

Don't let the summer go to "waist".

Summer is not the time to be lax on your healthy snacks, meals and physical activity.



Take a class, play a neighborhood game of dodge ball (no one is too old for that), pack a healthy lunch and take a hike.

There are many activities to do instead of . . .



REMINDER: It is a proven fact that during the summer you lose some of your knowledge so make reading or studying math, science, creating projects part of your activities. There you go, between this and healthy living your summer is planned.

HEALTHY SUMMER Starts NOW



Make a list of healthy snacks

It all starts at HOME.

1. Have meals at the table TOGETHER rather than a grab and go
2. Use plates with divided sections
3. Switch from whole to fat free or reduced fat milk
4. Drink enough water
5. Limit television to 2 hours a day. For young children make sure that at least one hour of TV is educational.
6. Buy fruit instead of candy.
7. Don't ever be too busy for breakfast

But it is raining outside...

- Then pop in an exercise video—have fun, turn up the music and go for it.
- Take a trip to the YMCA.
- Bring out a good book—exercise the MIND.
- Enjoy a craft—we all do at all ages.
- Plan an outing or family event for a weekend or a block party. Make lists, plans and set it in motion.

SAY NO TO POPTARTS

The most important meal of the day is breakfast. It starts our bodies going. If your gas tank is empty how do you think your car will go? Then why is it so hard for you teenagers to eat a breakfast?

When we talk breakfast, we do not mean a Pop tart. We mean a bagel, fruit, toast, oatmeal—the healthy stuff.

Everybody enjoys a good
BBQ
Barbeque
Barbecue
Barbe-a-que
Grilling

Which is correct?

Find out on the next page



How many of you thrown on hot dogs, hamburgers and staff on a grill? Well that is GRILLING, not barbecuing. Barbecue is over an open fire with sauce. It is slow-cooking meat at a low temperature for a long time over wood or charcoal—NOT propane gas.

First it dates back to 1492. It actually mean you roast the entire animal. Christopher Columbus saw the Native American (Taino culture) slow cooking large cuts of meats on covered platforms open fires. The word "barbieu" translates to "scared fire pit". The Spanish (1500's) imported a cooking process where ranchers roasted whole animals slowly in an open pit. They steamed the tough portions like ear and snouts. The first pigs were barbecued in the United States in South Carolina by Spanish conquerors. George Washington loved barbecues. He celebrated the founding of our nation with a barbecue that lasted nearly a week.

Slaves perfected rubs, salting and season to improve the less than finer cuts of meat thrown to them. It was said in the St. Louis and Chicago hubs, all black slaves had a personal secret recipe and were the finer of all barbecue cooks. There is a second argument that cowboys of the 1800's cattle drives perfected barbecuing.



the Grillmaster

It's not just for hot dogs anymore

Have you ever had a baked potato on the fire? How about an ear of corn? Fish or a kebob? Pineapple? Yummy Have you tried Dutch oven cooking with coals? Have you tried home made pizza on the grill?

Foods are cooked without laying in their excess fat thus healthy for you.

We tend to pile on all the fatty summer foods of potato salad, macaroni salad, brownies and ice cream at each cook out.



It is great to be outdoors but healthy and safety also. The temp can be horrible, the sun beating down. Remember to bring sun screen, plenty of H₂O and maybe a health snack like an apple or granola bar.