

# Family and Community Health “Connections” in Tom Green County

TEXAS A&M  
AGRI LIFE  
EXTENSION

## Firework Safety this 4th of July

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### Special points of interest:

- More fires are reported on July 4th than other days in the year...
- Healthy adults need about six to eight glasses of water daily...
- Getting good food at your local Farmers Markets...
- Summer fun with a T-Shirt bag...

Summer is synonymous with barbecues, parades and fireworks displays. But along with all the festivities are plenty of visits to emergency rooms—especially during July.

In 2017, at least eight people died and about 12,900 were injured badly enough to require medical treatment after fireworks-related incidents, according to the U.S. Consumer Product Safety Commission ([https://www.cpsc.gov/s3fs-public/Fireworks\\_Report\\_2017](https://www.cpsc.gov/s3fs-public/Fireworks_Report_2017)).

And while the majority of these incidents were

due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, thousands were from less powerful devices like small firecrackers and sparklers.

More fires are reported on July 4th than any other day of the year, according to the National Fire Protection Association (<https://www.nfpa.org/Public-Education/By-topic/Seasonal-fires/Fireworks>). Each year, fireworks cause on average 1,300 structure fires, 300 vehicle fires and nearly 17,000 other

fires resulting in thousands of injuries.

While many fireworks are legal to purchase and use, it doesn't mean they are safe. Remember, children should always be supervised and never operate fireworks alone.

The National Safety Council recommends all consumers only enjoy fireworks at a public display conducted by



professionals.

## Safety Tips for Using Fireworks

Here are some additional safety tips to use with your family:

- Never use fireworks while impaired by drugs or alcohol
- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Anyone using fireworks or standing nearby should wear protective eyewear
- Only light one device at a time and maintain a safe distance after lighting
- Never re-light or handle malfunctioning fireworks
- Only use fireworks away from people, houses and flammable material
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of a fire

Source: <https://www.nsc.org>

# Hydration: Water... The Forgotten Nutrient

Sharon Francey Robinson, PhD, RD, LD  
Associate Professor and Extension Nutrition Specialist  
Submitted by Barbara Brown

Water is an essential nutrient that every cell, tissue and organ of the body needs. In fact, our bodies are made up of 75% water. Some functions of water include:

- ◇ Transports nutrients, oxygen and wastes
- ◇ Helps medication to work properly
- ◇ Helps keep skin, eyes and mouth moist
- ◇ Helps prevent constipation
- ◇ Helps regulate body temperature

**Healthy adults of all ages need about six to eight glasses of water everyday.**

During hot, humid weather or strenuous activity, fluid loss may be much higher, so fluid intakes should be higher too. Here are some easy tips to add water to your diet.

- ◇ Take frequent water breaks throughout the day

Dehydration can occur in people of all ages including older adults, infants, children, athletes, or anyone on a hot day. If you are experiencing signs of dehydration, replace lost fluids immediately. If symptoms persist, see your health care provider.

## Signs of Dehydration

- ◇ Thirst, dry mouth, flushed skin
- ◇ Fatigue
- ◇ Headache
- ◇ Dizziness, weakness
- ◇ High body temperature
- ◇ Increased breathing rate, rapid pulse
- ◇ Dark yellow urine
- ◇ Skin that stays in a pinched position

## Aguas Frescas Watermelon and Lime

Combine 5 cups seedless watermelon cubed, 1 cup of water and 5-6 mint leaves into a blender until liquified. Pour watermelon mixture into a 2 quart pitcher, add 2 cups of water and 1 cup of ice, stir together. Garnish with thinly sliced lime rings and enjoy. Serve or store in a refrigerator up to 2 days. *Serving Size 1 cup.*

*Total Fat 0g, Total Carbohydrate 7g, Protein 0g*

## Summer, Vacations and Food

Due to a variety of factors, including warmer temperatures, foodborne illness increases in the summer. Stay healthy and safe during warmer months by following these food safety recommendations:

When bringing food to a picnic/cookout:

- Use an insulated cooler filled with ice or frozen gel packs. Frozen food can also be used as a cold source.
- Foods that need to be kept cold include raw meat, poultry and seafood; deli and luncheon meats or sandwiches, summer

salads (tuna, chicken, egg, pasta or seafood); cut up fruit and vegetables; and perishable dairy products.

- A full cooler will maintain its cold temperature longer than a partially filled one. Avoid opening the cooler repeatedly so that your food stays colder longer.

