

**NEW!**

*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.

**STARTING  
JULY 11,  
2018**



# YOUR HEALTH MATTERS!



## HEALTHY ACTIVE SUMMER

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

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### 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

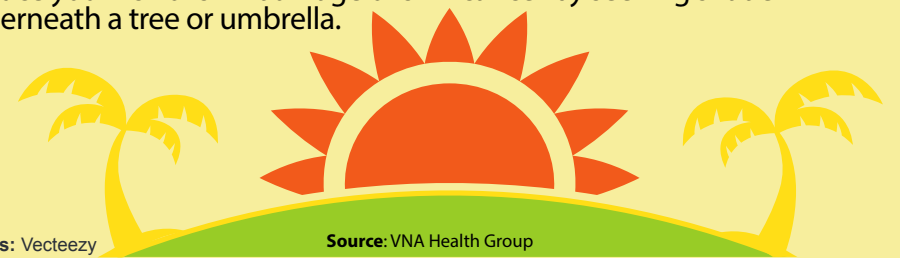
to protect your eyes and eyelids from UV rays and reduce your risk of cataracts.

#### Cover with clothing

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

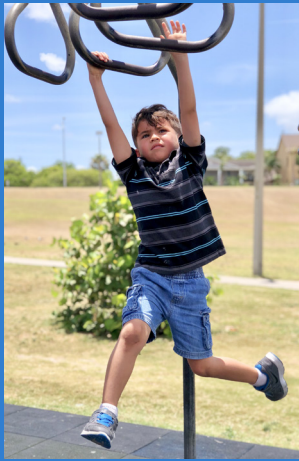
#### Seek shade

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



Graphics: Vecteezy

Source: VNA Health Group



**HEALTHY LIVING**  
Role Model

## BANDA FAMILY

GEORGE, AMANDA, DAVIN,  
LEANDRA & BRENNAN

"We don't let the summer heat keep us from being active! With longer days and no homework for our kiddos, our family has more time to explore the great outdoors, and build memories." - Amanda

"I love when we do anything that involves water, playing with a waterhose, going to a pool, or the beach!" - Leandra



"We try to take full advantage of the early morning and late afternoon hours to garden at home, go for a run, visit our local parks or pools, and always keep an eye out for free community activities." - George

## HEALTHY RECIPE: GRILLED VEGETABLE KABOBS



Source: Allrecipes.com

### INGREDIENTS:

- 8 wooden or bamboo skewers
- 2 zucchinis, cut into 1-inch slices
- 2 yellow squash, cut into 1-inch slices
- 1/2 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
- 1/3 cup olive oil
- 1 1/2 teaspoons dried basil
- 3/4 teaspoon dried oregano
- 1/2 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 thread 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!

## 6 STEPS FOR TEXAS TO PREVENT ZIKA

You can take these simple steps to protect yourself and your loved ones from the Zika virus.



Remove standing water in and around your home.  
Cover trash cans or containers where water can collect.



Apply EPA-approved insect repellent.  
Wear pants and long-sleeve shirts.



Use screens or close windows and doors.  
Talk to your doctor if you have concerns.

## 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

### COOK

Use a food thermometer to make sure meat is cooked hot enough to kill harmful germs.

145°F  
beef, pork, lamb, veal, fish

160°F  
hamburgers and other ground meat

165°F  
poultry

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

## 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.

