



July 2024 Homemaker/FCS Newsletter

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FB: Trigg County Cooperative Extension
Family and Consumer Sciences

Greetings,

It is officially Summer! That means Cook-Outs, Grilling, Picnics, Swimming, Sunshine, and HEAT, LOTS OF HEAT! In this newsletter you will find some information about safe grilling, as well as how to stay hydrated and safe from the sun's rays in the hot summer months. Please take note of our upcoming events and classes.

Blessings,
Teresa



Up-Coming Events & Classes:

Wits Workout:

July 9th and 23rd 9:30 to 10:45 am, at the Senior Center, 127 Joy Lane. This is a fun, interactive program focusing on brain health.

Cooking Through the Calendar:

Thursday, July 18th 10:30 am, at the Extension Office. Recipe, "Quick Couscous Salad"

Beginning Crochet Classes:

July 11th, 18th, and 25th, 4:00-5:00 pm at the Extension Office.

Homemaker Trip to Paducah Olive Oil Company:

Friday, July 19th, We will leave the Extension Office by 9:30 am. We plan to visit the Olive Oil Company, then go to lunch at Flamingo Row. If time allows and anyone wants to, we may go over to Hancock's Fabric Store before returning to Cadiz. Please contact me if interested in going, and if you would be willing to drive, and how many others you can take in your vehicle.

(270) 522-3269

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It's Grilling Season: Grilling Safely at Home

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition.

Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause foodborne illness. Many grilling food safety practices are the same as with indoor food preparation.

Wash your hands for at least 20 seconds with soap and warm water before and after handling all food. Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill.

Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.

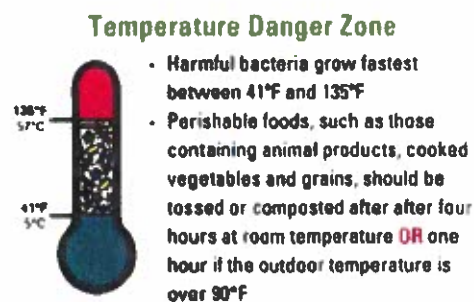
When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.

While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.

Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.

Cooked food should not sit outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour.

Source: *Annhall Norris, extension specialist*



Staying Hydrated During the Summer

Staying hydrated during the warm summer months is an important part of enjoying the season. Whether your plans include more walks or bicycle rides, soaking up the sun, or taking that long-awaited vacation, make sure you drink enough water to stay hydrated. This is necessary as it will keep your body—and mind—functioning at its best. So, how do you know if you're drinking enough water? Let's tap into the facts and explore some of the best tips to keep you hydrated all summer long.

Why Our Bodies Need Water

Water is critical to overall health. Every cell, tissue and organ in the human body relies on it to function properly. According to the Mayo Clinic, water makes up about 50 percent-to-70 percent of body weight. So, how can losing just a fraction of water negatively affect your body and mind? It's all about dehydration; when your body doesn't have enough water to perform normal functions. Water is critical to your health, because it:

- Regulates body temperature
- Flushes waste from the body
- Supports a healthy immune system
- Lubricates and cushions joints
- Promotes healthy digestion
- Improves memory, alertness, mood, and sleep quality

How Much Water Should You Drink?

For the average healthy adult, the general recommendation for water intake is eight 8-ounce glasses of water per day—or 64 ounces. Everyone's needs vary, however, depending on their activity level and even the climate in which they live. So, how much water do you actually need to drink in order to stay hydrated? Here are some general guidelines, according to the National Academies of

Science, Engineering & Medicine:

- For men, about 15.5 cups (125 ounces)
- For women, about 11.5 cups (91 ounces)

Here are some factors to consider:

- Activity level—The general rule is if you break a sweat, be sure to replace what you lost. The key is to drink water before, during, and after your workout.
- Climate—If you live in a hot and humid climate, you're most likely to sweat more, which will cause you to dehydrate more quickly than in cooler places. And were you aware that being in a higher altitude—like in the mountains—can cause you to dehydrate? That goes for flying on an airplane, too. Be sure to keep plenty of water on hand wherever you may be.
- Overall health—While it is important to stay hydrated every day, it becomes even more critical when you're sick. Fevers, vomiting, and diarrhea can cause severe dehydration—as do bladder infections and urinary tract infections (UTIs). Increasing your fluid intake is an important part of a successful recovery.

Tips For Optimum Hydration

Now you know how much water you need to drink for optimum hydration. But how do you hit the mark without falling short? Here are some quick tips to ensure you're getting your ounces in:

- Drink about 8 ounces of water upon waking and before bedtime. (Did you know your body loses water while you sleep?)

Staying Hydrated During the Summer

- Throughout the day, drink water to maintain a healthy balance. Don't wait until you are thirsty to start guzzling down your ounces. Were you aware that by the time you start to feel thirsty, you could have lost two or three cups of your total body water composition? Wow!
- Coffee and tea provide a significant amount of hydration, despite their diuretic effect due to caffeine content.
- Infuse water with slices of fruit, vegetables, or herbs for a refreshing and tasty boost.
- Use a favorite water bottle. This is a fun way to show off your personality and enjoy every sip.
- Don't substitute alcohol for water. It is a diuretic that will cause you to become dehydrated. (And, no, the ice doesn't count!)

Fun fact: Approximately 20 percent of your fluid intake comes from food—with the remaining 80 percent from beverages. This is great news for those who love their fruits and veggies! Check out these foods that are delicious as well as hydrating:

- Cucumbers
- Celery
- Tomatoes
- Watermelon
- Strawberries
- Grapefruit
- Peppers
- Cauliflower
- Spinach
- Radishes
- Broccoli



What To Do If You're Experiencing Dehydration?

