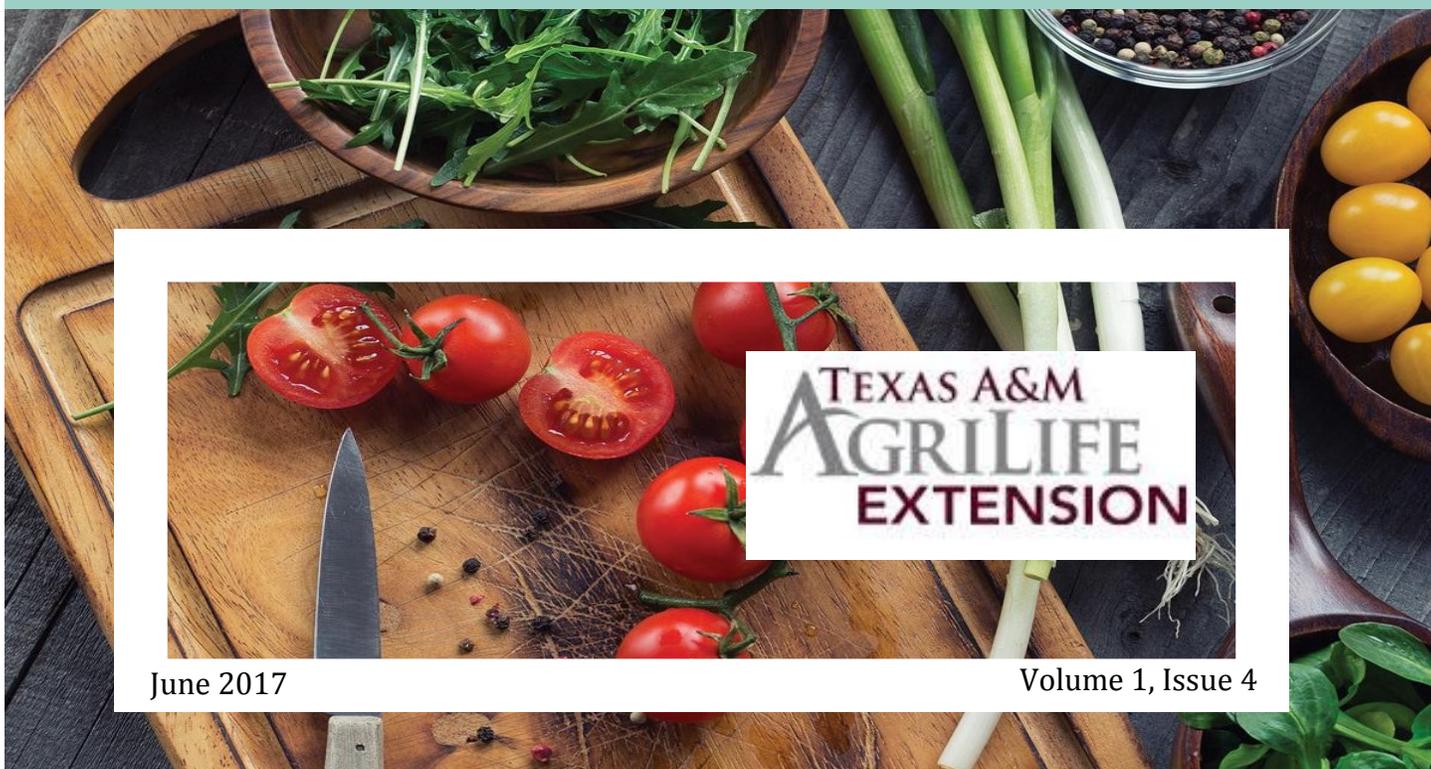


PANHANDLE PATH TO HEALTHY LIVING



Being Safe During the Month of June!

The time has come...School is out for summer and as a family, we are spending more time outside. There are so many great things about being outside; It keeps us active, helps us stay in shape, and we feel better. But, there are some things we always need to think about when spending time outside. Whether it's picnics or swimming, sports or exercising, we need to keep a couple of things in consideration when preparing for this summer.

