

SUMMER 2018



# NEWSLETTER

## FRESH FRUITS AND VEGETABLES SAFETY

Summer provides many colorful, seasonal fruits and vegetables to enhance wellness, nutrition and health. Produce and real 100% unsweetened juice provide many vitamins, minerals and disease fighting nutrients for the body. During the summer there is more opportunity to buy fresh produce at the farmers markets, fresh produce stands or local supermarkets. Unfortunately, fresh fruits and vegetables sometime can become contaminated with harmful bacteria, so it's important to handle fresh produce safely to reduce the risk of getting food poisoning.

Research shows fresh produce can be a way of transmitting harmful microorganisms which can lead to illness. In 2013, the Center for Disease Control (CDC) found that 46% or almost half of reported food borne illness were from fresh produce and nuts. Harmful bacteria in the soil or water where produce grows may come in contact with the fruits and vegetables. Eating contaminated produce can lead to foodborne illness which can cause serious - and sometimes even fatal - infections. Young children, pregnant women, frail elderly and individuals with compromised immune systems are at a greater risk for food poisoning.

It does not matter whether the produce is grown locally or globally. To ensure safety before consumption of our vegetables and fruits, there are some safety guidelines to follow:

- Purchase produce not bruised or damaged. Choose only

the fresh-cut produce or bagged salad greens items that are refrigerated or surrounded by ice.

- At home-- wash your hands for 20 seconds, then clean the food preparation surfaces and utensils before handling produce. Use a mixture of 1 teaspoon chlorine bleach in 1 quart of water to wipe down and sanitize your sink and counter.
- Wash produce before eating. The FDA recommends washing produce thoroughly under running water. Peel off and discard the outer layers of leafy vegetables. Bagged produce clearly marked as "pre-washed" does not need to be re-washed at home.
- Scrub firm produce such as melons, cucumbers or potatoes with a clean produce brush before slicing or peeling.
- Use separate utensils and cutting boards for preparing fresh produce and raw meats to avoid cross contamination.
- Refrigerate fresh produce within two hours of peeling or cutting.
- Purchase pasteurized fruit juices since pasteurization kills harmful bacteria

For more facts on fresh produce safety, watch "Produce: Selecting and Serving it Safely." This website includes an informative video on safe handling of produce to share with others. <https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299>

**"Safety is as simple as ABC - Always Be Careful." - Unknown**

# FARMER'S MARKETS: BUY FRESH, BUY LOCAL

Farmers markets are growing faster than ever. The USDA reports more than three million consumers shop yearly at farmers markets. Consumers want to know where their food comes from and know the farmers providing the nutritious produce. Fruits and vegetables produced locally are fresher, tastier and more nutritious because they are usually sold within 24 hours of being harvested. In other words, consumers eat the produce at the height of ripeness and get the benefits of the exceptional flavor and nutrients. Produce purchased in supermarkets are often shipped from distant states and countries traveling an average of 1,300 miles for as many as 7 to 14 days.

When buying produce, consumers should look for the label, "Buy Fresh, Buy Local." Buy Fresh Buy Local® (BFBL) is the premier trademark of the local foods movement in the United States. In Alabama, there are more than 112 farmers markets and 175 farm stands. Buying local helps our farmers. When farmers sell directly to the consumer, the middleman is cut out making a higher profit for the farmer. The farmer's profits come from local merchants who create a cycle that helps to build a strong local economy. So make sure to Buy Fresh, Buy Local. To locate a farmer's market or stand in your area check out Alabama's Farmer's Market Authority' at <http://fma.alabama.gov/FMCounty.aspx>.



## SWIMMING POOL SAFETY FOR KIDS

Swimming is a fun, cool summer activity anticipated by kids during hot weather months. It is often the first activity planned once summer begins. However, it's important for kids and parents to know how to be safe in or around the pool. According to the Centers for Disease Control (CDC), about ten people die from unintentional drowning everyday. Of these, two are kids aged 14 or younger. Drowning is the fifth leading cause of unintentional injury death for people of all ages, and the second leading cause of injury death for children ages 1 to 14 years.

Parents and/ or guardians play a vital role in protecting their kids from drowning. To reduce the risks of drowning, adults should follow these key four prevention tips from the CDC to protect their kids in and out of the pool. First, kids need to learn life-saving skills, such as swimming basics and adults learn cardiopulmonary resuscitation (CPR). Check your local recreational department, hospital or American Red Cross center for classes.

Next, parents need to install a pool fence at their home, or when using a public pool kids stay within the designated swim area. The pool area needs to be separate from play area and toys. Third, all kids should wear life jackets, especially those who are weaker swimmers. Lastly, as adults, it is most important to supervise at all times. Avoid any distractions such as playing cards, reading, talking, or playing on phone. For an informative brochure on swimming pool safety visit Safe Kids Worldwide at [https://www.safekids.org/sites/default/files/documents/swimming\\_safety\\_tips-2015.pdf](https://www.safekids.org/sites/default/files/documents/swimming_safety_tips-2015.pdf).



