

Learn about Lyme Disease

Lyme disease is caused by bacteria transmitted to humans by infected blacklegged ticks (also known as deer ticks). Symptoms include: fever, headache, fatigue, and a characteristic skin rash. If left untreated, infection can spread to joints, the heart and the nervous system.



Lyme disease is diagnosed based on symptoms, physical findings (rash) and the possibility of being exposed to infectious ticks. Most cases of Lyme disease can be successfully treated with a few weeks of antibiotics. Follow these steps to prevent Lyme disease:

- Use insect repellent with 20- 30% DEET on exposed skin and clothing.
- Use Permethrin (another type of insect repellent) on clothes only. One spray is usually good for several washings.
- Avoid wooded and bushy areas or areas with a lot of leaves—where ticks might live.
- If you do enter a tick area, walk in the center of the trail to avoid contact with overgrown grass, brush, and leaf litter. Be sure to cover skin with long pants, long sleeves, long socks and tuck your pants into your shoes.
- Check yourself, your children and pets for ticks daily after playing outside.
- If you find a tick remove it promptly with tweezers and contact your healthcare provider- if a tick has been on your body for less than 24 hours your chance of getting Lyme disease is small, so act fast.

For more information visit: www.cdc.gov/ncidod/dvbid/Lyme/

Buy Local Eat Fresh!

Why?

- Locally grown produce tastes better and has a higher nutritional value.
- You know where your food comes from.
- It supports Maine Farmers!



For more information visit: www.eatmainefoods.org

Local Maine Foods Available in August

- | | |
|---------------|--------------------|
| • Cucumbers | • Blackberries |
| • Corn | • Wild blueberries |
| • Tomatoes | • Watermelon |
| • Swiss chard | • Cantaloupe |
| • Onions | • Potatoes |
| • Parsley | • Garlic |
| • Herbs | • Peppers |
| • Scallions | |

For a complete seasonal availability chart visit: www.eatmainefoods.org

Y Fit Tip of the Month

Summer is a great time to be active outside!

Go for a walk, bike ride, wake boarding, or a swim. Don't forget to wear sunscreen (at least SPF 15 recommended), protective clothing such as a hat and sunglasses, and avoid exercising during peak sun time (10am- 4pm). Make sure to drink plenty of water.



Poultry—the #1 Source of Food Poisoning

Follow these food safety tips when grilling chicken or other poultry to prevent getting sick.

- Thaw poultry completely before grilling so it cooks more evenly. Defrost in the refrigerator, in cold water, or in the microwave. Never defrost food at room temperature. Food thawed in cold water or in the microwave should be cooked immediately.
- Cook poultry until it reaches a safe internal temperature of 165°F. Use a food thermometer - you can't tell it is cooked by looking.
- Never place cooked food on a plate that previously held raw poultry or meat.

For more information visit: www.fightback.org



Try this Corn and Summer Vegetable Sauté

Most ingredients are available from your garden or local farmer's market.

Use parsley or chives in place of cilantro, if you prefer. Garnish with chives.



Yield: 6 servings (serving size: 2/3 cup)

Ingredients:

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced fresh okra (about 4 ounces)
- 1 cup chopped red bell pepper (about 1)
- 1 finely chopped seeded jalapeño pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preparation: Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper. Serve.

Breast milk is the best food for most babies

Breast milk contains all the nutrients a baby needs for the first 6 months of life. It also contains antibodies which help protect babies from illness.

The American Academy of Pediatrics recommends that a baby be breastfed for at least 12 months, but babies who breastfeed for only a short period of time receive health benefits too.

- Breast fed babies are less likely to have ear infections, lower respiratory infections (such as pneumonia and bronchiolitis), meningitis, urinary tract infections, and diarrhea.
- Breastfed babies are less likely to die from SIDS (sudden infant death syndrome).
- Breast milk is easier to digest, so breastfed babies may have less gas and discomfort than formula-fed babies.
- The benefits of breastfeeding last a lifetime! Children and adults who were breastfed are less likely to develop asthma, diabetes, obesity, and certain cancers later in life.
- Breastfeeding may also enhance brain development.

Breastfeeding has benefits for moms too. It may help reduce a woman's risk of developing type 2 diabetes, breast cancer, and ovarian cancer. Women who breastfeed burn more calories and tend to return to their pre-pregnancy more quickly!

For more information visit: www.marchofdimes.com