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5 Innovations
that are Making
the World a
Better Place

(Family Features) With new technologies and innovations improving many aspects of daily life, humanitarian work should be no different.

Saving and protecting children for decades, UNICEF, the United Nations children’s agency, has been implementing new ways to reach families more quickly, efficiently and cost-effectively. In honor of World Creativity and Innovation Day, meet five innovations that are making 2020 the start of a decade of good:

5. A cryptocurrency fund for game-changing ideas
Blockchain increases transparency, security and efficiency, as transactions are publicly visible and do not have to be converted into other currencies for immediate use. A first for the United Nations, the UNICEF Cryptocurrency Fund is able to receive, hold and distribute donations in ether and bitcoin. The fund is helping accelerate and grow social good projects such as Prescripto, Atix Labs, Utopixar and GIGA, which work in the areas of prescription tracking, investor-matching, community engagement tokens and bringing internet connectivity to schools around the world.

4. An inclusive period tracking app
There are more than 200 period-tracking apps; most are targeted to Western adult women and provide information that can be gender-stereotyping or fertility-focused. Founded by UNICEF’s Asia branch, Oky is the world’s first period tracking app co-created with girls, for girls. Packed with information vetted by global health experts, the app is tailored to Indonesian and Mongolian cultures and available in local dialects. To support further advancements in this sector, the app is open source, digitally inclusive and available even in areas where online access is limited. In its next phase, the organization plans to scale and adapt the app for use in East Africa.

3. Schools made from recycled plastic waste
There are three significant problems facing children in

Côte d’Ivoire: There are not enough schools, there are not enough employment opportunities for adults and there is an overabundance of trash. Daily, the Abidjan metropolitan area produces 288 tons of plastic waste. Tackling all three issues, UNICEF works with Conceptos Plásticos to employ women to recycle plastic into bricks to build classrooms. The bricks, which will be used to build more than 500 classrooms across the country this year, are 100% non-toxic plastic, fire- and wind-resistant, waterproof, insulated and lighter and quicker to assemble than regular bricks.

2. Drones that cut transport times from hours to minutes
Drones help reduce carbon emissions and cut transport times from 1.5 hours driving to 25 minutes flying. Leveraging technology, UNICEF works with drones to deliver crucial medical supplies to the hardest-to-reach areas. The African Drone and Data Academy in Malawi, a first-of-its-kind program, trains and certifies young students across the continent on building, operating and maintaining the drones, building a pipeline of future experts in the field.

1. A warehouse that can send lifesaving supplies to anywhere in the world
With the world’s largest humanitarian supply warehouse, the UNICEF Supply Division is able to deliver necessities anywhere in the world as quickly as 48-72 hours. The size of four football fields, the Copenhagen, Denmark warehouse is equipped with enough health kits, vaccines, rescue gear and more to support 200,000 people at any given time. The warehouse is also home to an innovation lab that tests, designs and produces new and improved products needed in the field. In 2018, the supply network procured nearly \$3.5 billion of goods and services for children in 175 countries and territories. In 2020, UNICEF expects to respond to around 300 emergencies and assist 95 million people with support.

To learn more about and support these lifesaving innovations, visit unicefusa.org/decadeofgood

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Start Your Day Strong with Breakfast

FAMILY FEATURES

Starting the morning on the right foot can help set a path toward a successful day, and for many, that strong start begins with breakfast. In fact, a lot of research supports the idea of having a balanced meal in the morning. When you turn to breakfast to fuel your morning, look for seasonal recipes that provide a delicious way to start your day.

For example, you can skip high-sugar grains with refined carbohydrates like doughnuts and pastries to instead opt for savory, protein-rich dishes like this Asparagus and Goat Cheese Frittata and Fluffy Scrambled Eggs. If you're an on-the-go eater, try easily transportable recipes like a Tropical Green Smoothie or Vanilla Almond Crunch Overnight Oats.

These breakfast recipes are bolstered by the rich, creamy texture and nutrition profile of fairlife ultra-filtered milk, a lactose-free option with 50% more protein, 50% less sugar and 30% more calcium than regular milk. The recipes also take advantage of fresh, seasonal ingredients.

