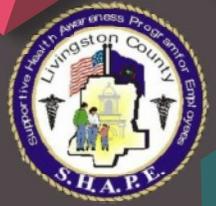


SHAPE



Quarter 2 2019

Newsletter

The SHAPE committee strives to keep you motivated, and to guide you on your path to overall wellness by providing opportunities to explore.

Have ideas to share? Email Shape@co.livingston.ny.us

Or join us for one of our upcoming focus groups:

- July 8th 12:30 PM - Franklin Bassett Atrium at the CNR
- July 9th 1:00 PM- Government Center Room 208
- July 10th 12:00 PM- Highway Conference Room

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Want to know what's happening in Livingston?

Visit these resources!

- [Events in Livingston County](#)
- [My Livingston Life](#)



Let's
talk.

We're listening

hello SUMMER

Summer is here!

We all get the “school’s out” attitude and it’s the perfect time to sit back, enjoy your friends and family, and forget about our worries. Summer can also bring temptations of overexposure, overindulgence, and careless food prepping. Read these tips to keep you healthy and safe!

Get Ready to Grill Safely

Separate

When shopping, pick up meat, poultry, and seafood last and separate them from other food in your shopping cart and grocery bags.



Chill

Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep below 40°F in an insulated cooler.



Clean

Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces, utensils, and the grill before and after cooking.



Cook

Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperature inside the smoker at 225°F to 300°F to keep meat at a safe temperature while it cooks.

145°F	beef, pork, lamb, veal (then let rest 3 minutes before serving)
145°F	fish
160°F	hamburgers and other ground meat
165°F	poultry



Don't cross-contaminate

Throw out marinades and sauces that have touched raw meat juices. Put cooked meat on a clean plate.



Refrigerate

Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within two hours of cooking (one hour if above 90°F outside).



www.cdc.gov/foodsafety

Accessible version: <https://www.cdc.gov/foodsafety/communication/fbq-1q.html>

CS296044A



SALMON AND FRIED RICE

INGREDIENTS

- Leftover salmon or fish of your choice, totaling 4 6-ounce cooked filet pieces
- Leftover rice – make extra if needed to total 3 ½ cups long-grain brown or white rice
- Leftover green beans, broccoli or other green vegetable
- 1 tablespoon canola or olive oil
- 1 tablespoon fresh ginger, chopped
- 1 pepper sliced, either serrano or jalapeno
- 1 head Napa cabbage, sliced thin (small size)
- 1 ½ cups frozen peas
- 3 tablespoons rice vinegar
- Minced garlic, to taste
- Optional: chopped fresh cilantro for garnish
- ¾ teaspoon salt

DIRECTIONS:

1. Over medium-high heat, add oil and warm in a large nonstick skillet.
2. Add the ginger, rice and jalapeño and cook for 2-3 minutes. Stir or toss frequently, until the pepper has softened.
3. While tossing, add the cabbage and cook 2-3 minutes, until beginning to soften.
4. Add the frozen peas and any beans or other vegetables to the skillet and cook 3-4 minutes, stirring until warmed through.
5. Finally, add the salmon pieces and cook for another 1-2 minutes until warmed through.
6. Add the vinegar and salt, toss to combine.
7. Sprinkle with cilantro and serve.

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Want more recipes?



Visit foodhero.org for other easy recipe ideas!

Play it safe in the sun

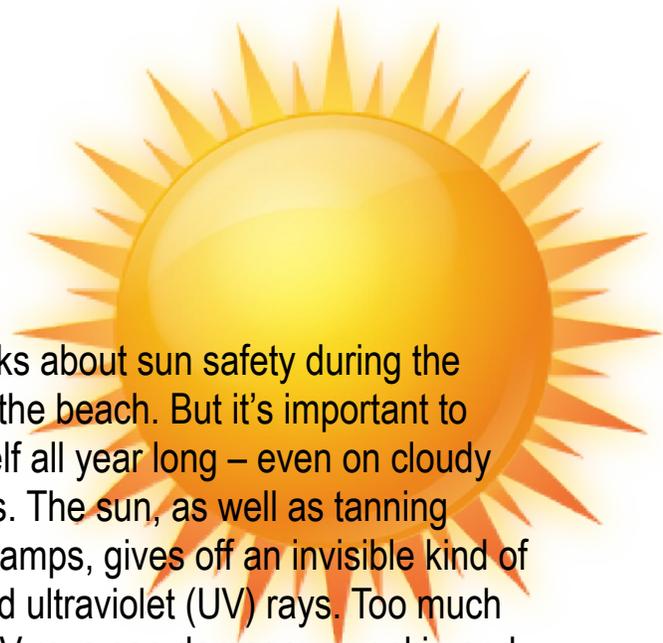


Avoid spending long periods out in the sun, especially between 10 a.m. and 4 p.m., when the sun's rays are strongest

Apply enough sunscreen to all exposed skin and reapply as necessary to keep from getting burned

Use sunscreen with an SPF of 15 or more to protect against ultraviolet (UV) radiation

Cover up outdoors by wearing hats, sunglasses, long-sleeved shirts and long pants



Everyone thinks about sun safety during the summer or at the beach. But it's important to protect yourself all year long – even on cloudy and hazy days. The sun, as well as tanning beds and sunlamps, gives off an invisible kind of radiation called ultraviolet (UV) rays. Too much exposure to UV rays can damage your skin and eyes, and lead to cancer.

The hours between 10 a.m. and 4 p.m. are the most dangerous for UV exposure. To play it safe, stay in the shade; use a broad-spectrum sunscreen with a sun protective factor (SPF) of 15 or higher; and wear full-coverage clothing, sunglasses and wide-brimmed hats.

5K Fun!

