

FAMILY CONNECTION

UT-TSU Extension Benton County



WHAT'S INSIDE

Christmas in July/August
Healthy Immune System for Kids
Cucumber Tomato Salad

WATER

Source: UT
Extension

**TAKE THE
HYDRATION
CHALLENGE
THIS AUGUST
SIGN UP TODAY!**

Register online at:
<https://forms.gle/8sH64F5PgcKtmU82A>

Why do you need water?

- For digestion - Water is in saliva to moisten food, in stomach juices to digest food and in the blood to transport nutrients and oxygen to body cells and carry waste products away.
- To soften stools, reducing constipation.
- To regulate body temperature.
- Improves energy levels
- Improves brain function

How much water do you need?

You use up about 2½ quarts of water by breathing, perspiring, and eliminating body wastes each day

To keep from getting dehydrated, you need to drink at least 6 to 8 cups of liquid each day to replace the fluid you lose. You can get water from food, too.

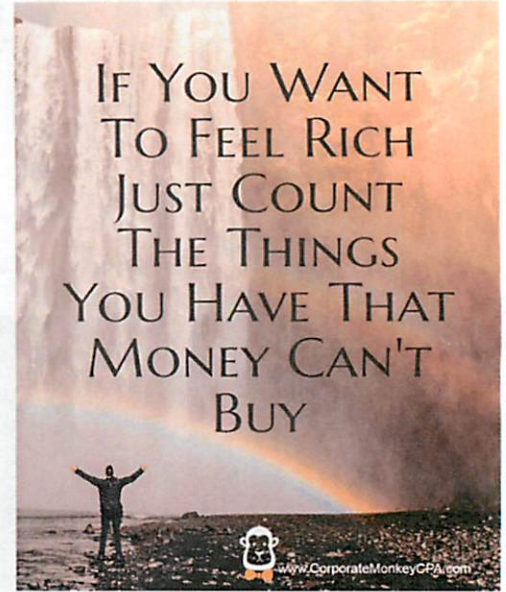
Drinking any beverage - water, juice, coffee, tea, milk - contributes to your fluid intake. You also get water from water-based foods like soup. Adding fruits and vegetables to your meals or eating them as a snack works double duty to help you get enough fluid and fiber. Dairy foods are a good source of water, too. They also supply nutrients for bone health.

As you age, your body's thirst signal may become less sensitive. That means you may not feel thirsty and cause you to not drink enough water to meet your needs.

CHRISTMAS IN JULY/AUGUST: NO STRESS FINANCES

Source: Sarah Ransom, FCS Extension Agent
Johnson County Agent

According to the National Retail Federation, Americans look to the holiday season to bring some joy and cheer into their lives. Expectations from society are strong in the area of holiday gift giving - media, storefront displays, commercials, feelings obligated to return gifts to everyone who gives something. Learning to focus on the meaningful vs. the mindless buying of things. The holidays can quickly get out of hand and create more stress, depression and suck the joy right out of the season. Putting in some time and forethought into the upcoming holiday season, can allow you to embrace and enjoy the season instead of stressing over how to cover the costs.



HERE ARE SOME TIPS TO HELP MAKE THE HOLIDAY SEASON A LITTLE LESS STRESSFUL:

- SET A SPENDING GOAL
- MAKE YOUR LIST AND CHECK IT TWICE
- CHECK PRICING & DISCOUNTS
- REALLOCATING FUNDS
- SIMPLIFY GIFT WRAP AND DECORATIONS



CONTACT

Heather Smith
UT-TSU Extension Benton County
115 South Church Ave.
Camden, TN 38520
731-584-4601
hdeckarde@utk.edu
<https://benton.tennessee.edu/>
<https://www.facebook.com/extensionBentonCounty>

WAYS TO STRENGTHEN YOUR CHILD'S IMMUNE SYSTEM

Source Harvard Health

OFFER fruits and vegetables at snack time and meal time to boost antioxidants in the body. Examples of these disease-fighting vitamins are A, C, and E.

