Summer Lovin'

The great Louis Armstrong sang it: “And I think to myself, what a wonderful world!” Time to get outside and see that wonderful world. We’ve got you covered, from planning a great picnic, to making great summer recipes, to keeping your picnic foods safe. We want you to have fun and be safe! Let us know how your organization is staying active and healthy this month.

Infographic: Getting a bad sunburn isn’t just painful, it could lead to skin cancer. Find the fine tan line between healthy sun exposure and too much. Learn, don’t burn! This infographic provides some great tips.

Recipe: Think about the summer flavors of blueberry and watermelon. Then imagine they’re both combined and frozen into a Popsicle! Here’s the recipe. Yum. And then again, yum!

Handout: Summer is finally here so learn some outdoor safety tips to help you make the most of being active outside.

Podcast: Coach Anna is a Registered Dietitian. Listen to her podcast next time you take a walk break and hear about all things food from a dietitian’s perspective. Not only is Anna’s information cool, so is the California-vibe music in the background! Download it straight to your computer or smartphone.
**Short Video:** Clinical Specialist Michael Dettner summarizes all you need to know about food safety. Check out 90 Seconds to Picnic Food Safety and you’ll be on your way to a safer food summer! Click below to watch!

For more information, please contact your employer.