

Stay Healthy This Summer

Stay healthy and safe this summer. Here are some tips that can help you during these fun months to come: always eat your breakfast in the morning, it gives your metabolism a jump start for the day. Choose lower fat foods; baked, boiled and grilled foods are better than the fried alternative. Low fat dairy is a better choice than the full fat version. Stick to your exercise routine, even if it's just going for a walk each day. The right combination of diet and exercise can actually help prevent some chronic diseases. Make sure you get all the rest you need; your cells actually regenerate themselves while you're sleeping. Also, don't forget about eating those fruits and veggies; they're in season now, so enjoy yourself while getting those important vitamins and minerals you need. Enjoy your summer!

Cooking Lesson... PEAR APPLE COLE SLAW

Ingredients:

- 1/4 cup cider vinegar
- 1 tbsp brown sugar
- 2 tsp sunflower seeds
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 cups thinly sliced Granny Smith apple (about 1 large apple)
- 2 cups thinly sliced pear (about 1 large pear)
- 1 (12-ounce) package cabbage-and-carrot coleslaw



Directions:

Combine cider vinegar, brown sugar, sunflower seeds, salt and pepper in a small bowl, then set aside. Combine apple, pear, and coleslaw in a large bowl; stir in dressing. Chill for to 2 hours.

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Produce of the Month

Tomatoes are red because they contain lycopene, an important antioxidant which is said to help in fighting diseases. Tomatoes are very versatile. They can be eaten raw in salads and sandwiches or made into products such as soup or tomato sauce.



Activity of the Month

Tennis is fun but it can get competitive. If you are ready to improve your game, remember to stay determined, know which shots to play, stay physically fit and watch your footwork! If you break the game down, it won't be so difficult!