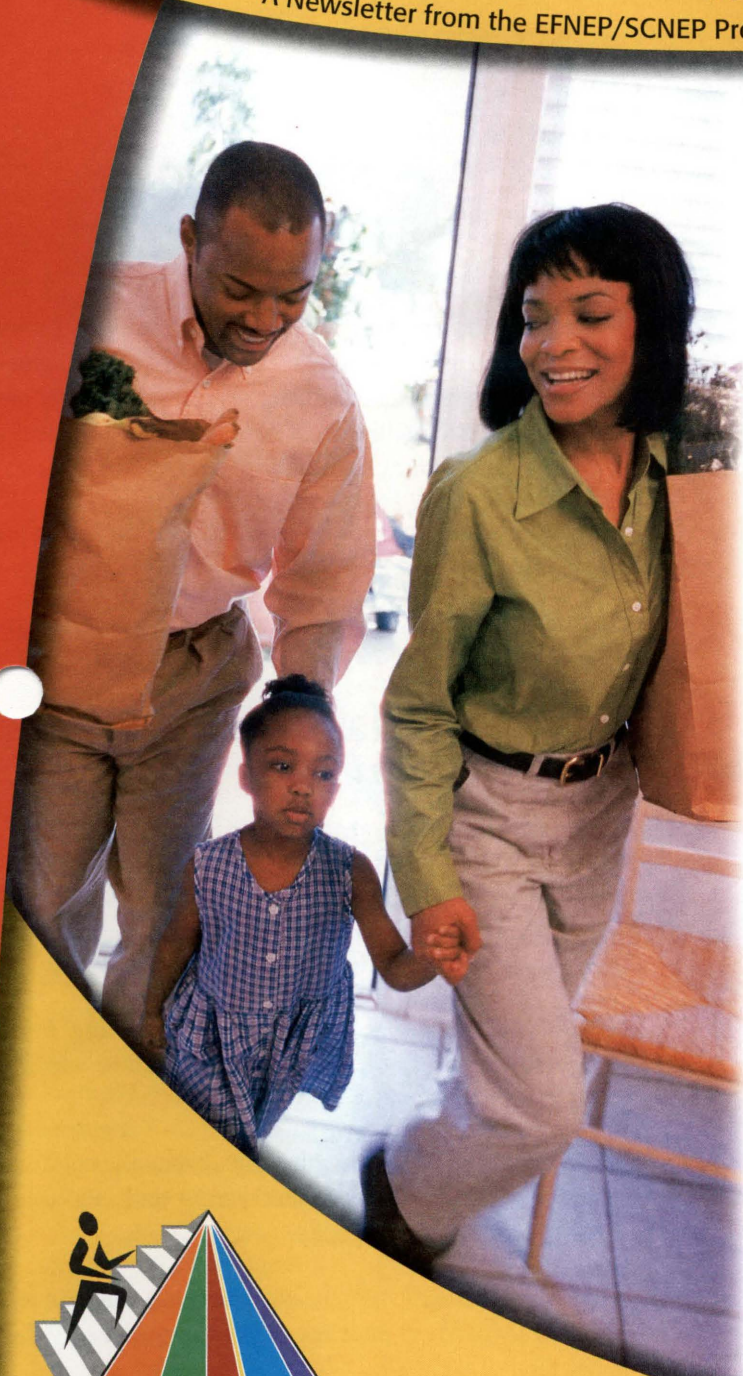


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# Smart Choices for YOUNG FAMILIES

July

A Newsletter from the EFNEP/SCNEP Programs of Virginia Cooperative Extension



Welcome to the July Issue of ***Smart Choices for Young Families.***

July brings lots of sunshine, outdoor fun, AND a few problems. The sunshine and the hot weather put us at risk for things like sunburn and food poisoning. You can help keep July safe and enjoyable for your family by using the ideas and recipes in this issue.



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## Nutrition and Health Tips for Today

**Water is an essential nutrient.** During July and other hot summer months, we need to be especially careful to drink enough fluids. Our bodies need water to function.

Water:

- Is present in all the body's cells and is needed to move nutrients into cells.
- Helps clean the body by sending waste away from the cells to the kidneys.
- Cushions body organs and lubricates joints.
- Helps control body temperature through sweating.
- Protects the baby during pregnancy.

