

Did You Know . . .

June 2013

Summer Safety is as Important as Summer Fun. . .

Summer is a time for fun in the sun, but you want to make sure it is also as safe and healthy for you and your family as possible. And since June is National Safety Month, this is a great time to focus on staying safe during summer fun.

Tips for Staying Cool in the Summer Heat

- *Drink plenty of water* – In hot weather, drink enough to quench your thirst. The average adult needs eight 8-ounce glasses of water a day—more during heat spells.
- *Dress for the weather* – When outside, wear lightweight clothing made of natural fabrics and a well-ventilated hat.
- *Plan around the heat if possible* – Do errands and outside chores early or late in the day.
- *Eat light* – Replace heavy or hot meals with lighter, refreshing foods.
- *Think cool!* Take a cool shower or apply a cold compress to your pulse points.



Fireworks Safety

According to the Consumer Product Safety Commission, hospitals treat 200 firework-related injuries daily during the months surrounding the Fourth of July. Follow these tips to make sure you and your loved ones have a safe and enjoyable holiday:

- Use fireworks and sparklers outdoors only.
- Only use fireworks if they are legal where you live (check both state and local laws).
- Always have a hose or water bucket handy.
- Only use fireworks as intended. Do not alter or combine them, and do not use homemade fireworks.
- Keep spectators a safe distance away.
- Wear safety goggles when handling or shooting off fireworks.
- Do not shoot fireworks off if under the influence of alcohol.

Did you know...?

Staying well hydrated is one of the most important things you can do to beat the heat. Feeling thirsty means that your body is on the road to becoming dehydrated – so don't wait to drink until you are thirsty, especially if working or exercising outside in extreme heat.



- Never give sparklers to young children. Show older children how to properly hold sparklers, how to stay far enough away from other children and what not to do (throw, run or fight with sparkler in hand)—and always supervise closely, regardless.
- Point fireworks away from people, homes, trees, etc.
- Never try to relight a firework that didn't properly ignite.
- Soak all firework debris in water before throwing it away.
- Do not carry fireworks in your pocket or shoot them from metal or glass containers.

Whether you're watching your community's firework display, or setting them off in your own back yard, put safety first!

Grilled Vegetable Kabobs

When you fire up the grill this summer, meat isn't the only option—grilled vegetables are delicious and good for you, too.

2 medium zucchini	2 medium yellow squash
2 red or green bell peppers, seeded	16 cherry tomatoes
8 oz. fresh mushrooms	2 medium red onions
Nonstick vegetable oil spray	2 medium ears sweet corn
2 tbsp. mustard	½ c. balsamic vinegar
¼ tsp. thyme	3 cloves garlic, minced

Rinse all the vegetables. Cut zucchini, squash and bell peppers into 2-inch chunks, and red onions into wedges. Cut the corn into 1-inch pieces and cook in boiling water for about 10 minutes. Combine cooked corn with cut and whole vegetables in a bowl. Mix the vinegar, mustard, garlic and thyme for the sauce. Toss vegetables in the sauce and thread vegetables onto skewers. Before starting the grill, spray it with vegetable oil spray. Place the skewers on the grill over medium heat. Baste occasionally with extra sauce. Grill 20 minutes, or until tender.



For Generations

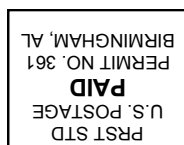
Summer Outdoor Food Safety

Summer is synonymous with backyard barbecues and spending time outside with family and friends. At some point during the summer, most of us will find ourselves flipping burgers behind the grill or bringing a container of grandma's famous potato salad to the party. But unfortunately, if you aren't careful about handling foods during cookouts, you are putting yourself and others at risk for potential food-related illnesses.

Experts say that food poisoning peaks in summer months for two main reasons: bacteria grow fastest in warm, humid weather, and people generally do not pay as much attention to cleanliness when eating outside.

According to the Centers for Disease Control and Prevention (CDC), there are more than 200 diseases that can be spread through food. The following is a list of 10 rules suggested by the CDC that can help you have a safe cookout.

1. Keep your hands clean; dirty hands are the most common way food gets contaminated.
2. Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and to clean and sanitize cutting boards, plates and utensils that have come in contact with raw meat. Do not transfer cooked meat back to the dish you used to transport raw meat to the grill.
3. Rinse fruits and vegetables - meat and poultry aren't the only foods that harbor bacteria.
4. Store all perishables in a cooler with ice on top, not just underneath. Bring one cooler for drinks and one for food. Don't eat perishable food that has been left out of a refrigerator or cooler for more than two hours.
5. Invest in a meat thermometer as the time needed to cook foods thoroughly on a grill may be different than your stove at home. A meat thermometer is the best way to ensure you've cooked foods adequately.
6. Teach your kids about food safety, such as the importance of hand washing and that food can make them ill if not properly handled.
7. If you're planning to be outside for a while, bring some non-perishable snacks that won't spoil.
8. Play it safe with leftovers – don't keep food that has been sitting out longer than two hours.
9. Symptoms of food poisoning usually develop 8 to 48 hours after eating the contaminated food. If they persist or grow severe, contact your doctor.
10. When in doubt, throw it out! If you think something was contaminated while being prepared, was improperly cooked or has sat out too long, throw it away.



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