Throughout this month's newsletter, you will learn all about food safety, especially with those picnics and pot lucks as well as the importance of sun safety. We can never be too careful when it comes to protecting ourselves from the sun. Yes, we do need to be outside and being active, but we also need to protect our skin and prevent any injuries that may come from the sun. Sunscreen can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime. There's no better time than now to focus on the safety of ourselves and others.



Joan Gray Sojia



Path to Wellness.....



Food Safety in the Summer!

Due to a variety of factors, including warmer temperatures, foodborne illness increases in summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic or cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products.
- A full cooler will maintain its cold temperature longer than a partially filled one. When using a cooler, keep it out of the direct sun by placing it in the shade or shelter.
- Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until it is ready to cook.
- Use a food thermometer to make sure meat and poultry are cooked thoroughly to their safe minimum internal temperatures
 - Beef, Pork, Lamb, & Veal (steaks, roasts, and chops): 145 °F with a 3 minute rest time
 - Ground meats: 160 °F
 - Whole poultry, poultry breasts, & ground poultry: 165 °F
- Always use a fresh, clean plate and tongs for serving cooked food. Never reuse items that touched raw meat or poultry to serve the food once it is cooked.

When serving food outdoors:

- Perishable food should not sit out for more than two hours. In hot weather (above 90 °F), food should NEVER sit out for more than one hour.
- Serve cold food in small portions, and keep the rest in the cooler. After cooking meat and poultry on the grill, keep it hot until served – at 140 °F or warmer.
- Keep hot food hot by setting it to the side of the grill rack, not directly over the coals where they could overcook.



Gray County

Important Dates:

Food Handlers

If you are looking to work in the Food Service industry, you must have a Food Handler Card. We will have a 2.5 hour class to receive your card! Please register in advance. Arrangements can be made for additional classes.

July 22, 2017

Canning Class

Are you wondering what you are going to do with all the produce from your garden? Canning is a great way to preserve the fresh vegetables and enjoy them through the fall and spring! Join us as we learn to waterbath can and pressure can your produce!

Cost of the class is \$45

July 18, 2017

Catch KAMR Studio 4

From 4:00 to 5:00 PM

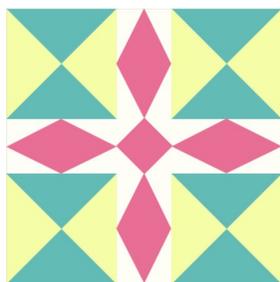
Studio 4 highlights events happening in our panhandle region. You might even see someone you know!

For more information or to RSVP to any of our programs please call:

Office— (806)-669-8033

Cell— (806)-662-7462

Path to Gray County



TEEA Barn Quilt Class!

The Gray County Extension Education Council is sponsoring a Barn Quilt Class for the Gray County EEA Club members on **Thursday, June 22**. We will kick off at the Annex at 9:00 a.m. We will either order lunch in OR we will take a break and go out to eat! Don't miss this fun project!!!



Fresh Start to a Healthier You

Join me for a Fresh Start to a Healthier You! This 4-part series will focus on providing safe, healthy, and economical meals for your family and yourself! In the series we will cover Creating Healthy Meals, Balancing Your Day, Saving at the Grocery Store, and Celebrating Small Bites. Each session will provide a cooking demonstration, recipes, and door prizes.

The sessions will kick off on July 17 at the Gray County Annex at 6:30 p.m. Registration is preferred by 5:00 p.m. on Friday, July 14 to secure handouts and other materials. Call the office and sign up today!!!!

Walk Across Texas (WAT!)

Walk Across Texas is an 8-week program created by Texas A&M AgriLife Extension Service with the goal of getting people in the habit of regular physical activity.

