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FOOD SAFETY

Tips for keeping food safe

Cold

Use two coolers: one for cold drinks and another for cold foods that can be kept sealed until it is time to eat.

Clean

Wash your hands or use hand sanitizer.

Cook

Cook meats to the proper temperature.

Keep cold foods cold and hot foods hot.

Clean

Keep prep surfaces clean. Bring two plastic cutting mats: one for meats and one for vegetables.

If it's hot

Keep food out for no more than 1 hour.

Throw it out

If food has been out for longer than 2 hours or more than 1 hour if the temperature is over 90⁰.

the Truth *about* Tanning

Your natural skin color is great the way it is!

Myth

"I have to get a tan to look good."

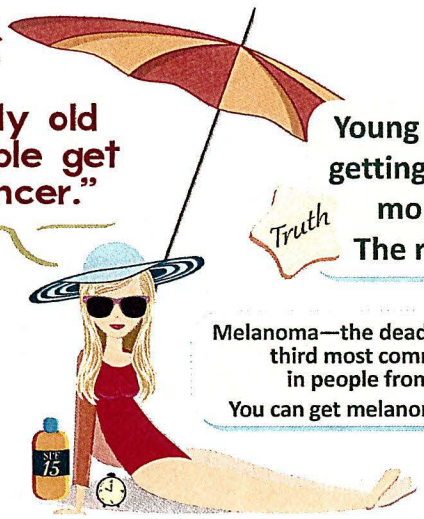
Truth

You should know your skin will pay a price!

Every time you tan, you increase your risk of melanoma.

Myth

"Only old people get cancer."



Truth

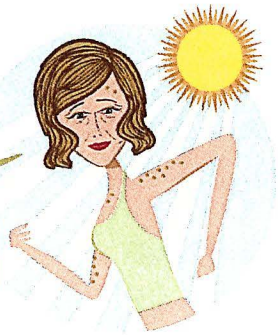
Young women are getting skin cancer more often. The risk is real!

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39.

You can get melanoma in your eyes.

Myth

"Having a good 'base tan' will protect my skin from the sun."

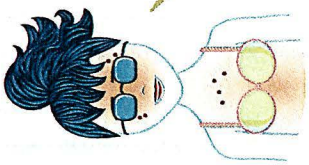


Truth

A tan is a sign of damaged skin.

Myth

"Tanning beds are a good way to get vitamin D."



Truth

Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.

You can get more than a tan from a tanning bed.

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- Genital warts
- Skin rashes
- Skin warts
- Flaky, discolored patches on your skin

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control

Grill for Health

Strive™ for Wellness

Create healthy, fresh and flavorful dishes for your backyard barbecue

Choose the Right Cut

The cut of meat or meat product determines the amount of fat it contains. Certain cuts are healthier than others.

Meat	Eat Less	Eat More
Beef and pork	Ribs (spareribs, country-style, back ribs), T-bone steak, flank steak, shoulder, sausage, hot dogs, blade steak	Tenderloin, eye round steak, top round steak, brisket, round steak, bottom round steak, top sirloin steak, chops
Poultry	Dark meat — legs, thighs and wings	Light meat from the breast

Swap Sauce for Spices

Barbecue sauce is flavorful but can have almost 50 calories and 13 grams of sugar per tablespoon! Instead, use the seasoning suggestions below. For a healthier blend, nix the salt.

Pork: Jerk seasoning, cayenne pepper, black pepper, cumin, thyme, Chinese five spice, dry mustard, white pepper, ginger
Beef: tarragon, oregano, thyme, rosemary, horseradish, cumin, chili powder, black peppercorns, paprika, chives
Poultry: rosemary, fresh garlic, basil, tarragon, thyme, black pepper, lemon zest, orange zest, sage, marjoram
Fish: dill, lemon zest, garlic powder, fresh basil, salt and pepper, cayenne pepper
Veggies: salt and pepper, lemon zest, cumin, cayenne pepper, basil, oregano, thyme, fresh garlic

Everybody in the Pool!

