



Family Health

June 2010

Newsletter

Keep Your Family Safe During the Celebration

Fireworks can be exciting and amusing, but they are also dangerous. Almost half of firework related injuries are sustained by children 14 years and younger. Enjoy the festivities and fun of fireworks this month with caution.

- Read all directions and only use fireworks as directed – they should not be combined or altered
- Parents should keep a close eye on their children when fireworks are present. Sparklers should only be used by children over the age of 12
- Fireworks should not be carried in pockets or backpacks. Remind children they are not to be played with or lit indoors
- Fireworks are complicated and dangerous – do not try to make your own or light multiple fireworks at once
- Protective gear (esp. safety glasses) should be worn by the person lighting the fireworks, and spectators (esp. children) should keep a safe distance
- Soak fireworks in a bucket of water before disposing of them. If it is a dud, then wait 20min. before soaking in water
- Obey the law – if fireworks are illegal where you live, do not use them. Consider taking your family to a local show done by professionals



It's Barbecue Time!

The sun is out and the kids are home from school, so fire up the grill – it's barbecue time!

- Keep the grill 10ft from anything (like house or shrubs)
- Kids should not be allowed near until it is completely cool, and an adult should stay by the grill while it is in use.
- Wash your hands thoroughly before and after handling food (esp. after touching raw or undercooked foods)
- Marinate foods in the fridge, and do not taste or re-use once raw meat is added.
- Use a separate cutting board for meat – keep separate from other foods like salad.
- Cover food, plates, cups and utensils until ready to use – you do not want insects contaminating them.
- Serve the first-cooked meats first. Make sure meats are thoroughly cooked (between 140-165 degrees C depending on the type) and are used before they drop below 140 degrees C.
- Make sure to keep hot foods hot and cold foods cold. Food should not be left at room temperature for more than two hours.



Prevention Corner

June is Men's Health Month

The Men's Health Network sponsors this initiative to educate on preventable health problems and encourage men and boys to get early detection and treatment. Men on average die six years earlier than women. Males are more likely to die from AIDS, homicide, suicide, and all leading causes of death. Testosterone is linked to higher LDL and lower HDL levels. Men are also less likely to visit their doctor. Families should encourage their fathers and sons to get screened for preventable illnesses that could shorten their lifespan. For information about free and/or low cost health care visit

www.menshealthmonth.org/freehealthcare/index.php

Kids Corner:

Popsicle Picture Frame

Materials Needed:

- 4 wide Popsicle sticks
- Glue
- Picture of you and your dad (get permission)
- Cardboard (like a cereal box)
- Markers or paint
- Other items of your choice: buttons, sequins, stamps, pictures of hobbies, stickers, etc.

Instructions:

1. Arrange Popsicle sticks in a square. The top and bottom sticks should crossover the side sticks.
2. Use the glue to put the frame together. Then, let it dry.
3. While the frame dries, cut out a piece of cardboard make it slightly larger than your picture.
4. Glue the picture to the center of the cardboard.
5. Decorate the frame using paints or markers and other items you have.
6. Glue the picture to the frame.



FAMILY FRIENDLY HEALTHY RECIPE OF THE MONTH

Multi-Grain Waffles

Serves: 8, 2 waffles each

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| 2 cups buttermilk | 1/4 teaspoon salt |
| 1/2 cup old-fashioned rolled oats | 1 teaspoon ground cinnamon |
| 2/3 cup whole-wheat flour | 2 large eggs, lightly beaten |
| 2/3 cup all-purpose flour | 1/4 cup packed brown sugar |
| 1/4 cup toasted wheat germ, or cornmeal | 1 tablespoon canola oil |
| 1 1/2 teaspoons baking powder | 2 teaspoons vanilla extract |
| 1/2 teaspoon baking soda | |

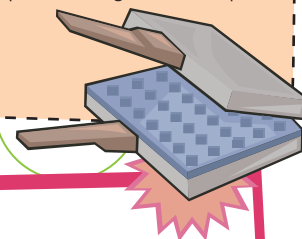
Preparation

1. Mix buttermilk and oats in a medium bowl; let stand for 15 minutes.
2. Whisk whole-wheat flour, all-purpose flour, wheat germ (or cornmeal), baking powder, baking soda, salt and cinnamon in a large bowl.
3. Stir eggs, sugar, oil and vanilla into the oat mixture. Add the wet ingredients to the dry ingredients; mix with a rubber spatula just until moistened.
4. Coat a waffle iron with cooking spray and preheat. Spoon in enough batter to cover three-fourths of the surface (about 2/3 cup for an 8-by-8-inch waffle iron). Cook until waffles are crisp and golden brown, 4 to 5 minutes. Repeat with remaining batter.

Nutrition Per serving : 188 Calories; 4 g Fat; 1 g Sat; 2 g Mono; 55 mg Cholesterol; 30 g Carbohydrates; 8 g Protein; 3 g Fiber; 328 mg Sodium; 227 mg Potassium
2 Carbohydrate Serving

Exchanges: 1 1/2 starch, 1/4 reduced-fat milk, 1/2 lean protein, 1/2 fat

Make Ahead Tip: Wrap any leftovers individually in plastic wrap and refrigerate for up to 2 days or freeze for up to 1 month. Reheat in a toaster or toaster oven. Source: Eating Well



Kids Corner

Thirsty?

When you have been out in the hot sun or sweating, dehydration can occur. Your body needs water to function and without it you can get really sick (like heat exhaustion or stroke). Some signs of dehydration include:

- thirst
- lightheaded, dizzy, or tired
- Dry lips and mouth
- Not needing to use the restroom as much

Drink up!

Water is the best option for staying hydrated, but you can also use milk, sports drinks, and popsicles. Sugary and caffeinated drinks may taste good, but their consumption should be limited. Caffeine causes the body to lose more water – the opposite of what you want when you are dehydrated. Enjoy the summer fun and don't forget to drink up!

