

# BREAKROOM BUZZ

July 2024

## Calories in Fair Foods that Might Leave You Fuming

LEMON SHAKE-UP 12 OZ.

150



COTTON CANDY

171



CHOCOLATE-COVERED BANANA

240



CORN DOG

250



FRIED CANDY BAR

420-450



ELEPHANT EAR

550



FRENCH FRIES

560-620



FUNNEL CAKE

760



TURKEY LEG

1136



## Protect Your Finances While Traveling

Before leaving, check your health insurance policy for coverage limitations when away from home.

Before traveling:

- Know which medical care services your health insurance policy covers when traveling.
- Write down the phone number or website to contact to receive preapproval for medical procedures.
- Decide whether to purchase extra medical insurance coverage, including evacuation insurance.

Find more information at [extension.illinois.edu/finances/saving-travel](https://extension.illinois.edu/finances/saving-travel)



Do you have zucchini? Try this recipe! [go.illinois.edu/Zucchini-Recipes](https://go.illinois.edu/Zucchini-Recipes)

July is National Pickle Month! To learn how to make your pickles go to [go.illinois.edu/pickling-foods](https://go.illinois.edu/pickling-foods)



## It's County Fair Season

How can you navigate the fair food frenzy? Have a snack before you go.

Bring water to drink, then share a shake-up. Limit your daily choices to two.

Make your selections, then sit down to enjoy them.

Walk around to enjoy the exhibits, but don't think you can walk off all the extra calories. It takes 10,000 steps to burn 300-400 calories.

## Bug Safety

It is that time of year to protect yourself from those annoying bugs like ticks, mosquitos, wasps, and other insects.

Here are a few suggestions to keep in mind:

- Apply insect repellent only to exposed skin or clothing as the product label directs.
- Wear long-sleeved shirts and pants and closed-toe shoes when hiking.
- Check everyone for ticks after you've spent time in grassy or woody areas.
- Avoid using perfume or other scents that may attract insects.

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