



Brought to you by the UMass Extension Nutrition Education Program

ISSUE 35

*Nutrition Bites* is a newsletter that highlights helpful information on staying safe, an easy and healthy recipe to try with your family, physical activity ideas, and food resources in your area. We know you are taking extra steps to keep you and your family safe during this pandemic. Our goal is to work together to provide information to help our community maintain the safety of us all.

## STAYING HEALTHY

### Keep your family safe during heat waves.



Extreme heat and heat waves during summer months can result in heat-related illnesses like heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash. Children, older adults, people who work outside, and people with disabilities are at the highest risk for heat-related illness. Follow these tips to protect yourself and your family from heat-related illnesses:

- Drink water throughout the day and avoid sugary beverages. Eat fruits and vegetables that have a high water content such as bell peppers, celery, cucumbers, melons, peaches, and tomatoes.
- Stay out of the heat and inside air-conditioned areas when possible.
- Wear lightweight, light-colored, and loose-fitting clothes when outside.
- Wear sunscreen and a hat to prevent sunburns.
- Reduce the intensity of your outdoor activities during extremely hot days. Go for a walk in shaded areas and avoid mid-day peak hours in the sunlight.

## RECIPES AND NUTRITION TIPS

### Stay cool with a plum slushy.



Cool down this summer with our delicious [Plum Slushy recipe](#)! This simple slushy includes summer fruits like plums and blueberries, both of which are a great source of antioxidants that help fend off diseases and keep our cells healthy. This recipe is sweetened with 100% apple juice, meaning no added sugars. Remember that not all juices are 100% juice. Be sure to check the food label to determine how much of the juice is from the fruit.

Don't have a blender or any plums? Find out how to make slushies with just 100% fruit juice and re-sealable bags! <https://video.link/w/FEk3c>.

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## PHYSICAL ACTIVITY TIPS

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### Experience the health benefits of swimming.

No matter what your fitness level, here are some reasons to enjoy getting in the water. Swimming...

- Provides a pleasant way to cool down on a hot day
- Offers a relaxing and peaceful form of exercise that alleviates stress
- Builds endurance, muscle strength, and heart health
- Helps you maintain a healthy weight and offers a full body workout
- Improves coordination, balance, and flexibility

Find safe public swimming areas near you and visit <https://www.mass.gov/accessible-beaches-and-pools>. Remember important swimming safety tips such as only swimming in safe approved areas, never swim alone, and always have supervision for children

## GARDENING TIPS

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### Harvest your rainwater to use in your garden.

Rainwater harvesting is the practice of collecting and storing rainwater run-off from a roof or other surface for future use. The rain collects in the gutters, travels through the downspouts and is then channeled into a barrel or other container for storage until it's needed for your garden or yard.

Catching rainwater may reduce flooding and erosion. It will reduce your water bill and demand on municipally treated water supplies. Unchlorinated rainwater is better for your lawn, plants and gardens,

For more information on how to harvest rainwater, visit <https://txmg.org/el-paso/learn/gardening-in-el-paso-articles/rainwater-harvesting/>

## FOOD ACCESS RESOURCES IN MASSACHUSETTS

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### You can earn SNAP dollars with the Massachusetts Healthy Incentives Program (HIP).

Spend your SNAP dollars on farm-fresh fruits and vegetables at participating HIP farmstands and farmers' market retailers and have the amount of your purchase instantly added back to your EBT card. To locate markets near you, visit this interactive map at <https://dtafinder.dtadash.ehs.mass.gov/hip/>.

**Project Bread** – Learn about food assistance resources available to Massachusetts residents. Visit <https://www.projectbread.org> or call Project Bread's Food Source Hotline at 1-800-645-8333. This number is toll-free and confidential. Hotline hours: Monday–Friday, 8 am to 7 pm; Saturday, 10 am to 2 pm.