If you or someone you're with is experiencing signs of dehydration, the first thing to reach for is—you guessed it—a glass (or two) of water. Yes, water is the best when it comes to hydration. If your body is depleted of nutrients and electrolytes, however, you may want to try these other options that will have you replenished and hydrated in no time:

- Electrolyte-infused water
- Pedialyte
- Gatorade
- Coconut water
- Watermelon—as its name implies, it contains 92 percent water!

Tips For Staying Cool

When it comes to proper hydration, regulating a healthy body temperature goes hand in hand with drinking plenty of water throughout the day. Here are some great tips to help you stay cool—and look cool—this summer:

- Wear a wide-brimmed hat
- Opt for light-colored clothing
- Wear loose-fitting lightweight clothes in a breathable fabric
- Mist yourself with a spray bottle when you feel overheated

ADULT HEALTH BULLETIN

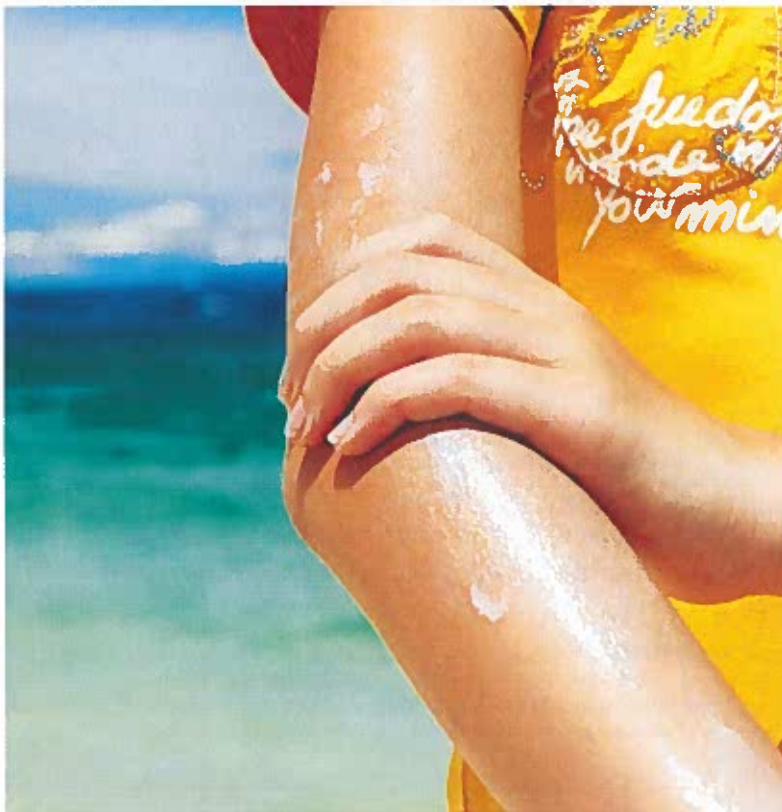


JULY 2022

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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THIS MONTH'S TOPIC: SUNSCREEN SAFETY



Extended time outside, whether you are walking, gardening, or reading a book, puts you at risk of sun damage, which in turn can cause sunburn, skin cancer, and premature aging. One of the best ways to protect yourself from sun damage is by wearing sunscreen anytime you spend time outdoors.

Sunscreen is important for protection from sunburn, early aging, and skin cancer. It works by protecting you from the ultraviolet rays that come from the sun. Specifically, it protects the skin from two different types of radiation: UVA and UVB. UVA, or Ultraviolet A, is the type of ray that causes the skin to age and creates lasting skin damage. UVB, or Ultraviolet B rays, cause sunburns. They both can cause skin cancer. When you see a sunscreen that is labeled "Broad Spectrum," it means that the sunscreen protects from both UVA and UVB rays.

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Put on broad spectrum sunscreen that has an SPF of 30 or higher before you go outside. Reapply every 2 hours.

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When selecting a sunscreen, the Skin Cancer Foundation and the American Cancer Society recommend an SPF of 30 or higher. The SPF, or Sun Protection Factor, is a measure of how long the skin can be in the sun before it starts to burn. The higher the number, the greater the protection. For example, an SPF of 45 means that you can stay outside in the sun 45 times longer without getting burned. However, sunscreens lose their effectiveness over time and as you sweat, so you need to reapply every two hours.

Now that it is getting warmer outside, you may start thinking about wearing sunscreen. However, we should be wearing sunscreen every time we step outside. That includes even in the middle of winter. The sun and its accompanying UVA and UVB rays are working all year, not just in the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. Protecting yourself from the sun should be done from head to toe, including your face, lips, or any exposed skin. Follow these tips on how to enjoy time in the sun safely.

How to protect your skin from the sun

- **Wear sunscreen.** Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 30 or higher before you go outside. Reapply every 2 hours.
- **UV protective clothing.** When possible, wear UV protective clothing. This can include shirts, long sleeves, arm sleeves, shorts, leg sleeves, and pants. If you do not have UV protective clothing, you can wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays.
- **Rock a hat.** Try to wear a hat that has a wide brim to shade your face, ears, and the back of your neck. A darker hat may offer more UV protection. If you wear a typical baseball-style cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas or applying sunscreen to exposed skin.



- **Use sunglasses.** Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

REFERENCES:

- https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm
- <https://www.hhs.gov/surgeongeneral/reports-and-publications/skin-cancer/consumer-booklet>

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HEALTH BULLETIN

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