Try a marinade to seal in flavor. Marinades, especially with, oil, vinegar, citrus and spices, are a healthier alternative to molasses, ketchup, brown sugar or barbecue sauce. Place raw meat into the marinade for a few hours prior to cooking. Don't forget to refrigerate the meat/marinade mixture to minimize bacteria growth.

Simple Garlic Citrus Marinade

Whisk together 1 cup canola oil with ½ cup lemon juice, ¼ cup orange juice, 5 minced garlic cloves, 2 tablespoons freshly chopped basil, 1/8 teaspoon cayenne pepper, ½ teaspoon salt and ½ teaspoon black pepper

Scrumptious Side Suggestions

Choose side dishes that incorporate fresh produce and flavorful seasonings to compliment your main dish.

Spinach Salad	Fresh spinach, cherry tomatoes, 1 handful shredded mozzarella cheese, balsamic vinaigrette dressing
Grilled Veggie Kebabs	Skewer sliced zucchini, pineapple, red and green bell peppers, and mushrooms (or veggies of your choice) onto skewers, season with oil and spices, grill until tender
Zesty Brown Rice	Cook brown rice in low-sodium broth until tender. Season with paprika, garlic powder, onion powder, black pepper, cayenne pepper, oregano and thyme
Grilled Potatoes and Onions	Cut baking potatoes into wedges, and add sliced white onions and season with canola oil, oregano, salt, pepper and rosemary. Toss together, and place mixture onto a large piece of aluminum foil and wrap. Grill for 20-30 minutes, until potatoes and onions are tender and cooked through

For additional nutrition information, visit:
www.mchcp.org/statemembers/striveforwellness

United States Environmental Protection Agency

United States Environmental Protection Agency

Air and Radiation
6205J

EPA 430-F-10-026
June 2010
www.epa.gov/ozone/strathome.html

Health Effects of Overexposure to the Sun

Ozone layer depletion decreases our atmosphere's natural protection from the sun's harmful ultraviolet (UV) rays. This fact sheet provides a quick overview of the major health problems linked to overexposure to UV radiation:

- Skin cancer (melanoma and non-melanoma)
- Premature aging of the skin and other skin problems
- Cataracts and other eye damage
- Immune system suppression

Understanding these risks and taking a few sensible precautions will help you enjoy the sun while lowering your chances of sun-related health problems.

Did You Know?

Skin cancer is the most common form of cancer in the United States.

Ultraviolet (UV) radiation from the sun and from tanning beds is classified as a human carcinogen by the U.S. Department of Health and Human Services and the World Health Organization.

Skin Cancer

Each year, more new cases of skin cancer are diagnosed in the U.S. than new cases of breast, prostate, lung, and colon cancer combined. One in five Americans will develop skin cancer in their lifetime. One American dies from skin cancer every hour. Unprotected exposure to UV radiation is the most preventable risk factor for skin cancer.

Melanoma

Melanoma, the most serious form of skin cancer, is now one of the most common cancers among adolescents and young adults ages 15-29. While melanoma accounts for about three percent of skin cancer cases, it causes more than 75 percent of skin cancer deaths. UV exposure and sunburns, particularly during childhood, are risk factors for the disease. Not all melanomas are exclusively sun-related—other possible influences include genetic factors and immune system deficiencies.

Non-melanoma Skin Cancers

Non-melanoma skin cancers are less deadly than melanomas. Nevertheless, they can spread if left untreated, causing disfigurement and more serious health problems. There are two primary types of non-melanoma skin cancers: basal cell and squamous cell carcinomas. If caught and treated early, these two cancers are rarely fatal.

- **Basal Cell Carcinomas** are the most common type of skin cancer tumors. They usually appear as small, fleshy bumps or nodules on the head and neck, but can occur on other skin areas. Basal cell carcinoma grows slowly, and it rarely spreads to other parts of the body. It can, however, penetrate to the bone and cause considerable damage.

- **Squamous Cell Carcinomas** are tumors that may appear as nodules or as red, scaly patches. This cancer can develop into large masses, and unlike basal cell carcinoma, it can spread to other parts of the body.

