

Stay Safe in the Heat: Tips to Keep Cool and Prevent Heat-Related Illness

As temperatures rise, so does the risk of heat-related illnesses like heat exhaustion and heat stroke. Here are some simple tips for protection:

- Hydrate often. Don't wait until thirst kicks in, drink water regularly throughout the day. Try fruit-infused water or ice cubes to make staying hydrated more enjoyable.
- Avoid direct sun exposure. Wear lightweight, loose-fitting cotton clothing, a wide-brimmed hat, and broad-spectrum sunscreen. Don't forget to reapply sunscreen every two hours, especially when sweating or swimming.
- Limit strenuous activities. Whether working or playing sports, avoid high-intensity activities during peak heat hours, especially in areas without air conditioning. Take frequent breaks in the shade or indoors to cool down.
- Never leave anyone in a parked car. Temperatures inside a vehicle can quickly become dangerous. Never leave children, adults, or pets unattended.
- Cool down with water. Take a cool shower or bath, or use a spray bottle to mist the skin while on the go.
- Eat hydrating snacks. Choose foods with high water content, like watermelon, cucumbers, celery, zucchini, and berries, to help maintain hydration.
- Know your medications. Some medications can increase skin sensitivity to sunlight, raising the risk of sunburn or sun-related reactions. If a reaction has happened before, there's a good chance it could happen again, so it's better to be cautious.

Resource: Tessa Hobbs-Curley, family life educator; bit.ly/3ZylkBg.

Summer Food Safety Tips

- Thaw food properly by putting it in the refrigerator overnight or running under cold water. Do not allow food to sit on the counter at room temperature to thaw. When food is thawed in the microwave, immediate cooking is necessary.
- Never leave hot food out for more than 2 hours if it is not being kept warm. Hot food left on a heat source may remain out for up to 4 hours.
- Cold food should be discarded after 2 hours or after 1 hour if the temperature is above 90 F.



Marinade Tips for Juicy Meat

July is National Grilling Month. Grilling lean meats is a healthy choice for your heart. But since lean meats have less fat, they can be tough. One easy way to make them tender and tasty is by using a marinade.

Make a Marinade at Home

Use this simple recipe: 3 parts oil, 1 part acid, and some seasoning.

Example: 1 cup olive oil, 1/3 cup soy sauce, and 1 teaspoon of ginger. Great for chicken.

Use the Right Container

Never use metal. The acid in the marinade can react with it and cause sickness. Use glass, plastic, or sealable bags instead. Keep it in the fridge on the bottom shelf.

How Much Marinade?

Use 1/2 cup of marinade per pound of meat. Want extra flavor? Save 2 or 3 tablespoons of clean marinade for basting or sauce.

Grill Smart

Marinating meat for 12 hours or more makes it cook about 1/3 faster. Watch it closely on the grill.

Source: Lisa Peterson, nutrition and wellness educator.