHEALTHCARE-DOT-ORG. WITH TODAY’S HEALTH HIGHLIGHTS – I’M TIM DITMAN>>)