

Breakroom Buzz

June is National Dairy Month

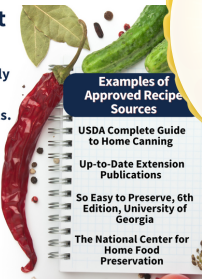
- The daily recommended amount for dairy for individuals 9 years old and up is **3 cups a day**.
- Lactose intolerant? Try soy milk, lactose free milk, or yogurt. Fish and dark leafy vegetables are an additional source of calcium.
- Snack on the go? Grab low-fat string cheese, a container of low-fat or fat-free yogurt, or a pudding pack made with low-fat milk. When hitting the coffee shop ask for low-fat or skim milk in a latte.
- Substitutions? Substitute plain non-fat yogurt for sour cream, use fat-free evaporated milk instead of cream or try Neufchâtel cheese or low-fat ricotta cheese in place of cream cheese

Source: choosemyplate.gov

Thinking about canning?

- ✓ Use scientifically tested recipes for safe and quality products.
- ✓ Canning recipes published before 1994 should not be used.

Learn to Can with Confidence throughout the month of June. Scan to learn more!



University of Illinois Extension financial professionals can help you gain the confidence to discuss your finances! All webinars are at noon CST.

- **Who Are You With Money**
June 6
- **Fair Access to Credit**
June 20
- **How Much is Too Much Debt**
June 13
- **Debt Repayment Strategies**
June 27



go.illinois.edu/LTM



Five Tips to Stay Cool this Summer!

Find additional tips for staying cool through the [Centers for Disease Control and Prevention](https://www.cdc.gov)

Stay indoors!

Avoid going outside during the sun's most intense hours of the day. Early mornings and later in the afternoon are typically the best times to go outside.

Dress lightly!

Wear lightweight, light-colored clothing and a wide-brimmed hat; it prevents most heat from absorbing. Look for sun-protective clothing.

Stay hydrated!

Drink more water than usual, and don't wait until you are thirsty. Eat fruits and vegetables with a high water content, such as cucumbers, celery, zucchini, watermelon, strawberries, and cauliflower.

Stay safe!

Know where to go to find a local cooling center. Never leave a child in a car. The inside of a vehicle can become dangerously hot in a short amount of time.

Stay cool!

Place an ice pack around the neck and under armpits to stay cool. Try a cool bath or use a water mist to cool down.

Sources:
 Fountain, M. (2010, June 28). 5 helpful tips to stay cool this summer. New York. <https://states.aarp.org/new-york/5-helpful-tips-to-stay-cool-this-summer/>
 Centers for Disease Control and Prevention. (2017, June 19). Heat stroke in older adults. Centers for Disease Control and Prevention. <https://www.cdc.gov/heatstroke/olderadults/heat.html>
 Adapted by Tessa Hobbs-Curley, Family Life Extension Educator

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