

The Edible Editorial

July 2023

How to Keep Kids Safe This Summer

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As temperatures increase, so does the need for safety precautions.

Summer is a great time for kids to get outside and enjoy the weather - but it's important for parents and guardians to remember safety tips throughout the season. "We want children to run, play and enjoy themselves, but we also have to be mindful that certain environmental elements may be potentially dangerous to them," says pediatrician Paula Sabella, MD.

1. Protect kids' skin

Sunburn is the scourge of summer, and kids are especially susceptible. It's important that you lather your child with sunscreen any time they're headed outdoors. The American Academy of Pediatrics recommends that children wear sunscreen with at least 15 to 50 spf.

Remember to reapply sunscreen every two hours or after swimming, sweating or toweling off, and consider wearing sun protection clothing for an added barrier.

Sunscreen isn't recommended for babies under six months, who should always be kept out of direct sunlight. Keep your little ones protected from sun by dressing them in lightweight clothing and sun hats, and using umbrellas for shade.

"Harmful ultraviolet rays are at their strongest from between 10 am and 4 pm. Minimizing outdoor play during these hours also minimizes the risk of sunburn to children," Dr. Sabella explains, "but even when they're in the shade, continue to use sunscreen!"

2. Hydrate, hydrate, hydrate

When it comes to warm weather, hydration is key - and not just when kids are playing sports or sitting in the sun. "Keep kids hydrated at all times, especially the day before a big activity or even the day before a play date," Dr. Sabella advises.

Steer clear of soda, energy drinks and fruit juices, which may worsen dehydration. Water is the best source of hydration for kids who are over 1 year old, while breast milk and formula are the preferred fluids to hydrate kids under a year. To gauge whether your child is hydrated enough, take a peek at the color of their urine. It should be a light yellow color, not golden or dark.

3. Maintain healthy eating habits

Sodas and ice cream trucks and cookouts, oh, my! Opportunities for junk food abound during the summer, but abiding by healthy eating habits for kids while they're out of school will ensure that your little ones learn healthy, consistent habits and get the vitamins and nutrients they need to fuel their summer fun.

4. Prevent playground mishaps

As they spend more time outdoors during the summer, kids may be more prone than ever to scrapes and bruises. Practice safe playground habits to prevent injuries.

- Find the right playground. "Choose one that's appropriate for your kids, with equipment that suits their ages, size and abilities," Dr. Sabella says.

Article continues on page 2 .

How to Keep Kids Safe This Summer (continued)

- Do a touch test. Kids can get thermal burns from playground equipment, so confirm that slides and swings aren't too hot before kids play.
- Wear the right attire. Opt for sturdy-soled sneakers over slippery flip-flops, and avoid clothing with strings, such as hoodies, which can get caught in equipment.
- Look for safe surfaces. Some playgrounds offer rubber or mulch on which kids can safely run, play and even fall. These surfaces are more kid-friendly – and less accident prone - than cement and asphalt.

To be on the safe side, keep a first aid kit handy and brush up on how to treat common playground injuries, from splinters and friction burns to bumps and bruises.

5. Don't overdo it on the outdoors

Kids of all ages should take breaks from playing outside

by retreating into the shade - or, even better, into air conditioning - every 20 to 30 minutes.

"Kids need time to relax, cool off and hydrate before they return to play," Dr. Sabella says. "And once they're done playing for the day, continue to keep up that hydration."

Hot, humid weather also puts active kids at a higher risk for developing heat rash, so take precautions to avoid it and make sure you know how to treat it in case it happens.

Enjoy your summer!

By following common-sense safety precautions, you can set your child up for a safe and enjoyable summer—without necessarily hovering over their shoulders all season long.

"Be mindful of the sun, keep an eye on hydration, and keep pool safety and water safety in mind," Dr. Sabella encourages. "And most of all, have fun, love your children and enjoy the summer safely with your children."

Cheesy Ranch Corn —USDA Recipe for Child Care Homes

CACFP Crediting Information (8 servings):

One serving provides 3/4 oz. meat alternate and 1/2 cup vegetable.

Ingredients:

- 3 (15 oz.) canned corn kernels, drained and rinsed.
- 1 cup plain Greek yogurt.
- 1 tbsp. ranch seasoning
- 1 lime, juiced
- 2 tbsp. butter
- 1 cup shredded cheese

Directions:

1. Place corn and butter in a medium microwave-safe bowl. Microwave until butter fully melts and corn is hot, about 4 minutes. Remove from microwave and mix until corn is coated in butter.
2. Add yogurt, ranch seasoning, lime juice, and cheese to bowl. Mix until well combined with corn.
3. Serve each child 2/3 cup.



Home & Center Based Day Care—Training

HOMES: The following should always be available to review in your home when a Consultant, MDE or USDA comes to visit:

- Current months menus, meal attendance, and daily attendance (sign in/out sheets).
- Copies of all parent completed, signed and dated Child Registration Letters/Child Enrollment Reports.
- Your copy of the Provider Application and Provider/Sponsor Agreement.
- Copies of the current fiscal years paperwork (menus, meal attendance, daily attendance) available in the home. Three previous fiscal years worth of paperwork need to be kept in an accessible place if they are needed by the Sponsor, MDE or USDA.