Find more breakfast inspiration at fairlife.com.



Vanilla Almond Crunch Overnight Oats

Prep time: 10 minutes, plus at least 6 hours refrigeration
Servings: 2 1/2 (about 2 1/2 cups each)

- 1 carton (5-6 ounces) non-fat or low-fat vanilla Greek yogurt
- 2 teaspoons pure honey
- 2 teaspoons flax seeds
- 2 pinches cinnamon
- 2 pinches kosher salt
- 4 tablespoons blanched, slivered or sliced almonds
- 1 cup rolled oats
- 1 cup fairlife Fat-Free Ultra-Filtered Milk

Toppings (optional):
cut berries or citrus

additional yogurt
additional flax seeds
or almonds

Divide yogurt, honey, flax seeds, cinnamon, kosher salt, almonds, oats and milk evenly between two 8-10-ounce glass jars or small glass bowls with tight-fitting lids.

Securely close or cover containers; refrigerate at least 6 hours, or up to 48 hours.

When ready to serve, remove lid, stir and top with berries or citrus, yogurt and flax seeds or almonds, if desired.

Nutritional information per serving:
380 calories; 9 g total fat; less than 5 mg cholesterol; 280 mg sodium; 53 g total carbohydrates; 22 g protein.

Asparagus and Goat Cheese Frittata

Prep time: 21 minutes

Servings: 4

- 4 large eggs
- 1/4 cup fairlife 2% Ultra-Filtered Milk
- 1/4 teaspoon kosher or sea salt, plus additional, to taste, divided
- freshly ground black pepper, to taste
- 1/3 cup thinly sliced basil leaves, plus additional for serving
- 2 teaspoons olive oil
- 10 medium asparagus spears, cut into 1 1/2-inch lengths
- 2 tablespoons finely chopped shallot or red onion
- 1 1/2 ounces soft goat cheese, crumbled (1/4 cup)

Heat oven to 400° with rack in middle.

In large bowl, beat eggs, milk, 1/4 teaspoon salt and pepper, to taste; beat in 1/3 cup basil until just combined.

In 8-10-inch ovenproof nonstick skillet, heat oil over medium-high heat until hot but not smoking. Add asparagus and salt and pepper, to taste. Reduce heat to medium and cook, stirring occasionally, 5 minutes. Add shallot and continue cooking until asparagus spears are lightly golden and just tender, 2-4 minutes. Pour in egg mixture. Cook 1 minute then scatter goat cheese on top.

Bake until frittata is set, 4-6 minutes. Using spatula, slide onto cutting board then sprinkle with salt, to taste, and additional basil. Cut into wedges. Serve warm.

Nutritional information per serving: 140 calories; 10 g total fat; 190 mg cholesterol; 200 mg sodium; 3 g total carbohydrates; 10 g protein.



Tropical Green Smoothie

Prep time: 5 minutes

Servings: 2 (8 fluid ounces each)

- 1 cup fresh baby spinach or baby kale
- 3/4 cup fairlife 2% Ultra-Filtered Milk
- 1 ripe banana
- 2/3 cup fresh or frozen diced pineapple
- 1 lime, zest only
- 1 lime, cut into wedges
- 1 tablespoon virgin coconut oil
- 3/4 teaspoon pure vanilla extract
- 1 pinch ground cinnamon
- 3/4 cup ice (optional)

In blender, blend spinach, milk, banana, pineapple, lime zest, juice of one lime wedge, coconut oil, vanilla extract, cinnamon and ice, if desired, until smooth. If refrigerating prior to serving, omit ice.

Nutritional information per serving: 120 calories; 2 g total fat; 5 mg cholesterol; 55 mg sodium; 22 g total carbohydrates; 6 g protein.



Fluffy Scrambled Eggs

Prep time: 10 minutes

Servings: 4

- 6 large eggs
- 1/3 cup fairlife Whole Ultra-Filtered Milk
- 1/8 teaspoon kosher salt, plus additional, to taste, divided
- pepper, to taste

In medium bowl, vigorously whisk eggs until about double in volume and light and lemon-colored, about 1 minute. Use immersion blender for extra fluffiness, if desired. Set aside.

