

CAPE ATLANTIC INK

SPRING

NEWSLETTER



APRIL
2026

Seasonal Allergies

Seasonal allergies affect many this time of year. If your child develops “cold like” symptoms every year around the same time, they may have seasonal allergies. Symptoms include:

- Sneezing
- Itchy nose and/or throat
- Nasal congestion
- Clear, runny nose
- Postnasal drip

Coughing or wheezing may also occur, as well as worsening asthma symptoms. If you believe your child may have seasonal allergies, call your primary care physician or pediatrician. They may refer you to an allergist, who will test via skin pricks or blood tests.

The best way to treat allergies is to remove the known allergy, so avoid dogs if you're allergic for example. This is not always possible, so decreasing exposure is your best bet. For typical spring seasonal allergies this may mean staying indoors with closed windows during days with high pollen counts, washing hands and changing clothes when coming in from outside, using air filtration systems, or taking antihistamines. Some people benefit from routine immunotherapy shots. Speak with your PCP to see if a daily allergy medication is right for you!

Springtime Activities

With the weather starting to warm up, it's a great time to make plans for springtime activities! Getting outside can be great for both our physical and mental health. Try these activities as a way to get outside more this spring:

- Rainbow Nature Walk- see if you can find all the colors of a rainbow on a nature walk.
- Visit a local park or zoo to walk around for a few hours.
- Plan a night to go backyard stargazing.
- Host a family picnic at home or at a local park.
- Begin a garden at home or join a local community garden.
- Find a local farmers market to walk around on the weekends.

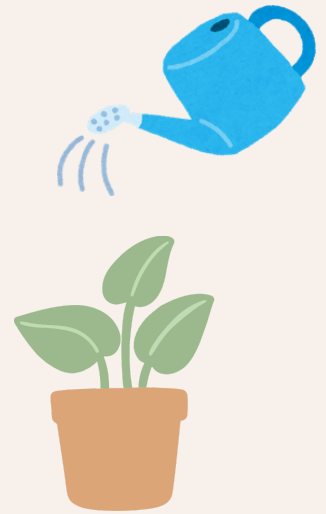


UV index outlook

UV levels across Atlantic County and Cape May County rise into the moderate to high range of 6-7 throughout May 2026. As late spring brings longer days & stronger sunlight, peak midday UV exposure becomes more intense with some clear days reaching the very high range of 8+. With more time spent outdoors it's important to take precautions by using sunscreen, wearing sunglasses, and seeking shade during peak UV.

Intro to Herb Gardening

Gardening can be overwhelming but starting small can be easy! Most grocery stores (Walmart, Shoprite, Acme) sell herb plants in the produce section in small plastic containers for a few dollars (think basil, rosemary, thyme, oregano, dill). While these can be grown inside in a sunny window as-is for maybe a month or so, if you put them in a larger pot with some potting soil and put them outside in a sunny place, you can have fresh herbs all summer for little effort! Another little hack, many of these actually contain several individual plants that can be separated and planted into pots or the ground, spreading your small investment into an entire herb garden you can harvest all summer long, or share with friends. When harvesting, always cut from the top to encourage the plant to continue to grow. Happy gardening!



Cherry Tomato Pasta with Avocado Sauce

Ingredients

- 1 package (14-1/2 ounces) protein-enriched rotini (about 3-1/2 cups uncooked)
- 2 medium ripe avocados, peeled and pitted
- 1 cup fresh spinach
- 1/4 cup loosely packed basil leaves
- 2 garlic cloves, halved
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup olive oil
- 1 cup assorted cherry tomatoes, halved
- Optional: Shredded Parmesan cheese, shredded mozzarella cheese and grated lime zest

Directions

1. Cook rotini according to package directions for al dente. Meanwhile, place avocados, spinach, basil, garlic, lime juice, salt and pepper in a food processor; pulse until chopped. Continue processing while gradually adding oil in a steady stream.

1. Drain rotini; transfer to a large bowl. Add avocado mixture and tomatoes; toss to coat. Sprinkle with cheese, if desired.

Nutrition Facts

3/4 cup: 314 calories, 18g fat (2g saturated fat), 0 cholesterol, 125mg sodium, 32g carbohydrate (2g sugars, 5g fiber), 9g protein.