When cooking on the grill:

- Use separate cutting boards and utensils for raw meat and ready-to-eat items like vegetables or bread.
- Keep perishable food cold until

ready to cook.

- Use a food thermometer to make sure meat/poultry are cooked to their safe minimum internal temperatures:
- Beef, Pork, Lamb, Veal (steaks/chops) 145 degrees F. with a 3 minutes rest time; Ground meats—160 degrees F. and whole poultry, poultry breasts/ground poultry—165 degrees F.
- Always use a fresh, clean plate and tongs for serving cooked food.
- Keep hot food hot by setting it to the side of the grill rack.

# Shop Your Local Farmers Market

Adapted from USDA.gov; posted by Joyce Hornick, Dietetic Intern and Wendy Wasserman Communication Specialist, USDA. Submitted by Barbara Brown

## Why Shop at Farmers Markets?

Access to fresh, locally grown foods, for starters. That may be one of the best reasons, but there are many more. Farmers markets have fruits and vegetables at the peak of the growing season. This means produce is at its freshest and tastes the best. The food is typically grown near where you live. Shopping at farmers markets also supports your local farmers and keeps the money you spend on food closer to your neighborhood.

- ◇ In addition to cash, many farmers now accept credit cards, SNAP benefits and other nutrition benefits.
- ◇ Stretch your culinary imagination and try something new. Many vendors offer samples.
- ◇ Learn a farmer's secret.. First among them are tips on how to prepare fresh offerings, just ask.
- ◇ A great way to eat healthy is to put a spectrum of colorful fruits and vegetables on your plate. They are full of great nutrients. The more color variety, the better!

### Friendly advise before you go...

- **Dress comfortably!** Texas weather can change fast so keep a jacket and umbrella handy just in case.
- **Bring cash.** Not all markets take checks or credit cards.
- **BYOB - Bring your own bag .**
- **Go early.** For best selection, shop early in the day. Some items may be on sale at the end of the day but popular items sell out fast.
- **Avoid overripe produce or produce with bruises, mold, cuts or blemishes that can result in poor quality or contamination by bacteria.**
- **The quality of fresh produce begins to decline after it is picked so get it home right away.**

Texas A&M AgriLife Extension Adapted from The Garden Grocery: Food Safety & Selection at the Farmer' Market, University of Nebraska Extension, January 2010. Submitted by Barbara Brown



**Step 1:** Cut the sleeves off an old t-shirt.

**Step 2:** Cut the neckline area. You may prefer a slightly oval shape to a perfectly round one.

**Step 3:** Turn your t-shirt inside out. Determine where you want the bottom of the bag to be and trace a line across.

**Step 4:** Cut fringe. With sharp scissors, cut slits from the bottom of the shirt up to the line marking the bottom of your bag. You'll want to cut both the front and back layers together because they need to match up for the next step.

**Step 5:** Tie fringe. Take your first pair of fringe and tie it into a knot, then tie two more pairs. Grab the strand from the middle set (arrow pointing left) and tie in a knot with one of the other strands on the left set.

Then take the other strand from the middle set (arrow pointing right) and tie it in a knot with one of the strands on the right set.



## Tom Green County News

July 16—

District 7 4-H Junior & Intermediate Fashion Show @ Burnet

August 13—

EEA Yearbook Planning Meeting  
@ Extension Office  
At 10:00 a.m.

## TEXAS A&M AGRI LIFE EXTENSION

*Family & Community Health “Connections” is provided by  
these Texas A&M AgriLife Extension Service*

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*Janet Nelson, Coleman County*

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## Fruity Crunchy Chicken Salad

*Adding fruit to this salad not only adds color but extra vitamins A & C!*

- 1 cup chopped, cooked chicken breast (can use Rotisserie chicken)
- 1 cup canned mandarin orange segments, drained and cut into pieces
- 1/2 cup dried cranberries                      4 cups lettuce
- 1/2 cup almond slices                          1/3 cup reduced-fat salad dressing
- 1/2 cup peeled jicama, chopped

In a large mixing bowl, mix the chicken, orange pieces, cranberries, almonds and jicama. Add the salad dressing and toss to coat.

Cover the bowl with foil or plastic wrap and refrigerate for at least one hour or overnight.

To serve, place a lettuce leaf on each plate with 1 cup of chicken salad on top of each lettuce leaf. Yield: 4 servings.

*Source: dinnertonight.tamu.edu*



Nutrition Facts	
4 servings per container	
Serving size	(207g)
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 85mg	4%
Total Carbohydrate 32g	12%
Dietary Fiber 5g	18%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 418mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	