



Produce Tips

Does your produce go bad before you can use it? Check out these tips to help make your produce last longer!

1. Banana: Stick in the fridge 
2. Greens: Seal them in a bag, place in the freezer and use them for a smoothie
3. Herbs: Chop them up, freeze them in an ice cube tray with olive oil and use when cooking
4. Berries: Blend up and make a jam or preserve
5. Citrus Fruits: Chop up lemons and use them to freshen up the garbage disposal! 
6. Celery: Cut off the ends and stand them up in a cup of cold water

Too much produce? Here are a couple ways to use your extra vegetables.

1. Make a dish for a neighbor
2. Make a veggie goodie bag for family or friends
3. Pickle, dehydrate or ferment your pickings
4. Donate to a local food pantry
5. Deliver a box to your local fire station 
6. Compost it

Staying Cool This Summer

With the weather getting warmer, it's important to know how to protect yourself from the summer's heat when doing activities outside.

- Take a look at the weather report and keep an eye on the temperature and humidity
- Hydrate!
 - Take frequent breaks to sip some H₂O
- Dress Appropriately
 - Light colored clothing
 - Sunblock



Exercising in hot, humid weather can quickly raise your body's temperature, putting you at risk for heat exhaustion or heat stroke. Heat exhaustion can develop after days of exposure to high temperatures, and insufficient replacement of fluids.

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| • Heavy sweating | • Fatigue | • Headache | • Dark urine |
| • Muscle cramps | • Weakness | • Nausea or vomiting | • Cool, moist skin |
| | • Dizziness | | |



Check out the **Farmer's Market** every **Thursday** from 11am-2pm on Hospital Drive!

Challenge Yourself

Earn \$50.00 with the Fall Fitness Challenge!

Track 30 minutes of physical activity for 30 days to earn the \$50 gift card reward. **Registration runs September 09-November 04, 2019. The challenge runs from September 23-November 18, 2019.** Remember to track your activity weekly in the "Track" section of the portal.