CENTERS: The following should always be available to review at the site when a Consultant, MDE or USDA comes to visit:

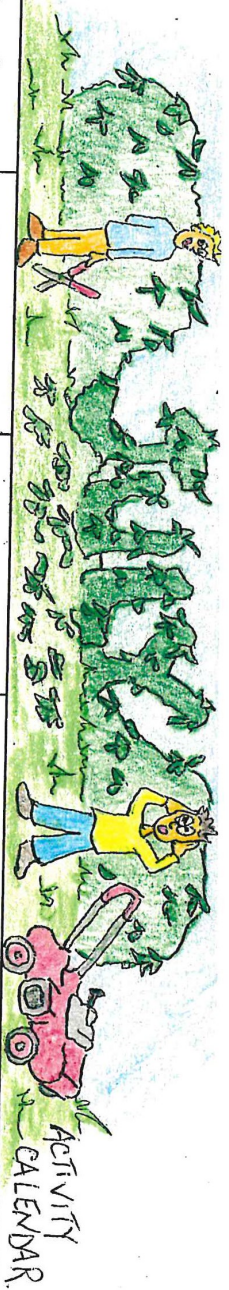
- Current months menus, meal attendance, and daily attendance (sign in/out sheets).
- Copies of all parent completed, signed and dated Child Registration Letters and Household Income Eligibility Applications.
- Copies of any Formula/Food Sign Off Statements for infants in care.
- Copies of all food and supply receipts to verify CACFP purchases.
- Your copy of the Provider/Sponsor Agreement.
- Copies of the current fiscal years paperwork (menus, meal attendance, daily attendance) available in the center. Three previous fiscal years worth of paperwork need to be kept in an accessible place if they are needed by the Sponsor, MDE or USDA.












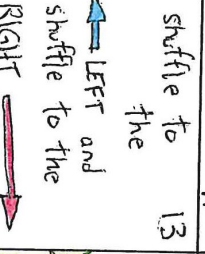


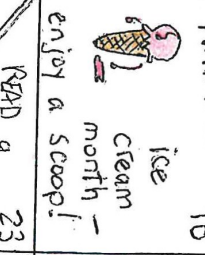



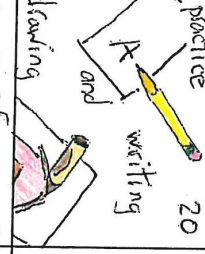
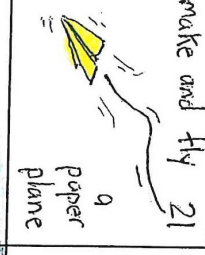

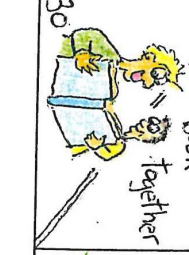


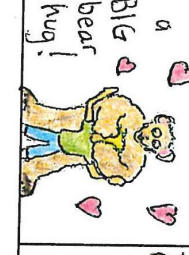
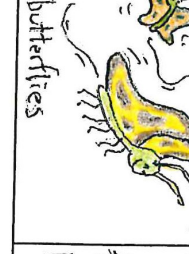

