

NCWVCAA Nutrition and Safety June Newsletter

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Topics Discussed

National Safety Month
Water Safety
Let's Move... Warm Weather Fun!
Keeping Family Picnics Safe
Budget Friendly Picnic

June is National Safety Month

As we step into another month, the National Safety Council (NSC) wants all of us to stay safe. June is National Safety Month and this year focuses on reducing leading causes of injury and death at work, on the road and in our homes and communities. The month-long event features weekly topics: Hazard Recognition, Falls, Fatigue, and Impairment. To get in depth information on how to keep yourself and others safe, visit the National Safety Council www.nsc.org for more.



- ✓ Use snug fitting lifejackets instead of floaties, but remember a jacket will not prevent drowning
- ✓ Become certified in CPR/First Aid
- ✓ Install door alarms in the home to prevent children from going into a water filled area without you knowing
- ✓ Keep a phone and life preserver handy

For Adults:

- ✓ Always swim with a buddy
- ✓ Never swim while under the influence of alcohol or drugs
- ✓ Take swimming lessons
- ✓ When boating, wear a life jacket
- ✓ Swim in designated areas with a lifeguard present



Staying Safe In and Out of the Water

Water activities are very fun, and most children and their families spend a great deal of time in and around water in the summer months... Let's ensure we are being safe while having fun!

For Children:

- ✓ Always watch your child while he/she is bathing, swimming, or around water
- ✓ Empty all buckets, kiddie pools, and bathtubs immediately after use

Fit Outdoor Activities into Your Family's Life

Children need at least 60 minutes of active play every day of the week. Here are some warm weather ideas for fun outdoors!

- Create sidewalk art with chalk or water and brushes.
- Play hopscotch, London Bridge, or Ring around the Rosie.
- Go fruit picking at an orchard.
- Fly a kite or blow bubbles.

- Go on a nature hike and collect items along the way.
- Go to a public playground or park.
- Plant a garden.
- Visit a petting zoo.



Keep Family Picnics Safe at the Plate!

1. Bring water/soap to wash hands, surfaces, cutting boards.
2. Bring food thermometer. Use it to grill to safe internal temperatures: 160 F for burgers; 165 F for chicken and 145 F for fish.
3. Store chilled foods in a cooler with ice or ice packs.
4. Store uncooked meats or fish in well-sealed container to prevent leaks.
5. Picnic and store food in shade.
6. Discard leftover foods not eaten if they were in 90 F or above for 1 hour or more.



Budget Friendly Picnic Ideas



Load your picnic into any large bag or basket. This might be a large beach tote, a shopping basket or large paper bag with handles.

Make a portable cooler from a cardboard box lined with a plastic garbage bag. Load cold food into the cooler and place ice packs on top for maximum chilling effect.

For ice packs, fill one or more plastic or metal water bottles and freeze them solid (at least 24 hours). Be sure to leave plenty of head space, because water expands as it freezes. These water bottles can double as a source of drinking water for the ride home. Alternatively, use well-rinsed milk cartons or zipper bags to create ice packs.

Bring a ground cover, such as a plastic tarp or heavy blanket. Even seemingly dry locations can become damp after an hour or two of sitting. Top your cover with a pretty tablecloth for a festive look.

Include sun and wind protection as needed, including hats, sunglasses, umbrellas, and sunscreen.

Pack two sets of cleaning cloths or paper towels. Prepare one wet set, by soaking cloths or towels in soapy water and wringing them out before sealing in a zipper style bag. Leave the other set of towels dry and pack them in a separate bag.

Use your everyday kitchenware. Save money on disposables by using your cloth napkins and stainless flatware. Buy inexpensive paper plates and cups, or bring real plates and glasses, as long as you pack them carefully to avoid breakage — wrap breakables in the napkins or extra dish towels. Be sure to monitor trash disposal to avoid tossing out your good stuff.

Don't forget a garbage bag, especially in out-of-the-way locations without trash receptacles. In the wilderness, remember to take only photographs and memories; leave nothing but footprints.

Minimize expensive meats. If you want to include them, the cheapest meat choices are a whole roast chicken, served cold; canned tuna (made into tuna salad mixed with chopped celery, onion, pickle and mayonnaise).

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