



JULY 2019

CUGCONNECTION

Your Monthly Newsletter



Current Event:

The Fruit Campaign
brings to you....

PEACHES

Wednesday, July 10th!



Stay Hydrated This Summer

General guidelines recommend adults drink eight 8 ounces glasses of water a day!

If you are concerned that you are not drinking enough water, check your urine! If your urine is usually colorless or light yellow, you are well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated.



8x8 Rule

July is National UV Ray Awareness Month

Did you know...

- ❖ UV rays are the strongest between 10am – 4pm
- ❖ UV rays are present **all** year, but stronger during spring and summer months.
- ❖ Some types of clouds can reflect UV and can **increase** UV exposure
- ❖ UV rays can bounce off surfaces like water, sand, pavement, or grass and even pass through car or house windows

Always check with the local news to find out the UV index for the day! Keep this in mind..

UV PROTECTION CHART

Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Staying indoors between 10am-4pm

Skin Cancer Prevention and Early Detection



Skin cancer is caused by too much exposure to Ultra-violet rays. Limiting time in the sun and applying sunscreen regularly greatly reduces the risk of cancer. Skin cancer is the most common cancer in the United States. In fact, more skin cancers are diagnosed in the US each year than all other cancers combined! Nearly all skin cancers can be treated effectively if they are found early... so knowing what to look for is important!

Asymmetry - if you draw a line through this mole, the two halves will not match, meaning it is **asymmetrical**

Border – uneven borders. The edges may be scalloped or notched.

Color - Having a variety of **colors** is a warning signal.

Diameter - Melanomas usually are larger in **diameter** than the eraser on your pencil tip ($\frac{1}{4}$ inch or 6mm)

Evolving - Be on the alert when a mole starts to **evolve or change** in any way. This includes size, shape, color, elevation, or any other trait.



Summer Food Safety

Foodborne illnesses tend to increase during summer months when warmer temperatures allow foodborne germs to flourish. Bacteria that cause food poisoning grow rapidly at temperatures between 40 °F and 140°F. During the summer people tend to cook outside, away from refrigerators, thermometers, and sinks more often. Keep these tips in mind while enjoying a cookout during these next few months...



Clean



- Wash your hands before **and** after handling raw meat, poultry, and seafood
- Rinse all fruits and vegetables under warm tap water before preparing
- Clean all cooking surfaces, cutting boards and utensils with hot soapy water before use

Separate



- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart and refrigerator.
- Do not use the same platter, cutting board or utensils for raw and cooked foods
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs



Keep COLD foods COLD

- Cold perishable food should be kept in the cooler at 40 °F or below until serving time.



Keep HOT foods HOT

- Hot food should be kept hot, at or above 140 °F. Wrap it well and place it in an insulated container until serving.

Once served, foods should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it.

Cooking to the *right* temperature

Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria. This temperature should read for 15 seconds.

USDA United States Department of Agriculture

"Is it *done* yet?"

You can't tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

145°F	145°F	160°F	160°F	165°F
with a 3-minute rest time				
Beef, Pork, Veal & Lamb Steaks, Roasts & Chops	Fish	Beef, Pork, Veal & Lamb Ground	Egg Dishes	Turkey, Chicken & Duck Whole, Pieces & Ground

www.FoodSafety.gov

USDA Meat & Poultry Hotline
1-888-MPHotline (1-888-674-6854)

CLEAN SEPARATE COOK CHILL

Food Safety and Inspection Service

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