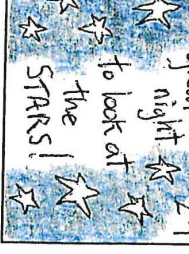
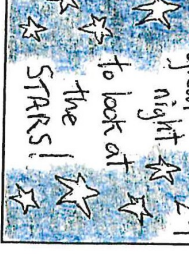
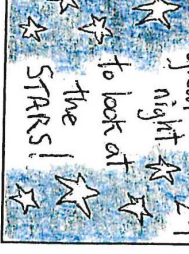
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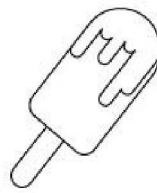
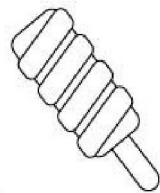
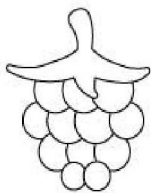
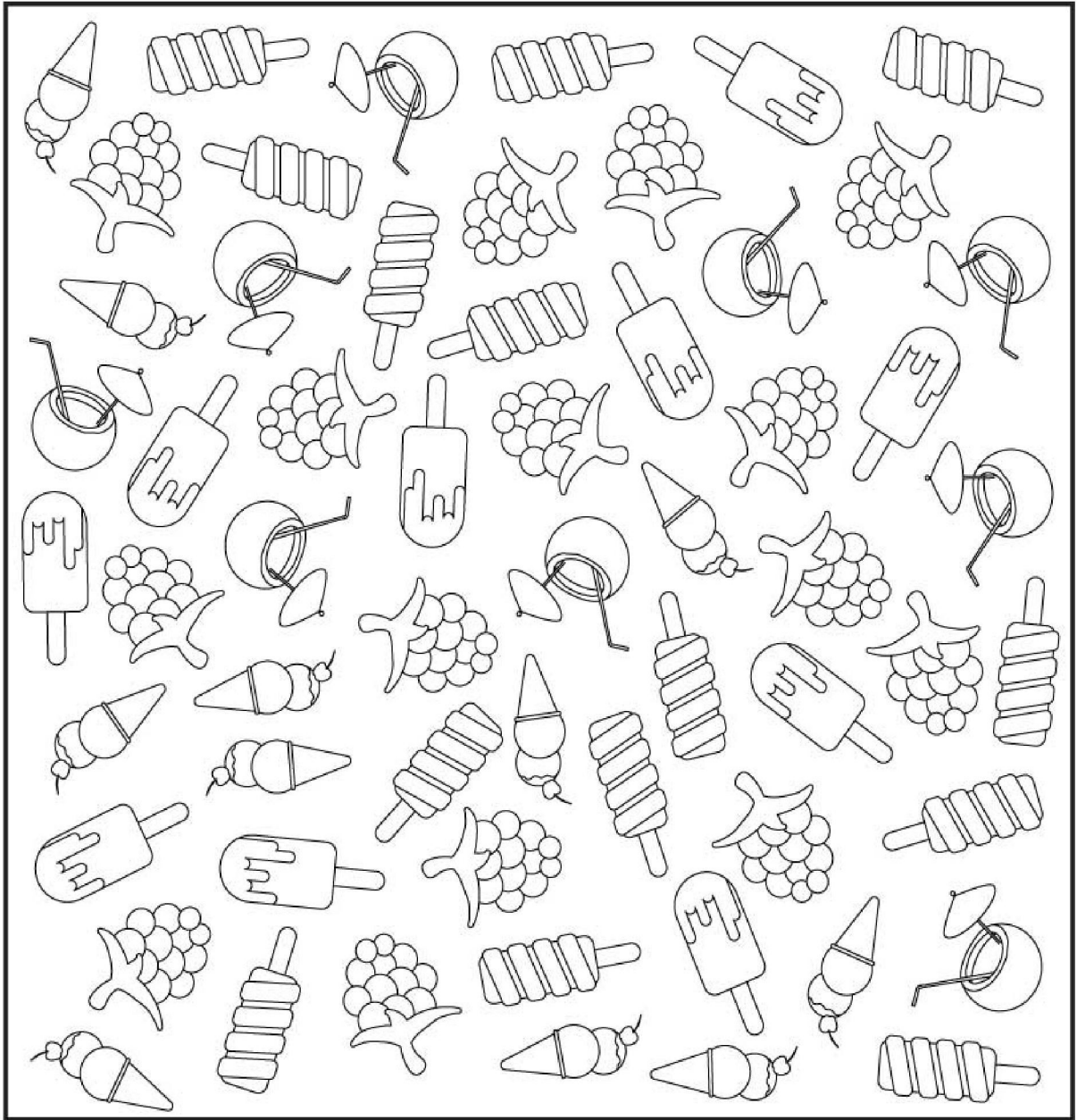
To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
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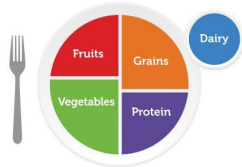


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>count the cans in your kitchen 2</p> 	<p>taste something sweet, sour and salty 3</p> 	<p>CELEBRATE Independence Day! 4</p> 	<p>make up a new dance and shake it with the family 5</p> 	<p>put some ice on the sidewalk. what happens? 6</p> 	<p>visit the LIBRARY 7</p> 	<p>pretend you're the grown-up look at your parents are the kids 8</p> 
<p>play a game with the whole family 9</p> 	<p>sing your favorite songs 10</p> 	<p>TRY a new vegetable for a snack 11</p> 	<p>make sets of 5 with blocks or beads 12</p> 	<p>shuffle to the LEFT and RIGHT 13</p> 	<p>crawl on the ground... look for bugs! 14</p> 	<p>make mud pies, dirt + water = dirt water but DON'T eat them! 15</p> 
<p>NATIONAL ice cream month - enjoy a scoop! 16</p> 	<p>Can you walk and balance a book on your head? 17</p> 	<p>draw on a sidewalk with chalk 18</p> 	<p>count the signs on your block 19</p> 	<p>practice writing and drawing 20</p> 	<p>make and fly a paper plane 21</p> 	<p>EAT a grilled cheese sandwich 22</p> 
<p>READ a book together 23</p> 	<p>water some flowers 24</p> 	<p>clap and tap to music 25</p> 	<p>give someone a BIG bear hug! 26</p> 	<p>LOOK for butterflies 27</p> 	<p>have a family barbecue 28</p> 	<p>great night to look at the STARS! 29</p> 
<p>30</p> 	<p>31</p> 					

Summer Medium I-Spy!



Start *simple*
with **MyPlate**



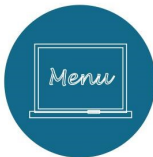
Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



Offer nonfood rewards

Foods aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information.
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**The benefits of healthy eating
add up over time, bite by bite.**

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