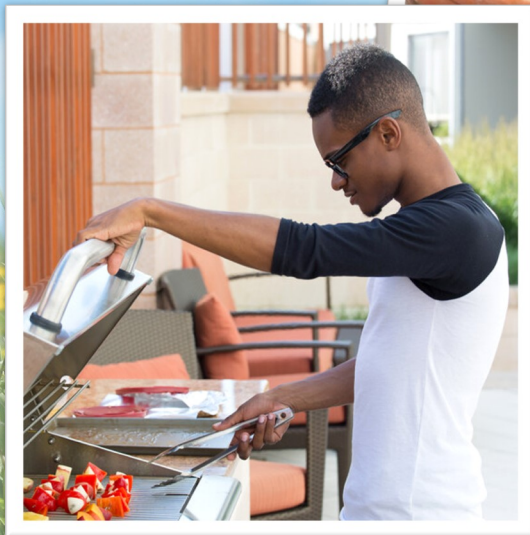


Summer 2020

Healthy Carroll Families



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The Partnership
for a Healthier Carroll County



Welcome to Healthy Carroll Families for Summer 2020. Healthy Carroll Families is our media campaign with information designed to help you take the next step in your family-based approach to healthy living. 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 The Partnership with any questions, feedback, or suggestions you may have about Healthy Carroll Families.. We look forward to hearing from you.

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Step into Summer



Physical activity is vital to staying healthy, and is one of the best things people of all ages can do to improve their health. Engaging in regular physical activity can help prevent serious health problems like heart disease, type II diabetes, obesity, and even some cancers.

Summer provides the perfect opportunity to take your physical activity outdoors! Enjoy the warm weather, while maintaining healthy habits! Parks, trails, beaches, and playgrounds offer ample opportunities to get your heart pumping and your steps in. While enjoying the weather, during this time it is also important to maintain safe practices. See the list of safety tips below for outdoor exercise locations:

- **Practice good social distancing-** always maintain a distance of six feet or more.
- **Check official guidelines often-** before heading out for your workout, check online or call your local health officials to see what the specific locations health guidelines are at that time. Policies, procedures, and operating hours change quickly, and it is important to stay up-to-date!
- **Choose routes/outdoor locations carefully-** avoid highly trafficked areas. If you are running or biking, try to stay on the sidewalk or on specified bike trails to reduce the chances of an accident.
- **Be mindful of what you touch-** to reduce the spread of germs, stay aware of the surfaces you are touching. For example, try to use your elbow to touch crosswalk buttons instead of your hands.
- **Come prepared-** Pack your water bottle and snacks to refuel post-workout ahead of time so you won't have to make extra stops.

Sources: <https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>; <https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities/>

BENEFITS OF EATING LOCALLY



Have you ever taken the time to sit and think about where the food on your plate comes from? Most of the time, the foods we consume can be traced back to a farm. Delicious produce is grown all summer long. Summer is the best season to take advantage of our locally grown produce and incorporate the farm-to-table practices in your home! See the list of benefits for eating locally below:

Locally grown food tastes better- flavorful and fresh (picked at its prime and often sold the same day).

Local food is better for you- food that travels less time and distance holds onto more of its nutrients (less processed, with fewer steps).

Local food is safer- consumers know where the food is coming from and how it is grown.

Local food builds community- farmers markets are great venues for community gatherings!

Source: <https://mda.maryland.gov/Documents/buylocalbenefits.pdf>

GARDENING

Summer in Maryland is the perfect chance to throw on your gloves and build a garden full of homegrown fruits and veggies! Gardening is a great way to get the whole family together while maintaining social distance. Having a garden does not need to be complicated, and it can be placed in a variety of spaces! To start planting your own garden, follow these simple steps:

- **Pick out what you would like to plant-** try a few of your family's favorite fruits and vegetables.
- **Find a good place to plant your garden-** a garden can be done in a designated spot in your yard, or even in containers on your porch.
- **Find the best time to plant your fruits and veggies-** fruits and vegetables can be planted at different times throughout the year. The back of the seed packet is a great place to learn when you should be planting each seed!
- **Plant your seeds-** once you have decided what you would like to plant and where you want your garden to go, it's time to dig! Get everything ready to plant and watch them grow! Source: <https://www.eatsmart.umd.edu/locallygrown/gardening>