### How much water do we need?

- Adults need 8 cups or more per day, depending on temperature, humidity, and physical activity.
- School-age children need 4 or more cups per day – more in hot weather and when very active.

Encourage children to drink more water by making it easy to get while they play. Water bottles are a low-cost, fun way to help children drink more water. They can attach a bottle to their bike or waist or carry it on their shoulder for easy access.



### Drinks: What is best and what is not so good?

**Best: Water, skim or 1% milk, and 100% fruit juice**

**Good: 2% milk, diet soft drinks, and decaffeinated coffee and tea**

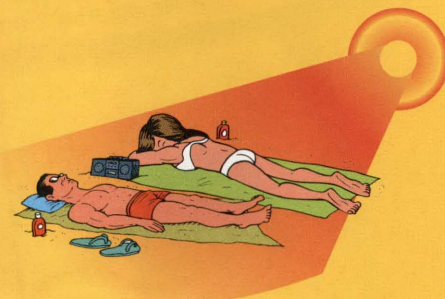
**Not So Good: Whole milk, fruit-flavored drinks, regular soft drinks, beer, wine, and liquor**



## Staying Healthy for a Lifetime

**Preventing Skin Cancer.** July brings lots of sunshine with long hours of strong ultraviolet rays. You and your family may be spending more time outside. This means you need to protect yourself and your children from overexposure to the sun's rays. Overexposure to the sun may lead to skin cancer in later life.

**Proceed  
with  
caution!**



About 90% of all skin cancers are caused by ultraviolet rays from the sun. Risk is increased with length of exposure, especially if you do not use sunscreen lotion. Light skinned people with green or blue eyes have the most risk. Here are some ways to protect yourself and your children.

1. Limit the amount of time in the sun between the hours of 10:00 a.m. and 3:00 p.m.
2. Wear protective clothing, such as a wide-brim hat and light-weight clothing.
3. Use sunscreen lotions with an SPF of 15 or higher. Put it on more often when in the water.
4. Keep children from getting sunburns.
5. Check yourself occasionally for sores that do not heal or changes in warts or moles. If you find changes, go see a doctor. Skin cancer is nearly always curable if caught early.
6. Protect yourself from all types of cancer by eating more fruits, vegetables, and whole grains. Here are some specific foods that are best for preventing cancer.

Spinach, squash, mustard greens, kale, broccoli, collards, cabbage, carrots, sweet potatoes, yams, and pumpkin. Most adults need 2 cups per day.

Oranges, cantaloupes, apples, strawberries, blueberries, other berries, mangos, peaches. Most adults need 2-1/2 cups per day.

Whole-grain breads and cereals (such as whole-wheat, oat, rye, or barley).



## Staying Fit and Having Fun

Swimming is a nearly perfect physical activity – and it is fun and enjoyable for the whole family. Why is swimming such an ideal activity?

- It doesn't put stress on your joints; it is a non-weight-bearing sport.
- It improves posture, flexibility, endurance, strength, and balance.
- It improves blood circulation, muscle tone, and breathing.
- It provides a great workout for heart health.
- It reduces mental stress and increases your energy level.
- It helps with weight control. Vigorous swimming burns 350 to 400 calories per hour.

### Rules and Tips To Keep Swimming Safe and Fun:

1. Always stretch before and after swimming to prevent muscle soreness and cramps.
2. Drink plenty of fluids before and after you swim.
3. Always put safety first!
  - **Never swim alone**, regardless of your skill.
  - Be aware of the depth of the water.
  - If swimming in a pool, know where the ladder and steps are.
  - If swimming in a lake, pond, or the ocean, watch for rocks, pollution, and strong current.

### Shish Kebobs

#### Ingredients:

- 1 pound of boneless, lean beef, chicken, or turkey
- 2 large onions
- 2 green peppers
- 3 medium zucchini or yellow squash
- 12-14 cherry tomatoes
- 12-14 medium mushrooms
- 16-oz bottle of fat-free Italian salad dressing

#### Directions:

1. Cut the meat or poultry into cubes (about 1-1/2 inches) and place in a shallow bowl.
2. Cover with 1/2 bottle of fat-free salad dressing, cover the bowl, and refrigerate for about 2 hours or more.
3. Wash all vegetables, peel if needed, and cut into 1-inch chunks.
4. If using wooden skewers, soak them in water for 15 minutes to prevent burning.
5. Alternately place meat and vegetables on skewers beginning and ending with a cube of meat.
6. Place kebobs on a hot grill about 2 inches apart and brush them with remaining salad dressing during cooking.
7. Continue grilling until the meat on each kebob is thoroughly cooked with no pink color. (about 10 to 12 minutes).
8. Remove kebobs to a clean plate and serve immediately.
9. For a complete meal, serve kebobs over cooked rice.