INCORPORATE plenty of physical activity in the day to improve blood flow and increase the effectiveness of cells that fight disease.

ASSIGN a bedtime that will provide adequate rest according to the child's age. Grade school children need at least 9 hours of sleep, while teens need a minimum of 8 hours each night.

INTRODUCE your child to stress management techniques, like deep-breathing and meditation. Stress- even the good, exciting kind- can weaken the immune cells. Teach kids to manage stress early for better overall health.

PROTECT your child from exposure to tobacco smoke in homes and vehicles. Being around secondhand smoke increases the likelihood that a child will have more respiratory infections, middle ear issues, and asthma symptoms.

CONSULT your family's pediatrician before giving your child vitamin supplements, even those advertised as being "natural." There are many options that offer various claims, but a health professional with knowledge of your child's health history can give the best advice on whether they need a supplement.

Be Proactive

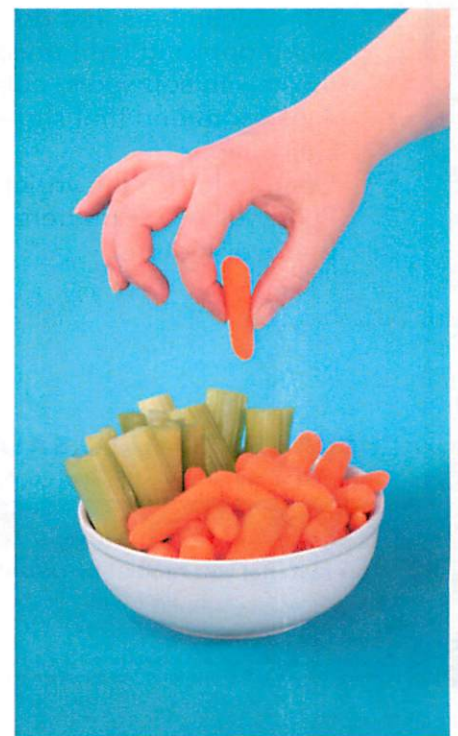
Teach and practice proper handwashing at home! Educating your child on how to wash (with warm, soapy water); how long to wash (20 seconds or more); and how to dry (with a clean paper towel) can limit the number of germs that enter the body.

SOURCE: Harvard Health



Healthy Snacking Made Easy Tips

- Buy fruit and vegetables, wash, and package them into individual bags for snacks to grab on the go. Canned, frozen, and dried fruits can also be a quick and easy snack.
- Replace sugar sweetened beverages with water. If you want some flavor, put some fruit or vegetables in your water.
- Serve whole grains low in fat and sugar.





CUCUMBER TOMATO SALAD

Makes 6 servings

INGREDIENTS

3 medium tomatoes, cut into 1" pieces	3 tablespoons mayonnaise
2 medium cucumbers, diced	2 tablespoons sour cream
½ onion, thinly sliced	⅛ teaspoon pepper
1 large garlic clove, pressed	Salt to taste

DIRECTIONS

1. Combine tomatoes, cucumbers, onion and garlic in medium bowl.
2. In small bowl, combine mayonnaise, sour cream and pepper. Mix well.
3. Mix the dressing into the vegetables. Add salt to taste.

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CUCUMBERS

WHAT TO LOOK FOR

- Firm cucumbers that do not feel soft when applying light pressure. Avoid those with soft spots, cuts and bruises.
- A blossom end that shows no signs of shriveling.
- Deep color for the variety of cucumber. Puffy, yellow cucumbers can mean they are over mature.

HOW TO STORE

- Place in the coolest spot in the room. This is the preferred method.
- Or, store in the refrigerator on a shelf toward the front, which tends to be warmer than other parts of the refrigerator. Cold temperatures can damage cucumbers.
- Eat within a week.

CUCUMBER TOMATO SALAD NUTRITION FACTS:

Serving size ½ cup, Calories 69, Total Fat 6g, Sodium 75mg, Total Carbohydrate 3g, Dietary Fiber 1g, Protein 1g

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