WAT! gets its name from the 830 miles it would take to walk across the state of Texas. The goal of WAT! is to participate in physical activity that is equivalent to walking 830 miles. There is a range of activities that count towards your goal such as jogging, swimming, biking, rollerblading, or using cardio machines at the gym. Dancing and gardening even count and there is a mileage calculator to identify the miles/activity on the website. You can start at any time.

Many Schools or agencies use this opportunity to create some health competition with dozens of 8-person teams. Contact your County Family Consumer Sciences agent at your county Extension Office or find out more at <http://walkacrosstexas.tamu.edu/>.



Path to Youth Development.....

Summer Bucket List

Are you hearing “I’m Bored!” Are you looking for something for your kids or grandkids to do? Are you all about making memories while you still can? I read recently you only have 18 summers before they’re gone! That really hits home with Tony being 12—leaving us only 6 more summers to build those memories.

Here is a list of ideas that you might want to add to your Summer Bucket List.....

1. Bake cookies for ice cream sandwiches.
2. Volunteer for Meals on Wheels.
3. Make a photo journal or a family yearbook.
4. Have a luau in the backyard.
5. Visit Palo Duro Canyon and watch TEXAS.
6. Make a fort out of cardboard boxes.
7. Visit a farmer's market.
8. Stage an A to Z scavenger hunt, where you have to find something that starts with every letter.
9. Plant a garden or help harvest a garden.
10. Make ice cream and Forget cooking -- set up an ice cream sundae buffet for dinner.
11. Have a backyard camp out! Roast hot dogs on sticks, pop popcorn and finish off with s'mores.
12. Have a water balloon fight.
13. Go biking on a trail.
14. Interview an older relative about what life was like when they were young.
15. Get a map of the United States and mark off all the exciting places you want to visit -- create the ultimate road trip.

I PLEDGE
MY HEAD
 to clearer *thinking*
 MY HEART to greater loyalty
 MY HANDS TO LARGER SERVICE
MY HEALTH
 to better *living*
 FOR MY CLUB & MY
 MY COMMUNITY *WORLD.*
 MY COUNTRY

The 4-H Council is hosting a night at Palo Duro Canyon to see **TEXAS on Saturday, July 29**. If you are interested in participating, money for tickets should be turned in by Thursday, July 13.

Good Luck to the Gray County 4-H Youth who will be participating in multiple District and State events during the month of July!



Path to Protection..... Sun Safety

Sun Safety in the Summer!

The sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Follow these recommendations to help protect yourself and your family.

Shade

You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

Clothing

When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hat

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using a broad spectrum sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunscreen

Put on broad spectrum sunscreen with at least SPF 15 before you go outside, even on slightly cloudy or cool days. Don't forget to put a thick layer on all parts of exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options to prevent UV damage.

How sunscreen works. Most sunscreen products work by absorbing, reflecting, or scattering sunlight. They contain chemicals that interact with the skin to protect it from UV rays. All products do not have the same ingredients; if your skin reacts badly to one product, try another one or call a doctor.

SPF. Sunscreens are assigned a sun protection factor (SPF) number that rates their effectiveness in blocking UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with at least SPF 15.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Cosmetics. Some makeup and lip balms contain some of the same chemicals used in sunscreens. If they do not have at least SPF 15, don't use them by themselves.



TEXAS A&M AGRILIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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TEXAS A&M AGRILIFE EXTENSION SERVICE
Gray COUNTY
12125 E. Frederic Ave., Ste. C
Pampa, TX 79065



Return Service Requested

Path to Plate...

Prep: 10 minutes

Ready: 10 minutes



Avocado Salad

2 avocados - peeled & diced
1 sweet onion, chopped
1 green bell pepper, chopped
1 large tomato, chopped
1/4 cup chopped fresh cilantro
1/2 lime, juiced
Salt and pepper to taste

- In a medium bowl, combine avocados, onion, bell pepper, tomato, cilantro and lime juice.
- Gently toss until evenly coated. Season with salt and pepper and enjoy!