## COOKING CORNER

### Fun with Outdoor Cooking and Recipes:

July is a perfect time to cook out on the grill. This keeps the heat out of your house and it is fun and easy.

#### Tips for Cooking on the Grill:

1. Prevent food from sticking to the grill by spraying the grill rack with cooking spray or covering the rack with aluminum foil.
2. If you do not have skewers, you can cook meat and vegetables on the grill by wrapping them in aluminum foil.
3. Inexpensive wooden skewers are available at supermarkets and discount stores, such as Wal-Mart, K-Mart, and dollar stores. Wooden skewers must be discarded after one use.
4. Although they are more expensive, metal skewers can be used over and over.
5. To prevent burning of kebobs, raise the grill rack higher.

### Fruit in a Cone

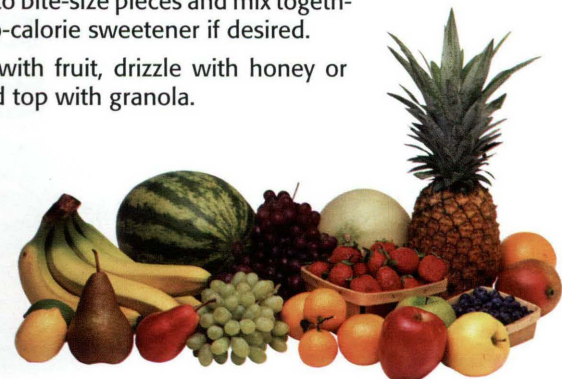
Children and adults will enjoy this cool, nutritious, and tasty summertime treat! This recipe makes 4 servings. Increase all ingredients if you need more servings.

#### Ingredients:

- 3 cups of fruit or berries, including your choice of apples, pineapple, cantaloupe, peaches, bananas, strawberries, or any other berries (fresh, frozen, or canned)
- 4 large ice cream cones/shells
- 4 tablespoons honey or low-fat yogurt (plain or flavored)
- 2 tablespoons granola cereal

#### Directions:

1. If using fresh fruit or berries, wash and inspect them for leaves or bugs.
2. If using canned or frozen fruit, drain well.
3. Cut fruit into bite-size pieces and mix together. Add no-calorie sweetener if desired.
4. Fill cones with fruit, drizzle with honey or yogurt, and top with granola.



## Keeping Food Safe

Picnics and cookouts can be great fun, but don't let your fun be ruined because of unsafe food. Here are some important food-safety practices.



### Chill Out!

- Keep foods from spoiling by carrying food in a cooler with ice or a frozen gel pack. Place the cooler in the shade and don't open the lid too much.
- Keep raw meat, poultry, and seafood away from cooked or ready-to-eat foods, such as fruits and vegetables.
- If possible, use two coolers – one for drinks and ready-to-eat foods and another for raw meats and other foods to be cooked on-site.
- Discard perishable food left out of the cooler or refrigerator for more than 2 hours. If the temperature is 90 degrees or higher, discard leftovers after 1 hour.

### No Poking Allowed!

Stabbing or poking raw meat with a fork or knife can be unsafe. It may spread bacteria from the raw meat to other foods. It also causes the meat to lose moisture and flavor.

### Use the Power of the Shower!

Remember to wash the outside of melons and fruits before slicing or eating them. This prevents bacteria on skin from getting into the edible portion. If no water will be available at the picnic site, wash fruit and melons before leaving home.

### Be Safe at the Plate!

Place cooked meat, poultry, and seafood on a clean plate – **not** the plate you used to carry the raw meat to the grill.

### Wash Your Hands of the Matter!

Wash your hands with warm soapy water for at least 20 seconds before handling foods and after handling raw meats. Unwashed hands are a major cause of spreading germs. Carry water for hand washing if no water will be available at the site. As a last resort, use disposable wipes, but they are not as good as soap and water.

