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# HEALTHY CHOICES FOR HEALTHY FAMILIES

 Cooperative  
Extension Service



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## Sand, surf, and great eats

**E**ach summer, Americans flock to beaches for summer vacation. Poor eating habits, lack of hydration, and fierce sunburn can leave you wiped out. Make the most of your time by giving your beach day a healthy makeover.

### Bring healthy snacks

The costs of beachside cafes and hot dog stands can add up. Save money and eat well by bringing snacks with you, such as:

- Raw or dry-roasted nuts
- Pre-washed and cut fruit and veggies (packed in a cooler)
- Whole-grain crackers
- Roasted chickpeas
- Trail mix
- Dried mixed fruit

If you do buy food at the beach, look for fresh foods such as hummus wraps and smoothie bowls. Other tasty choices could be grilled corn on the



cob, fruit popsicles, low-fat frozen yogurt topped with fresh fruit, baked chips, grilled chicken salads, and sandwiches on whole-grain bread.

When packing a cooler for the beach, don't forget plenty of water! Refresh

yourself on a hot day with a reusable bottle of cold water and ice with lemon or mint. If you crave something fizzy, hydrate with sparkling water.

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**PARENT CORNER**

# Summer is time for kids to try new foods

**S**ummer brings plenty of yummy new foods and is the perfect time to bring in new fresh fruits and veggies for the whole family.

**Try these four summer produce superstars.**

### **Berries**

Berries such as strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants that can support kids' total health. They're a good source of dietary fiber. Raspberries lead the way at 8 grams of fiber per 1-cup serving.



### **Avocados**

Do your kids resist fruits and veggies? Give buttery avocados a try. Add avocados to tacos, spread on grilled cheese sandwiches, or add to some eggs and fruit in the morning. They contain heart-healthy monounsaturated fat as well as fiber, vitamin E, and potassium.

### **Tomatoes**

Your family might enjoy debating if tomatoes are a vegetable or fruit. But this superstar has dietary fiber, vitamins A and C, potassium, and other vitamins and minerals. They come in many colors and sizes. They are high in water content making tomatoes a great choice.

### **Watermelons**

Nothing says summer like a fresh slice of watermelon. This summer favorite is easy to eat and tastes great. With one of the highest water contents of any food, it's great for keeping kids hydrated on scorching days. It's also a good source of vitamin C and packed with lycopene. Watch out for seeds, which could be a choking hazard in young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad. Try putting watermelon chunks in the blender with ice, lime juice, and honey for a refreshing slushy drink kids will love.

Source: Adapted from <https://www.eatright.org/food/food-preparation/seasonal-foods/summer-is-time-for-kids-to-try-new-foods>

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### **Protect your food**

A beach day is calming; foodborne illness is not. About 1 in 6 Americans get sick from foodborne illness each year. Pack your beach snacks cautiously. Don't leave food sitting out for longer than two hours, or one hour once the temperature hits 90 degrees F or above.

Before you pack, give your cooler and tote a good cleaning. Always start with a clean cooler, washing it out with mild soap and water and rinsing fully. Wash containers and reusable bags to remove all food residues and lower the risk for germs.

Pack your cooler with plenty of ice if you're bringing food that can spoil. Your cooler must keep food at 40 degrees F or lower. Keep a thermometer in your cooler and, if you can, store coolers in the shade.

Some beaches don't have places with running water, so pack hand sanitizer and use it before and after eating food. Don't forget to bring empty bags for your garbage — don't leave your trash on the beach!

### **Stay hydrated**

Don't get so caught up playing in the water that you forget to drink water. Summer heat mixed with swimming can leave you with fluid loss. You may not notice that you're sweating when you're in and out of the water. Drinking fluids and eating certain foods can help you stay hydrated when the temperatures rise. Watermelon is a great snack for a summer day at the beach. Watch out for fluid loss. Warning signs could be:

- Thirst
- Headache
- Dry, sticky mouth
- Decreased urine output
- Sleepiness or tiredness
- Being dizzy or lightheaded

Treat mild fluid loss by drinking water. If you get major symptoms such as extreme thirst, lack of sweat or tears, a rapid heartbeat, weakness, breathing quickly, or being confused, call 911 right away. Severe dehydration is a health-care crisis.

Enjoy a healthy day at the beach — fuel your body with healthy snacks, practice food safety, and stay hydrated. And don't forget the sunscreen!