Other Skin Damage

Other UV-related skin disorders include actinic keratoses and premature aging of the skin. Actinic keratoses are skin growths that occur on body areas exposed to the sun. The face, hands, forearms, and the "V" of the neck are especially susceptible to this type of lesion. Although premalignant, actinic keratoses are a risk factor for squamous cell carcinoma. Look for raised, reddish, rough-textured growths and seek prompt medical attention if you discover them.

Chronic exposure to the sun also causes premature aging, which over time can make the skin become thick, wrinkled, and leathery. Since it occurs gradually, often manifesting itself many years after the majority of a person's sun exposure, premature aging is often regarded as an unavoidable, normal part of growing older. However, up to 90 percent of the visible skin changes commonly attributed to aging are caused by the sun. With proper protection from UV radiation, most premature aging of the skin can be avoided.

Cataracts and Other Eye Damage

Cataracts are a form of eye damage in which a loss of transparency in the lens of the eye clouds vision. If left untreated, cataracts can lead to blindness. Research has shown that UV radiation increases the likelihood of certain cataracts. Although curable with modern eye surgery, cataracts diminish the eyesight of millions of Americans and cost billions of dollars in medical care each year.

Other kinds of eye damage include pterygium (tissue growth that can block vision), skin cancer around the eyes, and degeneration of the macula (the part of the retina where visual perception is most acute). All of these problems can be lessened with proper eye protection. Look for sunglasses, glasses or contact lenses if you wear them, that offer 99 to 100 percent UV protection.

Immune Suppression

Scientists have found that overexposure to UV radiation may suppress proper functioning of the body's immune system and the skin's natural defenses. For example, the skin normally mounts a defense against foreign invaders such as cancers and infections. But overexposure to UV radiation can weaken the immune system, reducing the skin's ability to protect against these invaders.

The UV Index

The UV Index forecasts the strength of the sun's harmful rays. The higher the number, the greater the chance of sun damage.

Visit www.epa.gov/sunwise/uvindex.html

For More Information

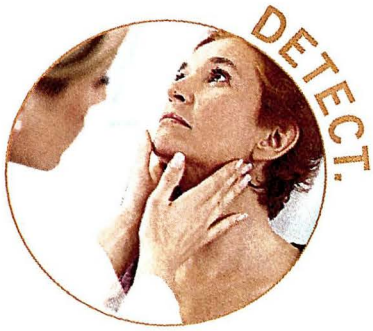
To learn more about UV radiation and health effects, as well as EPA's SunWise Program, an environmental and health education program, call EPA's Stratospheric Ozone Information Hotline at 800.296.1996, or visit our Web site at www.epa.gov/ozone/strathome.html.

PREVENT Skin Cancer: Protect Yourself From the Sun

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

Here's how to protect yourself from the sun:

- **Generously apply a broad-spectrum, water-resistant sunscreen** with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. Broad-spectrum provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **Wear protective clothing,** such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.
- **Use extra caution near water, snow, and sand** as they reflect the damaging rays of the sun which can increase your chance of skin cancer.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen with it.
- **Know your spots.** If you notice anything changing, growing, or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.



If you have any doubt about a mole, find a dermatologist at **www.SpotSkinCancer.org**. The five-year survival rate for people whose melanoma is detected and treated before it spreads to the lymph nodes is 98%, so be sure to check your skin regularly.

AMERICAN ACADEMY OF DERMATOLOGY AAD 1938 | SPOT SKIN CANCER

These prevention and detection messages are brought to you by the American Academy of Dermatology's SPOT Skin Cancer™ campaign, dedicated to a world without skin cancer.
www.SpotSkinCancer.org • 1-888-462-DERM (3376)

13-434-PP

DETECT Skin Cancer: Body Mole Map

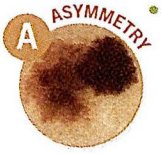
Follow these instructions regularly for a thorough skin-exam: **1.** Learn what to look for **2.** Examine your skin **3.** Record your spots so you can refer back during your next exam!