# PREVENT HEAT-RELATED ILLNESS

Prolonged or intense exposure to hot temperatures in the summer's heat can cause heat-related illnesses such as heat exhaustion, heat cramps, and heat or sun stroke.

Heat exhaustion occurs when the body loses large amounts of water and salt through excessive sweating, or hard physical labor or exercise. Heat cramps can strike when the body loses excessive amounts of fluids and salt. Heat stroke, the most serious of the heat-related illnesses, occurs when the body suffers from long, intense exposure to heat and loses its ability to cool itself.

Prevention is the key. The Center for Disease Control has the following basic guidelines to prevent heat related illnesses:

1. Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
2. Dress infants and children in loose, lightweight, light-colored clothing.
3. Schedule outdoor activities carefully for morning and evening hours.
4. Stay cool with cool showers or baths.

In addition, check out CDC's website to note the symptoms and signs of heat related illness. <https://www.cdc.gov/disasters/extremeheat/warning.html>



# SETTING LIMITS TO SCREEN TIME

Today most of our children and adolescents are growing up in front of a screen. Kids spend almost a third of every day on devices such as smartphones, laptops, tablets and TVs. Many are surfing, swiping and typing away on their smartphones at every available moment. On the other hand, there is good from "screen time." The Internet, social media and smartphone apps offer many learning and creative activities to help develop tech-savvy skills. However, studies show that all the screen time can affect kids' health and their preparedness for school.



The American Academy of Pediatrics (AAP) states children are spending an average of seven hours per day on entertainment media. According to the Learning Works for Kids, educators of digital media learning suggest parents to focus on setting limits on video games, app usage, and television viewing. Visit Learning Works for Kids, and view the brochure "A Parent's Guide to Screen Time" at <http://learningworksforkids.com/wp-content/uploads/ParentGuideScreenTime.pdf>.

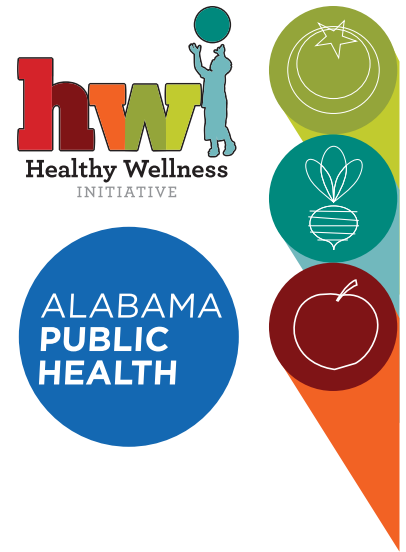
# COOL, FRUITY HEALTHY SNACKS

A healthy intake of fruits and vegetables is a win for all the family. The Dietary Guidelines for Americans recommends eating more fruits and vegetables than any other food group. Choose colorful fruits and vegetables, 5 -9 servings every day, to get key nutrients

such as vitamins, minerals, fiber, and phytonutrients help the body's many systems - immune, circulatory, bone, and digestive systems stay healthy. So treat your family's appetite with "Super Healthy Kids" recipes for healthy, cool summer fruits and vegetables. <https://www.superhealthykids.com/recipe-category/popsicles-and-frozen-treats/>



**Healthy Wellness Initiative**  
**Alabama Department of Public Health**  
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## FUN AND FIT GAMES FOR CHILDREN

Fitness improves kids' bodies and minds. Being fit gives children stamina, energy, and improve concentration. Encourage kids to engage in fun and challenging fitness activities and games improve their functional movement patterns, cardiovascular efficiency, and balance all while having a good time. Kids also learn critical skills needed for development, such as balance and coordination. In addition, games are a fun way to help kids participate in interval training, boost their heart rates and laugh while getting there recommended 60 minutes of daily aerobic exercise. Check out these four fun games to play that will challenge kids fitness and get them moving! <https://www.livestrong.com/article/205037-fun-fitness-games-for-kids/>

## NEWS AND EVENTS

### **AUGUST: NATIONAL IMMUNIZATION AWARENESS MONTH**

Promote vaccines for your kids and remind family, friends, and coworkers to stay up to date on their shots. For more information and toolkits visit: <https://www.nphic.org/niam>

### **SEPTEMBER: NATIONAL CHILDHOOD OBESITY AWARENESS MONTH**

Childhood obesity can be prevented. Together we can create opportunities for kids to eat healthier and get more active. For more information visit: <https://www.cdc.gov/obesity/childhood/index.html>.

### **SEPTEMBER: FRUITS & VEGGIES – MORE MATTERS MONTH**

Use this month to raise awareness about the importance of getting enough fruits and vegetables. For more information visit: <https://www.fruitsandveggiesmorematters.org>.