

July is National Watermelon Month



Watermelon Salad

- 1 cup fresh spring greens & cilantro, chopped
- 1/2 cup red grapes, halved
- 1 cup watermelon, cubed
- 1/4 cup walnuts, chopped
- 1/4 cup feta cheese

1. Wash hands with soap and water.
2. Rinse produce with cool running water.
3. Mix all ingredients together and serve immediately. Store in fridge up to 4 days.

Serving Size (1 cup): Calories 100, Total Fat 7g, Cholesterol 10mg, Sodium 90mg, Total Carbohydrates 8g, Fiber 1g, Protein 3g

Source: [USDA MyPlate kitchen](https://www.illinois.gov/MyPlateKitchen)



July 11 at Noon
Credit scores revealed
 Let's Talk MONEY
go.illinois.edu/LTM

Breakroom Buzz

Grilling Safety Tips



145°F

Beef, pork, lamb, veal (then let rest 3 minutes before serving)

145°F

Fish

160°F

Hamburgers and other ground meat

165°F

Poultry



Always use a food thermometer when grilling meat. Keep the temperature inside the smoker between 225°F to 300°F

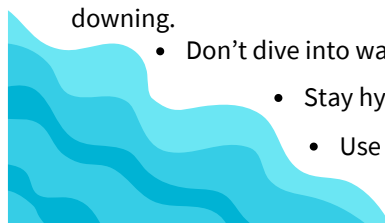
Source: *How to Grill Safely*, Centers for Disease Control & Prevention. March, 28, 2023

Swimming Safely

According to the Centers for Disease Control and Prevention, swimming is the fourth most popular sports activity in the United States.

Here are a few tips to remember before and while children are in and around pools, lakes, and beaches:

- Everyone should know the basics of swimming, including floating, moving through the water, and (CPR) Cardiopulmonary Resuscitation. It only takes 20-60 seconds to drown.
- Make life jackets a must. Avoid inflatable swimming aids such as "floaties" for they are not safety devices.
- Know the risks of natural waters. Be aware of fast-moving water and rip currents. Check the forecast to see the local weather conditions before and during swim times.
- Use a buddy system. This can be done with lifeguards as well. It is important for those to know if we have a medical condition that increases our risk of drowning.
 - Don't dive into water before someone has determined it is safe.
 - Stay hydrated. Don't drink the pool or ocean water.
 - Use a secure pool cover when the pool is not in use.



Source: Adapted by Tessa Hobbs-Curley, Family Life Educator, <https://www.cdc.gov/drowning/prevention/index.html> CDC. February 18, 2022

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