In separate bowl, vigorously whisk milk until light and

frothy, about 30 seconds.

Gently fold frothy milk and 1/8 teaspoon kosher salt into fluffy eggs.

Pour egg-milk mixture into lightly greased skillet over low heat. Let setup 1 minute then use silicone spatula to gently fold eggs over on top of themselves. Rest and repeat until cooked through.

Serve with salt and pepper, to taste.

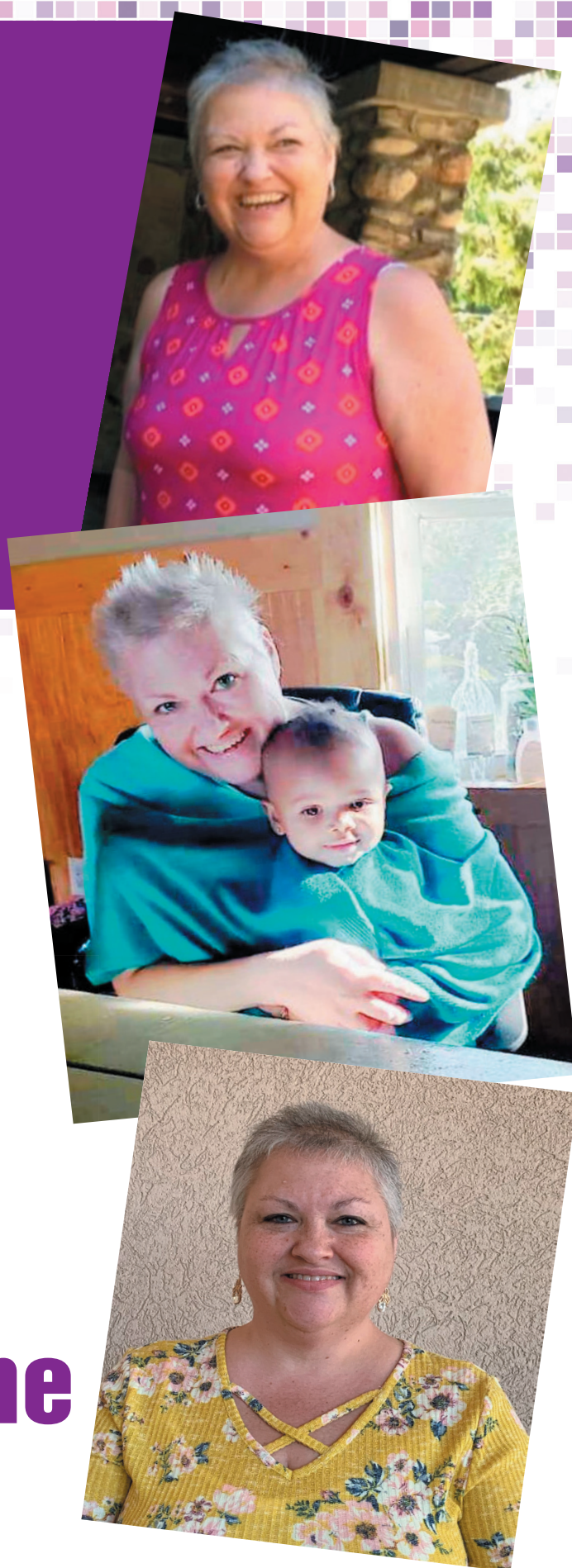
Nutritional information per serving: 120 calories; 8 g total fat; 280 mg cholesterol; 190 mg sodium; 1 g total carbohydrates; 11 g protein.

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The Press and Standard's Office Manager of 17 years, Rhonda Sauls, lost her fight with cancer on Saturday Jan. 18, 2020.

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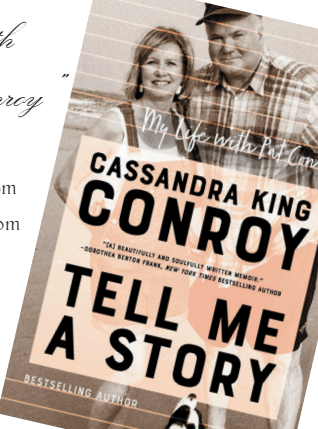
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