

August 2017



Healthy Living With Head Start



Beat the Heat in August
Happy Hydrating!

Fill Up Your Cup

Did you know that 60% of our bodies are made up of water? Drinking water throughout the day is the best ways to beat the heat during the hot summer months. Staying hydrated can help keep your body temperature cooler, aid in digestion, and support oral health. Use these tips to help hydrate during your day:

Sip before each meal: Drinking a glass of water before or during each meal can help with digestion and keep you feeling full longer.

Add flavor to your glass: Using fruit such as berries or lemon can add natural flavor to your water without adding too many sugars or calories.

Choose foods that are high in water: Foods such as celery, watermelon and cucumber can help you get your daily dose of water. National Watermelon Day is August 3rd.

Sparkling water over soda: Sparkling water is carbonated and comes in a variety of flavors but has zero calories and sugar.

Carry it with you: Before leaving home, make sure you have a bottle of water with you to drink throughout the day.

Hydrate for Healthy Teeth

Tap into a Healthy Smile

Fluoride is a mineral that makes teeth strong and decay resistant. It helps prevent mineral loss in tooth enamel to keep teeth healthy and strong. Fluoride occurs naturally in the soil and water and can also reduce cavities by as much as 25%.

Many local communities have fluoride in the water. If your community does not fluoridate the public water, you can supplement with fluoride drops or tablets prescribed by the doctor. Check below to see if your community has fluoridated water:

Communities with Fluoridated Water



Otsego County:

Cooperstown
Oneonta
Richfield Springs

Schoharie County:

Middleburgh
Richmondville
Cobleskill

Delaware/Chenango County:

Sidney
Norwich
Stamford
Delhi

Milk Matters

Drinking milk is important for healthy teeth and bones. Growing children especially need the extra protein, vitamins, and minerals to grow healthy and strong.

Choosing the right milk for you and your family can seem like a complicated decision when there are so many alternatives in the grocery store. To make the decision a little more clear, let's take a moment to flip that carton over to check the nutrition label on some common choices:

Almond Milk

1/2 gal cost: \$2.99

Protein 1 Gram
Added Sugars 6 Gram
Potassium 184 mg
Calcium 382 mg

Ingredients: filtered water, almonds, sugar, salt, locust bean gum, sunflower lecithin, gellan gum, calcium carbonate, Vitamin E acetate, Vitamin A palmitate, Vitamin D2

1% Cows Milk/Lactaid

1/2 gal cost: \$2.39

Protein 8 Gram
Added Sugars 0 Gram
Potassium 366 mg
Calcium 305 mg

Ingredients: Lowfat Milk, Vitamin A palmitate, Vitamin D3

Soy Milk

1/2 gal cost: \$3.19

Protein 6 Gram
Added Sugars 0 Gram
Potassium 299 mg
Calcium 289mg

Ingredients: Soy Milk (filtered water, whole soybeans), sugar, salt, carrageenan, natural flavor, calcium carbonate, Vitamin A palmitate, Vitamin D2, Riboflavin, Vitamin B12

Family Hydration Fun

A little friendly competition can be all we need as encouragement to practice healthy lifestyle behaviors - even ones as simple as drinking more water. Using a chart can help visualize your progress and will allow children see hydration as a family effort.

This fun activity can also help kids learn days of the week, practice counting, and practice understanding how to read charts.

Materials Needed:

- * 1 Large piece of paper for each family member
- * Markers
- * Other embellishments (glitter, sequins, construction paper, etc.)

Directions:

- * Write the name of each family member on the top of a piece of paper to create an individual chart.
- * On the left side of each chart, write a column of the days of the week, from Sunday to Saturday.
- * Next to each day of the week, draw (or make cut-outs from construction paper) the shapes of drinking glasses or water drops (draw 8 next to each day).
- * For each glass of water that a family member drinks, color in one water glass next to that day in their chart.
- * Use smaller cups for younger children to make finishing glasses of water attainable. Encourage kids to get as many of their glasses colored in as they can by the end of the day!



Making Mealtime Memories

Fruit-Infused Water

Nothing hydrates better than a glass of cold water on a hot summer day, but our sweet tooth can sometimes crave a sugary-sweet drink instead. Get the best of both worlds by naturally flavoring your own water. Fruit-infused water will have all the taste of a sweetened beverage without all of the extra calories, processing, and dyes. Keep yourself hydrated all day while saving on the cost of sodas, juices, and pre-made flavored waters.

Ingredients:

- * Blueberry Lemon Mint Water
 - ◇ Blueberries
 - ◇ Lemon slices
 - ◇ Fresh mint leaves
 - ◇ Tap water
 - ◇ Ice

- * Strawberry Kiwi Water
 - ◇ Sliced strawberries
 - ◇ Sliced kiwis
 - ◇ Tap water
 - ◇ Ice

- * Lime and Basil Water
 - ◇ Lime slices or wedges
 - ◇ Fresh basil leaves
 - ◇ Tap water
 - ◇ Ice



Directions:

- * Prepare water either by the pitcher or by the glass.
- * Fill your glass or pitcher halfway with ice.
- * Add fruit slices and berries generously.
- * Add herbs, vanilla bean, or spices more sparingly, to taste.
- * Fill the rest of the way with tap water.
- * Shake or stir, and enjoy!

Mix it up!

Try different combinations with any of your favorite fruits and herbs.



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Please contact Amy Losee, Head Start Dental/Nutrition Specialist, with any questions or comments at (607) 433 - 8060

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