ENJOY A SAFE SUMMER!

Many families enjoy summer outdoor eating at barbeques, picnics, and cookouts at the beach. In warm weather food safety is especially important. Did you know that young children are more at risk for food borne illness, because their immune system is less mature? Keep these tips in mind to keep summer safe and fun.

- Keep cold foods cold, and hot foods hot.
- Pack some foods that don't need refrigeration, like peanut butter & jelly sandwiches and whole fruit.
- Keep cold foods cold with ice or gel packs in an insulated cooler.
- Store coolers in the shade.
- Use a separate cooler for drinks.
- Cook foods to proper temperatures.
- Use a clean serving plate for cooked meats.
- Refrigerate uneaten food after one hour.
- Wash hands often; pack hand wipes if no water is available.
- Prepare infant formula just before feeding; throw away leftovers.

AVOID DEHYDRATION

It is important for children to drink plenty of fluids in hot weather. Use these tips to avoid dehydration this summer:

- Offer water often throughout the day. Kids will forget to drink and need to be reminded.
- Watch out for soft drinks with caffeine—they can cause water loss.
- "Eat" more water by offering fruit for snacks. The following fruits have a high water content:
  - Tomatoes
  - Watermelon
  - Strawberries
  - Carrots
  - Apples
  - Bananas

RECIPE

COOL WATERMELON POPS

Keep frozen snacks handy to rehydrate and serve as a healthy summer treat!

Ingredients:
- 4 cups cubed watermelon
- 4 (7-ounce) paper cups
- 4 popsicle sticks

Directions:
Remove seeds from watermelon and puree in blender. Pour into paper cups. Place stick in cups and freeze until firm. To eat, tear paper cup from the frozen pop.