



# Wings

A Weekly Newsletter for Families

July: Week 1  
**Nutrition**

“It is the food which you furnish to your mind that determines the whole character of your life.” – Emmet Fox

## Food Tips for Independence Day

If you're celebrating the Fourth of July with a cookout or picnic, keep these warm weather food safety tips in mind.

- Foods that need to be kept cold include raw meat, poultry and seafood; summer salads (especially if they're made with mayonnaise); cut up fruits and veggies; and perishable dairy products.
- Use separate cutting boards and utensils for raw meat and ready-to-eat items like bread and veggies.
- Cook beef, pork, lamb, veal and poultry to the recommended safe minimum internal temperature.
- Use a fresh, clean plate and tongs to serve cooked food.
- Never reuse items that touched raw meat or poultry to serve cooked food.
- Perishable food should not sit out for more than two hours – and never more than one hour if the temperature is above 90 degrees Fahrenheit.
- Serve cold food in small portions and keep the rest in the cooler.
- Keep cooked meat and poultry hot until it's served by setting it to the side of the grill rack.



## •• INFANT Inspiration

### Keep Baby Hydrated

Babies under 6 months old should not drink water, and from 6-12 months should only get sips. In the summer heat, give them extra formula or nurse frequently to keep them hydrated. Signs of dehydration include sleepiness, irritability, thirst, decrease or absence of tears, dry mouth and decreased number of wet diapers. The eyes and fontanel (soft spot on the head) may also appear sunken.

## •• TODDLER Tales

### Easy Summer Snacks

Keep your toddler happy and healthy this summer with easy finger foods. That means sliced cucumbers, mini pitas with turkey, mini muffins made with carrots or zucchini, baked sweet potato fries, and veggies and fruit with yogurt dip.

## •• PRESCHOOL Power

### Good Habits for Healthy Bodies

- Eat meals with your preschooler whenever possible. Let your child see you enjoying fruits, vegetables and whole grains at meals and as snacks.
- Limit food and drinks that contain added sugars, solid fats and salt.
- To make moving and being active fun, give your child age-appropriate play equipment and let them choose what to play