Source: Adapted from <https://www.eatright.org/food/home-food-safety/safe-food-storage/sand-surf-and-great-eats>

**FOOD FACTS**

**A very berry summer**

**A**re berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.

**When shopping**

Look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking. Raspberries come in many colors; make sure the ones you buy have the right color. For more fun, take your kids berry picking or grow berries at home. When buying frozen berries, shake the bag first. A big lump is a sign of defrost.

**How to store**

When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered. While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.

**Preparing**

Rinse berries in cold water just before you serve them. For younger children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads, or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.

**Freezing**

Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Adapted from <https://www.eatright.org/food/food-groups/fruits/a-very-berry-summer>

**COOKING WITH KIDS**

**Berry Crunch Roll-Ups**

- 4 (6 inches) flour tortillas
- 1/4 cup strawberry cream cheese
- 1 cup fresh berries of choice: blueberries, blackberries, raspberries, diced strawberries (or any fresh fruit)
- 1/4 cup crispy cereal of choice

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spread 1 tablespoon cream cheese in a thin layer on each tortilla.
3. Sprinkle 1/4 cup fresh berries and 1 tablespoon cereal on top of the cream cheese.

4. Roll firmly, squeezing gently to seal edge. Serve right away.
5. Store leftovers in the refrigerator within 2 hours.

Makes 4 servings  
Serving Size: 1 roll-up

Nutrition facts: 160 calories; 6 g total fat; 3 g saturated fat; 0 g trans fat; 15 mg cholesterol; 280 mg sodium; 23 g carbohydrate; 2 g fiber; 6 g sugar; 3 g protein; 4% Daily Value of vitamin A; 40% Daily Value of vitamin C; 6% Daily Value of calcium; 8% Daily Value of iron

Source: Leap...for Health: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service, Nutrition Education Program



**RECIPE**

**Blackberry & Cucumber Salad**

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon honey
- Kosher salt, to taste
- Black pepper, to taste
- 4 cups spring mix
- 3 heaping cups blackberries
- 2 cucumbers, peeled and seeds scraped out, cut into 1-inch pieces on a diagonal
- 1 cup mint, chopped
- 1/4 cup chopped pecans

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a small bowl, whisk together oil, vinegar, honey,

- and salt and pepper.
3. Combine spring mix, blackberries, cucumbers, mint, and pecans in a large serving bowl.
  4. Toss with dressing.
  5. Store leftovers in the refrigerator within 2 hours.

Makes 4-6 servings  
Serving Size: 4 ounces

Nutrition facts per serving: 180 calories; 12 g fat; 1.5 g saturated fat; 0 mg cholesterol; 160 mg sodium; 18 g carbohydrate; 8 g fiber; 8 g sugar; 4 g protein

Source: Plate it Up! Kentucky Proud Project



**BASIC BUDGET BITES**

# Create a grocery budget

One way to help save money at the grocery store is to create a grocery budget. Need help deciding how much to budget for grocery spending each month? Use our Food Savings tool. This tool can help you figure out the food cost for your family.



To use our Food Savings tool, scan the QR code or visit <https://www.planeatmove.com/budget-calculator>

**LOCAL EVENTS**

**SMART TIPS**

# Farmers' markets

What's in the way for you to eat healthy? Perhaps you think fruits and vegetables cost too much or you just don't like the way they taste. Your local farmers' markets can help. In many cases, food at the farmers' market can be a good buy.

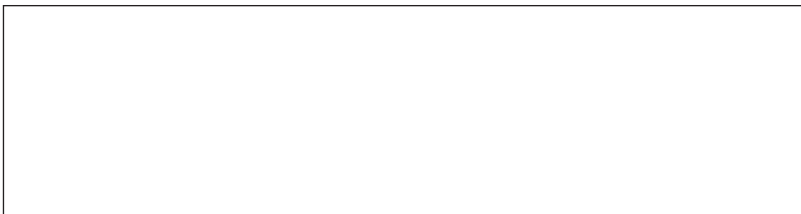


It is local, meaning it was grown nearby. When food from the farmers' market is tasty and fresh, it makes it easy to eat the right amounts.

To find your local markets, scan the QR code or visit <https://www.planeatmove.com/farmers-markets-food-banks>

Source: Adapted from <https://www.eatright.org/food/planning/smart-shopping/for-tops-in-nutrition-shop-farmers-market>

**If you are interested in nutrition classes, contact your Extension office.**



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