

SUMMER 2024 WELLNESS NEWSLETTER



Recipe Spotlight: Summer Salad with Strawberry, Corn & Avocado

Ingredients:

- 1 ear of corn, husks removed
- 1 long English cucumber, chopped
- 2 cups cherry tomatoes (vine-ripened if possible!)
- 1/2 an avocado, cubed
- 2 cups fresh strawberries, quartered
- 1/2 cup fresh basil, chopped
- 1/3 cup crumbled feta
- 1/2 a lemon, juice only
- 2 Tbsp olive oil
- Salt + pepper to taste

Instructions:

1. To steam the corn, bring a large pot of water to a boil. Once boiling, you can either add the ear of corn straight into the water or place it in a steamer basket. Cover with a lid and let steam for 5 minutes.
2. While the corn steams, chop up all other ingredients! This includes the strawberries, cherry tomatoes, cucumber, and avocado. Crumble the feta, chop the fresh basil, and set aside.
3. Once the corn is done, remove from water and allow to cool for a few minutes (until it's comfortable to touch). Using a large knife, place the corn upright and slice the kernels off into a bowl.
4. In a large salad bowl, add the kernels of corn, sliced strawberries, cherry tomatoes, cucumber, and avocado chunks. Sprinkle with crumbled feta, chopped basil, olive oil, freshly-squeezed lemon juice, salt, and pepper. Toss everything to combine.
5. You can enjoy this salad immediately or place it in the fridge for 30 mins to allow it to cool!



Summer Salad

Wellness Care Reminder!

Summer is a great time to catch up on some much-needed rest and relaxation, but it's also a great time to catch up on appointments to ensure your family's health and wellness needs are met. Attending, or even just scheduling appointments, can help keep your family on track with their health and wellness needs! Ensuring your family is up to date on immunizations and has current medical action plans in place can help make the transition back to school easier on the entire family!

Be sure to take some time to schedule with your family's primary care provider, dental provider, or any specialty providers. This will help your family stay organized and will minimize missed days come the new school year!

This Issue:

- ◆ Recipe Spotlight: Summer Salad with Strawberries, Corn & Avocado
- ◆ Wellness Care Reminder
- ◆ Water Safety
- ◆ Summer Activities in Cape May & Atlantic Counties



Beat the Heat with Water Safety

Summer is here and your family may be looking for ways to stay cool outside. Swimming can be a great way to keep the family cool, and it's a great form of exercise as well! However, any time you are planning to be in or near a body of water, it's important to take steps to stay safe in the water.

Some ways to practice water safety include:

- Taking swim lessons.
- Swimming in supervised areas.
- Keeping an eye on the weather.
- Swim with friends and family members.
- Know your limits.
- Don't dive into shallow water.

Be sure to remember your sunscreen while swimming as well! The CDC recommends a broad-spectrum sunscreen with SPF of 15 or higher, but it's important to discuss your sunscreen needs with your primary care doctor or dermatologist to see what is best for you!

Summer Activities: Summer Challenge, Let's Spend Time Together, Without Technology!

Atlantic and Cape May Counties:

- Explore our state parks for free or at low cost. Hiking, fishing, swimming, camping. Find which park best fits your interest and explore: <https://nj.gov/dep/parksandforests/>
- Go to your local library and explore the Museum Pass Program, free with library membership!
- Sign up for kids skate free and kids bowl free (Di Donato, in Hammonton 2 free games, need to rent shoes).
- Get fit this summer, Sign up for Planet Fitness for free for the summer ages 14-19 year old.

Atlantic County:

- Take your dog to the Longport Dog Beach
- Imagination Station Playground in Galloway
- Ride Bikes and Have a picnic at Estell Manor Park

Cape May County:

- Go to the Cape May Zoo for donation only zoo and playground.
- Birdwatch at South Cape May Meadows.
- Learn about local history at the Cape May County Historical Museum in Cape May Court House.