*For more information on when to plant specific vegetables in Maryland, visit

<https://extension.umd.edu/hgic/topics/crops>



CONTAINER VEGETABLE GARDEN

For those of us who wish to reap the benefits of a homegrown garden but lack a good site or are just too busy, there is a solution... container gardens! Container gardening is a simple, fun way to grow your own produce. Container gardens are perfect for all ages and ability levels! Creating a weed-free gardening method saves time and it is a great addition to your summertime meals! For more information and directions on how to create your own container garden, visit the link below!

https://extension.umd.edu/sites/extension.umd.edu/files/docs/programs/hgic/GIEI_veggie_pubs/HG%20600%20Container%20Vegetable%20Gardening_2.pdf

Source: www.eatsmart.umd.edu/locallygrown/gardening



GRILLED SUMMER VEGETABLES

Ingredients:

- 2 zucchini, cut into half moons
- 2 summer squash, cut into half moons
- 1 red onion, chopped
- 1 cup cherry tomatoes
- 1 red pepper (or other variety)
- 2 tbsp. olive oil
- 2 tbsp. lemon juice
- 1 tbsp. Italian seasoning (or more)
- Salt and pepper

Instructions: Toss the vegetables with the olive oil, lemon juice, Italian seasoning, salt, and pepper. Place in a grill basket or on a large piece of heavy aluminum foil. Grill for 15-20 minutes, shaking/stirring often or until fully cooked.

Prep time: 10 min / Cook time: 20 min / Total Time: 30 Min
4 servings / Serving size 1-1.5 cups / Total Calories 139

Source: <https://www.slenderkitchen.com/recipe/grilled-summer-vegetables>

GRILLING Tips

- **Pick the perfect protein-** red meat typically contains more saturated fat. For a healthier option, try grilling fish, skinless chicken breasts or lean ground meats. Fish such as salmon and trout are also great options because they have good fats which contain added health benefits!
- **Portion out your food-** a healthy portion of any type of meat is about 3 ounces (the size of a deck of cards) and no more than 6 ounces. Don't forget about the delicious grilled veggies and other side dishes that will add to your meal as well!
- **Add lots of color-** just about all fruits and veggies can be put on the grill to add additional flavor! Be sure to cut your fruit or veggies you're grilling into pieces that will cook quickly and evenly. Some perfect add-ons to your meal are asparagus, avocados, bell peppers, corn, eggplant, mushrooms, onions, potatoes, squash and zucchini.
- **Get rid of the bad fat-** buy skinless poultry or remove the skin before you cook. If there is any visible fat be sure to trim it off. Brush or marinate your foods with a healthy cooking oil. Make sure the fat drips away from the meat while it cooks!
- **Choose healthier sides-** Switch out the store-bought traditional sides like baked beans, cole slaw, and macaroni salad that are high in saturated fat, sodium, and sugar for homemade versions. Colorful bean salads and fruit are also great options!



Source: <https://www.heart.org/en/healthy-living/healthy-eating/add-color/top-ten-tips-for-healthy-grilling-and-barbecuing>

WHEN SERVING FOOD...

- Do not reuse platters or utensils that held raw meat, poultry or seafood.
- Wash your hands before touching or eating food.
- Never leave food in the "Danger Zone" (42°F to 134°F) for more than 4 hours. Food should not be left in the Danger Zone for more than 1 hour if the outdoor temperatures are above 90°F.
- Potentially hazardous cold foods, such as salads and desserts can be placed into a container that is set inside a deep pan filled with ice. Drain the water as ice melts and replace ice frequently.

Source: Carroll County Health Department

SAFE FOOD TEMPERATURES

Ready-to-Eat Commercially Processed Foods	135°F for 15 seconds
Raw Seafood, Fish, Roasts and Steaks	145°F for 15 seconds
Raw Ground beef, Sausage, Pork, Lamb and Veal	155°F for 15 seconds
Raw Poultry and stuffed meats	165°F for 15 seconds
Reheat any potentially hazardous foods	165°F for 15 seconds

Source: Carroll County Health Department

