



LIVING HEALTHY IN ERATH COUNTY

Summer 2019

A publication by Texas A&M AgriLife
Extension Service



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Save the Date!

June 11, 18, 25 at 2pm: Growing and Nourishing
Healthy Communities Gardening Class

June 17-19: TSU "Growing Up Green" Food Camp

June 21: Walk Across Texas 8 Week
Challenge Ends

July 15-18: Youth Summer Sewing Camps

July 30, 4pm at Extension Office: 4-H FCH
Coalition Meeting

July 31: Healthy Texas Youth Summit

August 7: Youth Mental Health First Aid Training-
Huston Academy

August 11: SMSC Community Health Fair-
Henderson Jr. High

August 14-15: Food Protection Management Class
(Hood County Library)

Fun in the Sun: Safe Swimming

One of the best parts of summer is all the time spent in and around water-at the beach, pool parties, the lake, water parks, and more! But along with all of the fun water activities bring, there are also added dangers. The most common cause of death by preventable injury in children ages 1-4 is drowning, with children under 4 being most likely to drown in a pool and children 5-18 being more likely to drown in open water (such as a lake or ocean). The good news is that following the tips below from Safe Kids Worldwide can help your family enjoy the water in a safe way this summer!

1. Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
2. Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water when deciding if they are ready for swim lessons.
3. Make sure kids learn these five water survival skills and that they are able to:
 - step or jump into water over their heads and return to the surface;
 - float or tread water for one minute;
 - turn around in a full circle and find an exit;
 - swim 25 yards to exit the water; and
 - exit the water. If in a pool, be able to exit without using the ladder
4. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
5. Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.





Food Safety at the Grill



DOWNLOAD THE FREE IS MY FOOD SAFE? APP

Wash grill according to manufacturer's instructions.

WASH

Wash hands thoroughly with warm, soapy water before, during and after food preparation.

Wash all utensils and cutting boards after use.

Pack moist towelettes or hand sanitizer for those moments when soap and water are not readily available.



Keep

SEPARATE... From

Cooked and ready-to-eat foods

Raw meat and poultry



Have a clean platter and utensils ready at grill-side for serving.



Don't let perishables sit out for longer than **two hours**, or **one hour** if the outdoor temperature is above **90° F**.

Make sure perishable foods stay below **40°F**.

REFRIGERATE

Transport food in the passenger part of the car, **not in the trunk.**

40°F

Hot Dog 165°F

Chicken 165°F

Hamburger 160°F

Bratwurst 160-165°F

COOK

Always use a food thermometer to cook to a safe temperature

Fin Fish 145°F

Steak 145°F

Pork 145°F



Use separate coolers for different food items



Are you packed for the cookout?

These non-food items are indispensable for a "safe barbecue."



Beverages



Raw meats, poultry & seafood



Cooked food and raw produce



Trash Bags



Hand Sanitizer



Paper Towels



SOAP



Bring extra plates and utensils

Food Thermometer

Physical Activity in the Warmer Summer Months

In the summer, many people spend more time outside. You may be working in the garden, mowing the grass, going for a walk, washing the car, walking around at a fair or event, or playing with kids or grandkids. Here are some tips to stay safe and healthy when being active outdoors.



- If you have health concerns, check with your physician before beginning an exercise program. He/she can make recommendations based on your health status and any previous injuries.
- Warm-up before any activity. Walk for 3-5 minutes before stretching to avoid stretching a cold muscle. This gets the body ready for whatever activity you are going to do.
- Drink plenty of fluids. Water is best, but if you are very active for an hour or more and sweat profusely, you may want to drink something with added electrolytes. Sports drinks such as Gatorade or Powerade can provide electrolytes after vigorous activity but keep in mind that these drinks also contain calories.
- Pay attention to your body's signals. You may not be able to do all of the activities that you did when you were younger or in better shape. Take it slow and rest when you need to.
- Try doing activities either earlier in the morning or later in the evening. The temperatures are usually more tolerable at these times
- Dress appropriately. Wear a hat to protect your face from the sun, wear light colored and breathable clothes, use sunscreen, and appropriate footwear.

It's important to incorporate physical activity into your daily routine, no matter what your age. Physical activity helps maintain weight, reduces the risk of many chronic diseases and improves quality of life and overall well-being. Don't let the warm temperatures keep you inside. Follow these tips to be active and healthy during the summer months.



GROWING AND NOURISHING HEALTHY COMMUNITIES

6-WEEK COMMUNITY GARDENING CLASS

Tuesdays May 21–June 25 at 2pm

Topics covered include:

- Choosing a garden site
- Soil Types, Improvement, and Composting
- Raised Beds vs. Container Gardens
- Garden Maintenance
- And more!

All while spending time socializing and
enjoying time outdoors!

*To sign up, please call the
Senior Citizen's Center at (254) 918-1288 or email
andrea.degelia@ag.tamu.edu with any questions.*



FOOD SAFETY
EDUCATION

TEXAS A&M AGRILIFE EXTENSION

Food Protection Management Training

August 14-15, 2019
8:30-5pm

\$125

Hood County Library

222 N. Travis St.,
Granbury, TX 76048

For more information , or to register, please call 254-965-1460



Texas A&M AgriLife Extension is an equal opportunity employer and program provider.



Ingredients

5 cups seedless watermelon, cubed

3 cups water, divided

5-6 mint leaves

1 lime, sliced for garnish

1 cup ice

Instructions

1. Combine watermelon, 1 cup of water, and mint leaves into a blender until liquefied.
2. Pour the watermelon mixture into a 2 quart pitcher, add 2 cups of water and ice, stir together.
3. Garnish the drink with thinly sliced lime rings and enjoy.
4. Serve or store in refrigerator up to 2 days.

Tip: Use a strainer when pouring the liquefied watermelon into the 2 quart pitcher for a thinner consistency.

Nutrition Facts

8 servings per container

Serving size 1 cup (96g)

Amount per serving

Calories **30**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0mg 0%

Potassium 94mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

“And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer.”

by F. Scott Fitzgerald, *The Great Gatsby*

Questions or Additional Information:

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