

PATCH Food Program

August Newsletter



August is Summer Sun Safety Month & Lucky we live Hawaii! Although we are fortunate enough to see sun almost all year long, we still want to remain safe. According to Robin Easley, a nurse practitioner with the Cancer Survivorship Clinic at the Pali Momi Medical Center, "Skin Cancer accounts for at least half of all cancers diagnosed in the United States"

5 Tips To Shield Your Skin From the Sun

- Sunscreen
 - Always use sunscreen w/an SPF rating of 30 or higher
- Clothing
 - Cover up. The less amount of skin exposed reduces your chances of skin cancer
- Hats
 - Wider is better. Choose hats that cover your entire head, including your ears and back of neck
- Sunglasses
 - Look for labels or seals indicating that they block 99-100% of UVA & UVB rays
- Shade
 - Seek shelter. Umbrellas aren't just for rain. They make a great sun blocker tool

Summer Sun Safety Month



How to identify if your yogurt is within the Sugar Limit

Step 1 Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

Step 2 Find the Sugars line. Look at the number of grams (g) next to the sugars.

Step 3 Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

Is your yogurt CACFP Creditable?

Sugar Limits in Yogurt	SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small>	SUGARS
	If the serving size is:		Sugars cannot be more than:
	2.25 oz	64 grams	9 grams
	3.5 oz	99 grams	13 grams
	4 oz	113 grams	15 grams
	5.3 oz	150 grams	20 grams
	6 oz	170 grams	23 grams
	8 oz	227 grams	31 grams

Step 4 Once you have identified the Serving Size, look at the number to the right under the "Sugars" column.

If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.



Elmo's Strawberry Pops

Snack Crediting for Ages 3-5



Total Time
30 minutes



Serving Size
1 pop



Servings
4



Components
Meat/Meat Alternate,
Fruit

Ingredients

- 2 cups strawberries
- 1 cup Greek yogurt
- ¾ teaspoon lemon juice
- ½ teaspoon vanilla

Make sure your yogurt is #CACFPcreditable!

Click [here](#) to learn how to identify sugar limits.



This recipe created in partnership with
Sesame Street in Communities.

