



Living Healthy

SUMMER 2016



WHAT'S IN SEASON?

July, August, and September bring lots of delicious fruits and vegetables to Wisconsin's local markets. Here's what in season in summer!

- Beans
- Corn
- Eggplant
- Peppers
- Summer Squash
- Tomatoes
- Melons
- Raspberries



RASPBERRY SORBET

- 8oz Raspberry
 - 3-4 tbsp simple syrup or fruit juice
 - squeeze of lemon
1. Freeze fruit completely and store in freezer bags
 2. Roughly weigh out 8oz of the frozen fruit and place it in a small food processor or ice crushing blender
 3. Pulse to crush the fruits into small pieces and add the simple syrup, a tablespoon at a time (while pulsing) to create a smooth sorbet-like paste.
 4. Add a squeeze of lemon juice and run the blender for a few seconds to mix.
 5. Spoon it into a bowl and serve immediately - or store in the freezer until you're ready.

SAFETY IN THE SUNSHINE

Summer is a time for playing in the water, camping in the great outdoors, and having picnics with your family and friends. It is also a time to protect yourself from sunburns and heat related illnesses. Make sure to take care of your skin while you are having fun in the sun. Check out these quick and easy safety tips:

- Apply sunscreen 15 minutes before going outside
- Dress in clothes that cover your skin as much as possible
- Put on sunglasses to protect your eyes - they can burn too!
- Reapply sunscreen at least every two hours
- Find shade as a relief from the sun
- Reapply sunscreen at least every two hours
- Wear a hat that blocks the sun from your face
- Reapply sunscreen after swimming or sweating
- Practice sun safety on cloudy days too
- Limit your time in the sun



MAKE IT A WELLNESS PROJECT!

Dogs - Take your dog for a walk, research how much water they need to drink, and keep in mind that you need to help them practice sun safety too!

Art - Relax and appreciate the beautiful colors of summer while painting a landscape.

Clothing - Design an outfit or hat just for the sun. Be sure to explain the importance of sun safety as it relates to your clothes.

Adventures/Camping - Share your favorite camping recipe!

Wildlife/Wildflowers - Become a little closer to nature by taking a look outside of your home, while camping, or at a local park. Think about their life cycles, what they eat, and how they change our lives. (Look, but don't touch!)

MAKE WATER YOUR #1 CHOICE

If you think water is boring, think again! Your body is made up of about 60% water, which makes it pretty important. Water helps your immune system fight off illness, digestive system remove waste, and blood carry oxygen to all of the cells in your body. Here are some fun ways to enjoy water:

- Pack a frozen water bottle in your lunchbox. The water will stay cold, and it doubles as an ice pack for your food.
- Jazz up your water by soaking fruit or vegetables slices in it! Try combinations like: Strawberries and lemon, cucumber and mint leaves, or orange and pineapple. Let the slices soak for about an hour. Enjoy!
- Dental health may also be improved if you choose water over sweetened drinks. Water can help prevent cavities!
- Foods can keep you hydrated too! Foods with high water content include: cucumbers, watermelon, strawberries, green peppers, and celery.

