



Family Nutrition In Action

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Stay Cool in the Summer

Summer's intense heat will have an effect on you, whether you are mowing the lawn, playing with the kids, or just sitting under the shade of a tree. When the body is exposed to intense heat, it needs even more water to keep a normal temperature. Losing too much body water can lead to:

- ☀ headache
- ☀ nausea and vomiting
- ☀ fatigue
- ☀ weakness

Even though dehydration, or excessive water loss, doesn't occur over the course of a single day, it is important to pay attention to signs of water loss. Decrease your risk for dehydration by drinking plenty of fluids throughout the day, before you get thirsty.

Food: a source of water?

While water and non-alcoholic, non-caffeinated beverages are great sources of fluids, solid foods also provide a surprising amount of water. Consider using these foods more often, especially during the summer heat waves.

Food	Serving Size	% Water by Weight
Lettuce	½ cup	95
Watermelon	½ cup	92
Grapefruit	½ cup	91
Carrot	½ cup	87
Yogurt	1 cup	75

Cool ideas for quenching your thirst this summer:

- ☀ Mix 100% juice with sparkling water.
- ☀ Mix unsweetened, decaffeinated iced tea with orange juice or lemonade.
- ☀ Mix 100% juice and water and freeze into fruit juice popsicles.

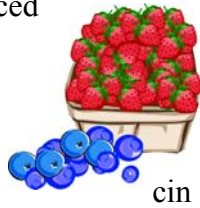
**Keep water readily accessible.
Consider refrigerating tap water or
getting personal water bottle for
everyone at home!**

Patriotic Fruit Plate

(6-8 servings)

Ingredients

- 2 cups frozen whipped topping, thawed
- 2 cups low-fat vanilla yogurt
- ½ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- 2-3 pints strawberries, sliced
- 3-4 cups blueberries



Directions

1. Combine whipped topping, yogurt, cinnamon, and vanilla. Chill until serving time.
2. Place the bowl of topping in the middle of a large plate. Arrange the blueberries and strawberries around the bowl.
3. To serve, dip fruit into topping and enjoy.

Safe Summer Grilling

Scientists recommend eating grilled foods, especially meats, in moderate amounts. Grilling food over an open flame or letting the meat cook to the point of burning increases the chances of the food developing cancer-causing substances, or carcinogens. When grilling, you can take some precautions to reduce the formation of carcinogens.

- ✓ Marinade foods before grilling.
- ✓ Grill foods that present less risk, like vegetables, veggie burgers, or tofu.

- ✓ Speed the time meats spend on the grill.
 - Pre-cook in an oven or microwave oven, then briefly grill for flavor.
 - Chop food into small pieces for quick grilling.
- ✓ Cook the food at lower temperatures by raising the grill rack.
- ✓ Trim the fat from meats so it won't drip into the flames and cause flare-ups. Flare-ups burn the meat.

Don't be discouraged! Grilled foods can be part of your summer celebrations. Follow these tips to keep your grilling safe.

Source of information: American Institute for Cancer Research Newsletter, Summer 2002.

Family Activities=Stronger Families

Automation and technology have contributed to the sedentary lifestyle of many American families. Less physical activity and our "super size" eating habits are factors possibly leading to over weight problems.



Let's start promoting more physical activity within our family routine. Select a few activities that may become part of your family rituals. And remember that time spent together strengthen family ties! Here are some ideas to help you get started:

- ✓ Plan walking/hiking outings in the many local and state parks.
- ✓ Explore the outdoors for animal tracks and identify them.
- ✓ Go on a backyard or neighborhood scavenger hunt.
- ✓ Play games, like hide 'n seek, three-legged race, or tag, in the backyard.
- ✓ Walk along the beach, river or creek and collect shells or stones.

Adapted from: "Eat Smart. Play Hard.™: A Monthly Menu of Family Activities," Publication 348-968, Virginia Cooperative Extension, 2001.

Prepare for Hurricane Season



The Atlantic hurricane season is from June 1 until November 30. This is a good time to take a close look at your emergency food supply. The most important step in dealing with an emergency or with disaster is to be PREPARED.

Emergency food supply

The emergency supply includes water and foods that your family enjoys and that store well without refrigeration. Keep the emergency food supply separate from the other foods so you can access it when needed. You should keep at least a 3-day supply of both food and water.

Include a selection of the following foods that need little preparation:

- Ready-to-eat canned fruits and vegetables, and puddings
- Canned juices
- Canned soup (if concentrated, store extra water for preparation)
- Canned meats (tuna, deviled ham, chili, beef stew, pork and beans)
- High energy foods such as peanut butter, jelly, crackers, dried fruits, granola bars, and trail mix
- "Comfort" foods such as sweetened cereal, cookies, and hard candy
- Food for infants, elderly persons, or those on special diets

Some foods need to be refrigerated once they are opened. If you think that once opened you will not be able to use it all at once, then consider having foods packaged in one-meal sizes or individually.

Storing the emergency food supply

Store foods in a cool place. Date foods as you buy them. Make sure that you replace them with new groceries as you approach the "use date" of the food (you'll find the date on the package.)

Use within **three** months:
crackers and cereals

Use within **six** months:
dried fruits, peanut butter, dry milk, instant coffee, cocoa mix

Use within a **year**:
canned foods



Don't forget water!!

Water is a very important item to have on hand in case of an emergency. You will need it for preparing foods, washing dishes, and keeping clean. Store water in plastic containers such as soft drink bottles or milk jugs. To keep the stored water fresh, change it every six months.

A normally active person needs to drink at least 2 quarts of water a day. Children and nursing mothers will need more. If the weather is hot, you'll need more water.

For more information on preparing for a disaster, contact your local Extension office (under "government" section of the phone book.)

Source of information: The Disaster Handbook, IFAS/UF, 1998 and "Be Prepared with a 3-day Emergency Food Supply," Iowa State University Extension, November 1997.

Local Family Nutrition Program:



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