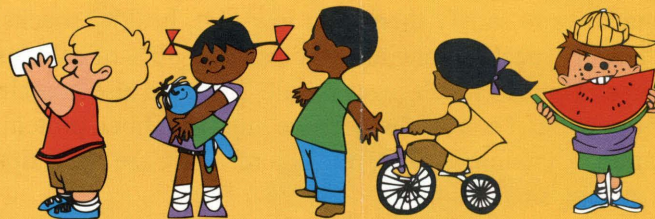
### Play the Numbers Game!

Take your meat thermometer along. Cook ground meats such as hamburger to 165 degrees; steaks and roasts to 160 degrees, and poultry to 170 degrees.

### For More Information on Food Safety

If you have access to the Internet: Go to the "Fightbac" website at: <http://www.fightbac.org/consumers.cfm>.

## Children's Corner



### Tips on How Children and Parents Can Best Enjoy Picnics and Cookouts:

July is a month for enjoying picnics and cookouts! Here are a few tips to remember when taking your children to these events:

- Find a place that your family can sit down together and enjoy eating. Children are creatures of habit, so you need to stay with your home routine as much as possible.
- For less hassle and stress, feed very young children before leaving home. Young children tend to become very excited and want to play with other kids. Eating will not be a top priority for them.
- Even if children eat before the outing, take along healthy, kid-friendly snacks. Always have a healthy drink, such as real fruit juice or water, to quench the thirst of a very active child.
- Make sure your child is always sitting when eating or drinking. Choking is more likely to occur if a child is running about.



# Saving Money at the Grocery Store

## Snack attack – keep it low-cost and healthy

It's a hot, muggy summer day and your children are begging for a snack. There are dozens you could choose. How do you decide what to give them? Before you hand out high-fat, high-salt, and high-sugar foods and drinks, think about ways to satisfy them with low-cost, healthy snacks. A "healthy snack" is one that has less than 30% of calories as fat and not too much sugar or salt. It should also contain 10% or more of at least one of these nutrients: fiber, protein, vitamin A, vitamin C, iron, or calcium. Here are some tips for making smart choices:

### To build a healthy body:

- Limit cookies, chips, candy, and soda, and replace them with choices from each of the food groups.
- Don't let TV ads determine snack choices.
- Plan menus, including snacks, to meet daily food and energy needs.
- Try new foods and beverages yourself and offer them to your child.
- Choose milk, 100% fruit juice, or water instead of soda, fruit drinks, and punch.
- Control serving sizes as too much food can lead to excess calories and weight gain.



### To keep snacks low in cost:

- Plan snacks to fit in your total food budget.
- Prepare homemade snacks to increase nutrition and decrease cost.
- Buy ready-made nutritious snacks in bulk when they are on sale.
- Compare the unit price of different brands; use coupons for items you usually buy.
- Read labels to make sure that the food contains nutritious ingredients.
- When traveling, limit stops at fast-food restaurants. Carry homemade snacks and drinks in a cooler filled with ice.

## Word of the Month

Rearrange the letters of this puzzle to form words and phrases.

All of the words in this puzzle are found in this newsletter.

Use the hint underneath each word to determine what the word is.

Has to do with hot and cold

MRREPAETEUT



Length of time to wash hands

SDEN0COS2



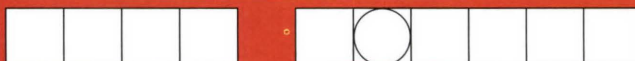
Way to cook food outside

UBBAEQRE



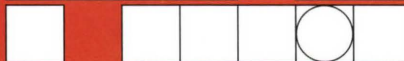
Caused by too much sun

NREKIRCISAN



Time it takes for food to spoil

ROH2SU



Food that spoils easily

SBAIHREPLE



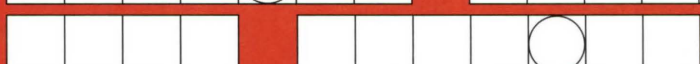
Describes milk and meat

OIPTOSDREFON



Way to reduce spreading germs

IWGHAADNSHN



Arrange the circled letters to solve the word of the month.

*This is what makes food spoil.*



**Word of the Month Answers**

TEMPERATURE  
20 SECONDS  
BARBEQUE  
SKIN CANCER  
2 HOURS

PERISHABLE  
PROTEIN FOODS  
HAND WASHING  
Word of the Month answer:  
BACTERIA

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The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Call this toll-free number, 1-800-552-3431 (M-F 8:15-5:00, except holidays), to learn how to apply for food stamps and to get other useful information about services.

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