



JULY NEWSLETTER

HEAT SAFETY AWARENESS

Living on an island has its perks – tropical weather year-round is just one of the many reasons we're lucky to live in Hawaii. But is it possible to have too much of a good thing? When the mercury on the thermometer goes up, up, up, so does your internal temperature. If you can't cool down fast enough, heat stress sets in. Heatstroke is the most serious heat-related disorder. It occurs when body temperature rises to 106 degrees or higher within 10-15 minutes. In serious cases, heatstroke can cause death or permanent disability if emergency treatment is not given immediately. Another type of heat stress is heat exhaustion, which occurs when the body loses a large amount of water and salt, usually due to excessive sweating from outdoor activities. Those most at risk for heat stress include the elderly (ages 65 and older), infants and children, and people with chronic medical conditions.



SYMPTOMS OF HEATSTROKE INCLUDE:

- Hot, dry skin or profuse sweating.
- Raised body temperature.
- Chills.
- Throbbing headache.
- Confusion or dizziness.
- Hallucinations.
- Slurred speech.

SYMPTOMS OF HEAT EXHAUSTION INCLUDE:

- Clammy skin.
- Profuse sweating.
- Slightly raised body temperature.
- Pale or flushed complexion.
- Extreme weakness or fatigue.
- Muscle cramps.
- Fast, shallow breathing.
- Confusion or dizziness.
- Nausea.



FOOD PROGRAM

LET'S TALK ABOUT WATER



As part of the New Meal Patterns, beginning October 1, 2017, providers **must offer drinking water** in addition to making it available. It can often be challenging to get kids to drink the right amount of water they need throughout the day. NCA has created a toolkit to help you teach the importance of drinking water, encouraging them to drink more. There are fun activities for each day for one full week, allowing you to focus on drinking water in conjunction with your everyday curriculum.



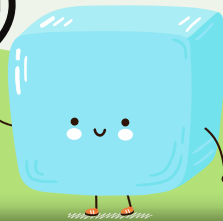
To get your copy of this toolkit

SCAN ME

HAPPY
4th of July



Dude, you need to chill



PATCH OFFICES
WILL BE CLOSED

For a list of Firework shows and other activities across the state



Big Bird's Happy Day Sunrise Smoothie

Snack Crediting for Ages 3-5


Total Time
10 minutes


Serving Size
1 cup


Servings
8


Components
Meat/Meat Alternate,
Fruit

Ingredients

- 2 1/2 cups plain yogurt
- 3 1/2 cups pineapple juice
- 16 ounce bag frozen pineapple

Make sure your yogurt is #CACFPCreditable!

Directions

1. Add all ingredients to a blender, mix on high until smooth.
2. Serve 1 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.



This recipe created in partnership with Sesame Street In Communities.