

# InsideOut

*It's Your Health; Own It!*



July 2015

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## Tasting Real Flavors

Do you ever wonder where your food comes from? It is estimated that food in the U.S. travels an average of 1,500 miles to get to your plate. In addition, much food found in grocery stores are grown using pesticides, antibiotics, hormones, and genetic modification. Try something new this summer and check out your local farmers' markets where you are sure to find an amazing array of fresh and healthy foods. Here are a few more reasons to visit your local farmers' markets.



- Farmers and ranchers are very knowledgeable about their products and often provide plenty of tips on how to cook and prepare the foods they are selling. You may even get to catch a free cooking demonstration!
- Connect with your community and make your shopping experience a pleasure rather than a chore. What a great place to meet friends or bring your family.
- Nourish yourself with minimally processed food. Most foods found at the market are hand picked right before going on display.

- Explore fresh taste of meats, cheeses, and eggs from animals raised on natural diets, without hormones or antibiotics, or were free range.
- Support your local farmer. Buying directly from farmers gives them a better return for their produce.

Farmers' markets provide an opportunity to sip and sample a variety of local goods from fresh produce to hand-crafted treasures. Click [here](#) for more information on local markets in Tri-Cities area.

## Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

### Heat Stress

Covers signs and symptoms of heat stress and strategies to reduce your risk.

### Skin Cancer Awareness

Education and awareness of the common types of skin cancer along with screening recommendations and prevention measures.

### Creative Exercise

Learn how to design an exercise plan for YOU—One that fits into your daily life and can be performed with little or no equipment.

### Farmers' Markets

Information about the various community markets and everything they have to offer.

### Local Summer Recreation

Learn about the endless recreational activities our area has to offer.

## Healthy Grilling Tips for Food Safety

'Tis the season for backyard cookouts! This also means it is prime time for foodborne illnesses. Bacteria, particularly *Listeria monocytogenes*, tend to grow faster in warmer temperatures. Be extra cautious about food preparation and food storage during the summer months.



For your best grilling, keep these tips in mind this summer:

- Wash hands before and after handling food. Wash and sanitize all utensils and surfaces after handling raw meat.
- Marinate your meat. Marinating helps reduce carcinogens produced when grilling. Use olive oil, vinegar, herbs and spices.
- Flip the meat on the grill often. This will help reduce the amount of charring and promote even cooking to kill bacteria.
- Do not rinse meat, especially in the sink. Bacteria can spread and contaminate other surfaces in the kitchen.
- Keep cold food cold; keep hot foods hot.
- Freshly prepared food should be eaten or refrigerated within two hours.
- Scrub your grill prior to and after using it to reduce the burnt-on build up and improve the taste of your meals.
- Always cook meat until it reaches the appropriate temperatures at the thickest part: Hamburgers—160°; Poultry—165°. Beef steaks and pork can be taken off the heat at 145°, then allow them to rest for at least three minutes before slicing.

For more information visit [foodsafety.gov](http://foodsafety.gov). Have a safe and healthy summer!

## Upcoming Health Promotion Events

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|------------------|---|
| <b>July 1</b>    | <a href="#">The PLAY Challenge starts</a> |
| <b>July 4</b>    | <a href="#">Camp Patriot Fun Run</a>      |
| <b>July 8</b>    | <a href="#">WorkFit Leader Training</a>   |
| <b>July 11</b>   | <a href="#">Renegade Rage Mud Run</a>     |
| <b>August 1</b>  | <a href="#">Power of Pasco Triathlon</a>  |
| <b>August 12</b> | <a href="#">WorkFit Leader Training</a>   |

## Quit It Tobacco Cessation Class Starting Soon

Are you ready to shed your dependence on nicotine? We can help you stop smoking, chewing or vaping. The “Quit It” Program provides you with one-on-one coaching, weekly educational support groups, and appropriate nicotine replacement therapy (NRT) at no charge to active participants. The combination of NRT, education, and support will give a tobacco user the best chance at achieving success.

Pre-enrollment is required. Contact Kelly Harnish to sign up or for [more information](#).

**When:** August 17—October 18  
Mondays, 3:30-4:30 pm

**Where:** HPMC OMS Main Clinic: 1979 Snyder in Richland

**RSVP:** Call 373-3729 or email [Kelly\\_e\\_harnish@rl.gov](mailto:Kelly_e_harnish@rl.gov)

**Enrollment Deadline is July 31, 2015**

## Don't Forget the Sunscreen!

**30-1-30-2 Guideline:** 30 minutes prior to sun exposure, apply 1 ounce of **SPF 30** (or higher) sunscreen and reapply after 2 hours (or after swimming).

## PLAY Challenge July 1-31

The site-wide PLAY challenge is designed to help you get out and enjoy the outdoors and support a physically active lifestyle. Log into the [WellSuite Health Activity Tracker](#) to track your healthy habits throughout the month of July. Earn points by participating in any of the activities listed there.

This summer, challenge yourself to engage in physical activity for 30 minutes, increase your water consumption, hike a local trail, or simply attend a local farmer's market. These are just a few examples of how you can participate.

If you accrue at least 135 points out of 193 possible points, you will be entered into a drawing for a CamelBak hydration backpack! Good Luck and get out there!



JULY 2015



## WHY STAY PHYSICALLY ACTIVE?

**Physical activity** increases your chances of living a longer, healthier life. As well as helping you feel your best, exercise can also help:

- Control your blood pressure, blood sugar and weight.
- Raise your HDL (good) cholesterol.
- Prevent heart disease, colorectal cancer and type 2 diabetes.

**Start Slow:** Work out for at least 10 minutes at a time. Combine aerobic and muscle-strengthening activities.

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### **Fit Tip: Enjoy a Fitter Vacation**

Whether you are relaxing on the beach or exploring a new town, a timeout from the normal work routine is a wonderful thing. Keep these smart tips in mind while on summer vacation. They will help keep you energized and refreshed long after your return home.

- Eat before going to the airport or starting your long drive. This will help you avoid the fast food court and drive thru.
- Beware of sugary, flavored drinks. A single drink can contain loads of sugar and extra calories. Pack your own healthy drinks and snacks.
- See the sights on foot or on bike. Many places offer walking tours to let you explore while burning some calories.
- Free your mind by leaving work and stress at home. Try meditation or prayer for just a few minutes each day to help relieve anxiety. Resist the urge to check work emails and focus on having fun.

### **Jalapeño-Lime Corn on the Cob**



Try a new spicy spin on this barbecue favorite. The flavored butter rub can be adjusted to your taste, and grilled corn is delicious and easy.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources. July **PLAY** Catch Phrase: Play Outside!