1 The ABCDEs of Melanoma

What to Look for:

Skin cancer can develop anywhere on the skin and is one of the few cancers you can usually see with your own eyes. Ask someone for help when checking your skin, especially in hard to see places. If you notice a mole that is different from others, or that changes, itches or bleeds (even if it is small), you should see a dermatologist.

A ASYMMETRY



One half unlike the other half.

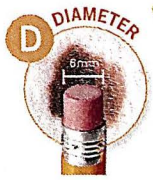
B BORDER

Irregular, scalloped or poorly defined border.

C COLOR

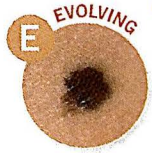
Varied from one area to another; shades of tan and brown, black; sometimes white, red or blue.

D DIAMETER



While melanomas are usually greater than 6mm (the size of a pencil eraser) when diagnosed, they can be smaller. See ruler below for a guide.

E EVOLVING



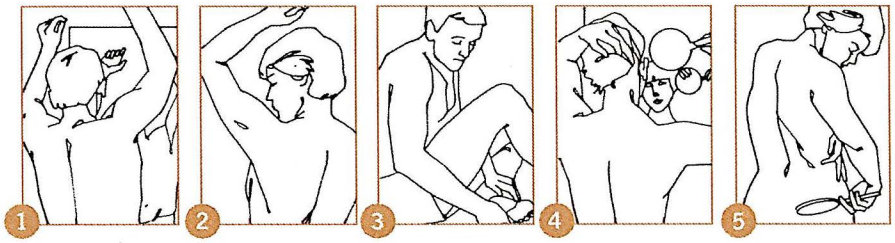
A mole or skin lesion that looks different from the rest or is changing in size, shape or color.

Example:

2 Skin Cancer Self-Examination

How to Check Your Spots:

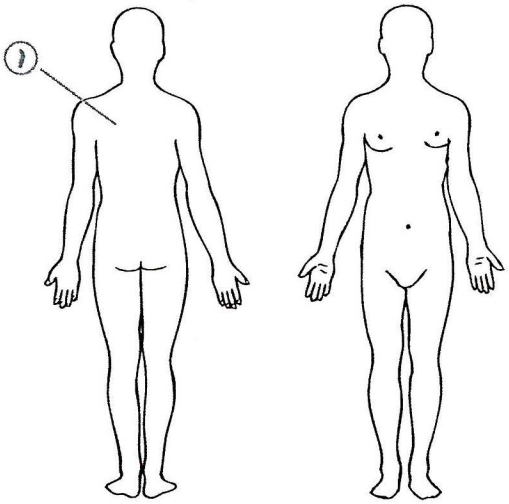
Checking your skin means taking note of all the spots on your body, from moles to freckles to age spots. Remember, some moles are black, red, or even blue. If you see any kind of change on one of your spots, you should have a dermatologist check it out.

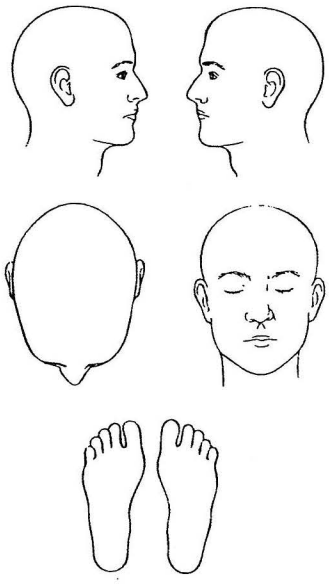


1. Examine body front and back in mirror, then right and left sides, arms raised.
2. Bend elbows, look carefully at forearms, back of upper arms, and palms.
3. Look at backs of legs and feet, spaces between toes, and soles.
4. Examine back of neck and scalp with a hand mirror. Part hair and lift.
5. Finally, check back and buttocks with a hand mirror.

3 Record Your Spots

Make notes of your spots on the images below so you can track changes from year-to-year.





MOLE #	A Asymmetrical? Shape of Mole	B Type of Border?	C Color of mole	D Diameter/Size of Mole. Use ruler provided.	E How has mole changed?
1	OVAL, EVEN	JAGGED	PINK	1.5MM	YES, LARGER

Name: _____ Date: _____

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