



June 2017

Welcome to ***Healthy Carroll Families*** for Summer 2017. *Healthy Carroll Families* is our electronic media campaign with information designed to help you take the next step in your family-based approach to healthy weight.

Our handouts for this edition are:

- **Sunscreen 101** – Sunscreen facts and tips to help protect your skin this summer.
- **Tips to Help Kids Eat Their Veggies** – What you can do to get your kids to eat and enjoy vegetables.
- **Fun Recipes** – Seasonal recipes that are as tasty as they are nutritious!

We encourage you to make copies and distribute these handouts to your clients, customers, students, PTA, family, friends...everybody! These materials may also be downloaded for free from our website, HealthyCarroll.org.

Please call or email me any questions, feedback, or suggestions you may have about ***Healthy Carroll Families***. I look forward to hearing from you.

Caitlin Cross, Community Health Improvement Contact
Advancing Health and Wellness Leadership Team
CCross@carrollhospitalcenter.org
410-871-7648



535 Old Westminster Pike, Suite 102
Westminster, MD 21157

Telephone: (410) 871-7645
Fax: (410) 871-6325

HealthyCarroll.org

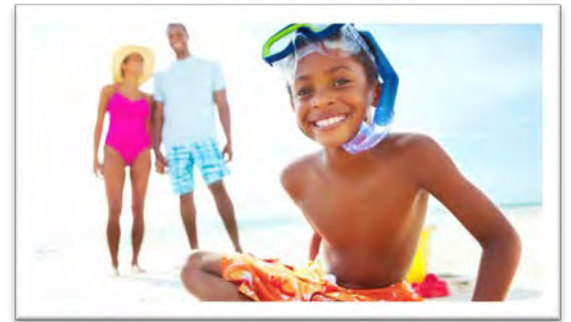


Sunscreen 101

With summer finally here, protecting our skin from harmful Ultraviolet A (UVA) and B (UVB) rays is crucial. What do we know about UVA and UVB rays? UVA rays penetrate deep into your skin, creating skin aging, wrinkling, and possible eye damage. UVB rays affect the top two layers of the skin, creating skin irritation or burns. Both of these rays are equally dangerous because they can also lower your immune system and potentially lead to melanoma (skin cancer).

Here's what you need to know:

- The sun is at its strongest between the hours of 10:00 a.m. - 4:00 p.m. Avoid the sun during these hours if possible.
- Be serious about wearing sunscreen! SPF (Sun Protectant Factor) of 30 or more is the best option for protecting your skin against UVA and UVB rays.
- **READ THE LABEL!** Look for a sunscreen that has a combination of UVA-screening ingredients such as: stabilized avobenzene, ecamsule (a.k.a. Mexoryl™), oxybenzone, titanium dioxide, and zinc oxide.*
- Look for “broad spectrum” sunscreen. This means that it has a combination of both UVA and UVB blocking ingredients.
- Opt for water resistant sunscreen especially for children who are in and out of the water.



Tips for Applying Sunscreen:

- Apply sunscreen to children older than 6 months every time they go outside.*
- Apply the sunscreen generously and evenly to all uncovered skin, especially your nose, ears, neck, hands and feet. To protect lips, use a lip balm that has a sunscreen with an SPF of 30 or higher.
- Apply sunscreen 15-20 minutes before going out in the sun. Allow the sunscreen to dry and be absorbed into skin for the best protection.
- Protect your eyes. Wear sunglasses with UVA/UVB protection, a wide brim hat, or stay in the shade to best protect your eyes from harmful rays.
- Reapply sunscreen **AT LEAST** every 2 hours, especially after swimming.

* <http://www.skincancer.org/prevention/uva-and-uvb>



Tips to Help Kids Eat Their Veggies

Summer brings fresh, in-season produce at peak flavor, but many parents struggle with getting their children to eat vegetables. With time and patience, it is possible to get children to enjoy veggies.

WHAT YOU CAN DO:

- **Be a role model.**
The easiest way to get kids to eat their vegetables is to eat yours.
- **Make eating together a priority.**
Children who have regular family meals usually eat more vegetables and a wider variety of them.
- **Serve vegetables in different ways.**
Use fresh, frozen, or canned. Serve raw, marinated, steamed, stir-fried, roasted, or grilled – or with reduced-fat dip or salad dressing.
- **Don't force or bribe children to eat any food.**
Accept a “no, thank you” after they try one bite.
- **Try, try and try again.**
Don't decide your child doesn't like something because they refuse it once or twice. It may take 10 or more tries before a child accepts a new food.
- **Let children help choose and prepare vegetables.**
Have kids pick a vegetable to try when shopping. Let them choose between broccoli or green beans for dinner. Kids can help clean, peel, or cut up vegetables.
- **Visit a farmers market.**
Buy vegetables in season for maximum flavor and lower cost.
- **Plant your own garden.**
Children are more willing to try vegetables they've grown themselves. If you don't have space, grow them in containers

Vegetables are low in calories and fat, high in fiber and vitamins, and taste great! Make them a regular, *healthy* part of your meals and snacks.

For a complete list of Farmers' Markets in Carroll County, visit: CarrollGrown.org/farmers-markets

L.E.A.N. Carroll

A family approach to healthy weight

**The Partnership**
for a Healthier Carroll County

HealthyCarroll.org

Connecting people. Inspiring action. Strengthening community.

Zucchini Pizza Boats

Ingredients:

2 medium zucchini
½ cup spaghetti or pizza sauce
½ cup mozzarella cheese
2 Tablespoons parmesan cheese

Directions:

Heat oven to 350°

Wash zucchini, trim ends and cut each in half lengthwise.

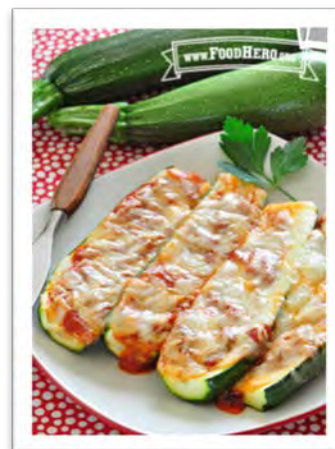
Use a spoon to scrape out the soft, seedy center of zucchini.

Place halves on a foiled lined baking sheet, scooped side up. Spoon pasta sauce into halves, top with mozzarella and parmesan cheeses.

Bake for 25 - 30 minutes, or until zucchini can be pierced with a fork.

Makes 4 servings

Nutrition information/serving: Calories 90; Carbohydrate 2 grams; Protein 6 grams; Fat 4 grams; Fiber 2 grams. **Recipe source:** www.foodhero.org



Broccoli Salad

Ingredients:

1 bunch broccoli* (6-7 cups chopped stems and florets)
3 Tablespoons sugar
¼ teaspoon salt
1 teaspoon mustard
1/3 cup light mayonnaise
3 tablespoons cider vinegar
½ cup red onion, diced
½ cup raisins

Directions:

Wash broccoli and chop into small pieces. Mix sugar, salt, mustard, and mayonnaise together in a large bowl. Whisk in vinegar. Add broccoli, onion and raisins. Stir until mixture is coated with dressing. Serve immediately or store in tightly covered container in the refrigerator for up to 4 days. Makes 14 servings, ½ cup each.

Nutrition Information/serving: Calories 65; Carbohydrate 11 grams; Protein 1 gram; Fat 2 grams; Fiber 2 grams. **Recipe source:** Spend Smart, Eat Smart Iowa State Extension

* To save time use packaged chopped broccoli.

