

June 2023 Nutrition Newsletter

Hello June 😊 Oh what a busy and fast year it has been! It's time to start looking forward to all the beautiful days, relaxation, and fun that the sunny season has to offer. Read on to explore tips for a healthy summer along with a new and refreshing recipe to try. On behalf of the Scranton Aramark team, we would like to wish everyone a safe and healthful summer break – see you next school year!

Top Tips for A Healthy Summer

- Aim to be physically active each day. Have a hard time getting motivated? Do something you love to help find your joy in movement. Physical activity comes in so many different forms including ways you may have never even thought of! Some fun ways to move more during the summer months include the following:
 - Gardening
 - Playing outside with your pet
 - Hiking to your favorite picnic spot
 - Geocaching
 - Kayaking or Stand-Up Paddle Boarding
 - Swimming
- Choose nutritious foods and beverages. So many fresh fruits and vegetables are in season during the summer – get creative and test out new dishes that incorporate fresh produce. If you grow your own produce or herbs in a garden, there is nothing more satisfying than enjoying the rewards of all your hard work! Some in-season produce includes:

-Apples	-Cherries
-Arugula	-Cucumber
-Asparagus	-Eggplant
-Beans	-Lettuce
-Broccoli	-Mushroom
-Cabbage	-Onion
-Carrots	-Peas
-Cauliflower	-Pepper
-Celery	-Strawberries

- Safety 1st, always! Remember to wear sunscreen and insect repellent when participating in outdoor activities. Stay cool, hydrated, and informed of the daily temperatures to avoid the dangers of extreme heat.

June 23rd is National Hydration Day!

Treat your body with this refreshing Strawberry Basil Iced Tea Recipe!



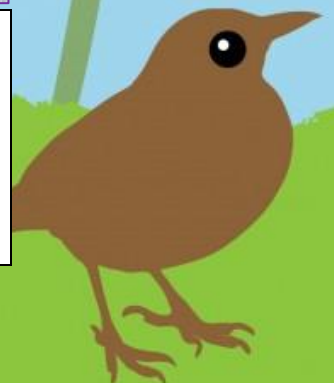
Ingredients:

- 1 Lipton® Black Iced Tea Bag
- 1 Cup Water
- 4 Strawberries (chopped)
- 4 tsp. Fresh Basil (chopped)
- Ice Cubes

Instructions:

1. Bring 1 cup of water to a boil. Pour boiling water over Lipton® Black Iced Tea Bag. Brew 5 minutes. Remove tea bag.
2. Add chopped strawberries and basil; pour over ice and enjoy!

Recipe from www.fyp365.com



World Food Safety Day – June 7th

According to the U.S. Food & Drug Administration, the United Nations has declared June 7th as World Food Safety Day to call out and educate the health consequences and risks of contaminated food & water.

Ways To Reduce Foodborne Illness

- Practice safe food handling by following these 4 key steps:
 - **Clean** – Wash hands and surfaces often.
 - **Separate** – Keep raw meats, seafood, poultry, and eggs away from other foods and use designated cutting boards for fresh and raw foods.
 - **Cook** – Make sure foods are cooked to the appropriate minimum internal temperature (MIT) to destroy any harmful bacteria. Using a food thermometer is the only accurate way to ensure the safety of foods.
 - **Chill** – Refrigerate foods promptly and use proper cooling methods



Summer Word Search

S F L I P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E R O B I L K R X J O I O U N
I I N S E F I T S F U N P T K
C A R E L A X S U L Y L O L L
E J U N E A C F A M I L Y S E
I C E P O P A H O T S R E L R



AUGUST
BARBECUE
BEACH
BUNNY
FAMILY
FLIP FLOPS
FUN
HOT

ICE CREAM
ICE POP
JULY
JUNE
OCEAN
PICNIC
POOL
RELAX

SHORTS
SPRINKLER
SUMMER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMSUIT
VACATION

