

# Beat the Heat ...

## ... with Cool Summer Treats!

Summertime is a great time to enjoy fresh, local produce. Purchasing locally grown produce saves you money, provides great nutrition, and supports the community. Below you can find cool summer treats that can be made with fresh ingredients to cool you down on a warm summer day:

- **Frozen 100% Juice Bars:** freeze your favorite 100% fruit juice in popsicle molds or ice cube trays
- **Homemade fruit and cream pops:** fill small, Dixie-style, cups or popsicle molds with a blend of diced fruit and low-fat vanilla yogurt
- **Fruit Kabobs:** cut your favorite fruits into bite-size pieces; arrange on skewers and enjoy!
- **Frozen unsweetened fruits:** freeze blueberries, grapes, strawberries, and raspberries; eat them by themselves or topped with a little low-fat yogurt
- **Banana chips:** slice and freeze bananas, to enjoy a cold, creamy treat

## ... and Plenty of Fluids!

Children's bodies need enough water to stay cool, function properly, and feel their best. The most common causes of dehydration in children are from vomiting or diarrhea, or if the child refuses to eat or drink. Children need extra fluid when they sweat during exercise or when they are sick with a fever.

**How much does your child need?** Children need different amounts of fluids depending on their age and body weight. In general, most children drink enough fluid. But how do you know if your child is drinking enough? Here are the approximate fluid needs for most children over 3 years old.

<u>Body Weight</u>	<u>Approximate Fluid Needs</u>
20 to 29 lbs	4 to 5 cups per day
30 to 39 lbs	5 to 6 cups per day
40 to 54 lbs	6 to 7 cups per day
55 to 85 lbs	7 to 8 cups per day
>85 lbs	8 cups per day

1 cup = 8 fluid ounces

### **Health Tip:**

Juices and regular sodas have natural or added sugars, which can lead to weight gain and dental caries. For children over 1 year old, water is the best fluid.

**What counts as a fluid?** Water, fruit juice, sodas, and milk all count as fluids. In addition, certain foods such as jello, pudding, soup, and popsicles are mostly water. These foods also count toward meeting fluid needs.

## Barbeque and Food Safety Tips:

If food is not stored, handled, and cooked properly, harmful bacteria can multiply and cause food borne illness. Follow these safety tips for grilling to keep your food safe:

- Keep raw meat separate from other food items in your shopping cart and refrigerator.
- Always store perishable food below 40°F within 2 hours of purchasing or transporting.
- Keep meat in refrigerator or cooler until ready to cook.
- Thaw food completely before grilling. Thaw foods in the refrigerator, in cold running water, or in the microwave.
- When grilling, don't use the same platter and utensils for raw and cooked meat. Harmful bacteria from raw meat can contaminate safely cooked foods.
- Cook food to a safe minimum internal temperature to destroy harmful bacteria. Use a food thermometer to ensure that the food has reached the safe minimum temperature (see chart below).
- After cooking the meat, keep it ≥140°F until served.
- Refrigerate leftovers promptly and discard of any food left out for more than 2 hours.

<b>Safe Minimum Internal Temperatures</b>	
Whole poultry, poultry breasts, ground poultry	165 °F
Reheated fully cooked meats	165 °F
Hamburgers, beef	160 °F
All cuts of pork	160 °F
Beef, veal, and lamb (steaks, roasts, and chops)	
Medium rare	145 °F
Medium	160 °F