HEALTHY ACTIVE SUMMER

INSIDE

Page 2
Role Model

Page 3
Healthy Recipe

Page 4
Community Events

SUN SAFETY TIPS

Apply Sunscreen
to protect your skin against harmful UV rays. Choose SPF 15 or higher.

Wear a wide brimmed hat
to protect your face, ears and neck.

Wear sunglasses
to protect your eyes and eyelids from UV rays and reduce your risk of cataracts.

Cover with clothing
Long-sleeved shirts and pants (when possible). Tightly woven fabrics offer the best protection.

Seek shade
Reduce your risk of skin damage or skin cancer by seeking shade underneath a tree or umbrella.

This material was funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-ED).

Don’t miss out on these FREE classes in La Feria!

Veterans Memorial Park Sports Complex
904 Pancho Maples Dr.,
La Feria, TX 78559

MONDAYS, WEDNESDAYS, AND THURSDAYS

Walking Club:
6:00 p.m. - 7:00 p.m.

Exercise Class:
7:00 p.m. - 8:00 p.m.

You can prevent or delay diabetes. Make a change for life.

Group Lifestyle Balance™ FREE Diabetes Prevention Program

San Ignacio de Loyola (Parish Hall)
24380 W. US 281, San Benito, TX

Wednesdays
9:30 a.m. - 12:00 p.m.

To sign up, contact Alma Martinez at (956) 561-3025.
**INGREDIENTS:**
- 8 wooden or bamboo skewers
- 2 zucchinis, cut into 1-inch slices
- 2 yellow squash, cut into 1-inch slices
- ½ pound whole fresh mushrooms
- 1 red onion, cut into chunks
- 12 cherry tomatoes
- 1 fresh pineapple, cut into chunks
- 1 red bell pepper, cut into chunks
- ½ cup olive oil
- 1 ½ teaspoons dried basil
- ¾ teaspoon dried oregano
- ½ teaspoon salt
- 1/8 teaspoons ground black pepper

**PREPARATION:**
1) Soak skewers in water for 10 to 20 minutes.
2) Preheat grill for medium heat and lightly oil the grate. Alternately threat zucchini slices, yellow squash slices, mushrooms, onion, tomatoes, pineapple, and bell pepper into the skewers.
3) Whisk olive oil, basil, oregano, salt, and black pepper in a bowl; brush mixture over vegetables.
4) Cook skewers on preheated grill until vegetables are tender, turning and basting vegetables with olive oil mixture occasionally, 10 to 15 minutes.

* You can pick your favorite veggies for this dish, but keep it colorful!

Grilling vegetables is a quick and easy way to increase the amount of vegetables your family eats.

**SEPARATE**
When shopping separate meat, poultry, and seafood from other foods in your cart.

**CHILL**
Keep meat, poultry, and seafood refrigerated until it’s time to grill.

**CLEAN**
Wash your hands with soap before and after handling raw meat, poultry and seafood.

**GET READY TO GRILL SAFELY**
Use a food thermometer to make sure meat is cooked hot enough to kill harmful germs.

**COOK**

- 145°F beets, pork, lamb, veal, fish
- 160°F hamburgers and other ground meat
- 165°F poultry

**REFRIGERATE**
Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

**DON’T CROSS-CONTAMINATE**
Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.

**HEALTHY RECIPE: GRILLED VEGETABLE KABOBS**

6 STEPS FOR TEXAS TO PREVENT ZIKA
You can take these simple steps to protect yourself and your loved ones from the Zika virus.

1. Remove standing water in and around your home. Cover trash cans or containers where water can collect.
2. Apply EPA-approved insect repellent. Wear pants and long-sleeve shirts.
3. Use screens or close windows and doors. Talk to your doctor if you have concerns.
4. Talk to your doctor if you have concerns.
5. Use screens or close windows and doors. Talk to your doctor if you have concerns.
6. Use screens or close windows and doors. Talk to your doctor if you have concerns.

**GET READY TO GRILL SAFELY**
Use a food thermometer to make sure meat is cooked hot enough to kill harmful germs.

**COOK**

- 145°F beets, pork, lamb, veal, fish
- 160°F hamburgers and other ground meat
- 165°F poultry

**REFRIGERATE**
Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).

**DON’T CROSS-CONTAMINATE**
Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.