

# Sun Safe



Enjoying the outdoors during the sunniest months offer so many benefits for our wellbeing, but it's also critical to safeguard our skin from the sun's ultraviolet (UV) rays. Daily sunscreen use is the most effective form of skin care and can prevent serious damage. Skin is the body's largest organ, after all; on average, it covers about 20 square feet! Here are a few sunscreen reminders for protecting your skin.



- 1** Purchase broad-spectrum, SPF 30 sunscreen. The sun protection factor (SPF) number on your sunscreen means it provides that many times the amount of protection provided by healthy skin.
- 2** Rub in sufficient sunscreen (1 ounce or 2 tablespoons) 30 minutes before heading outdoors. Tip: For young kids, apply sunscreen once they are in their car seat to prevent avoidance. For older kids, use a pump bottle or stick-style to make it easier for self-application. Even if you purchase spray sunscreen, you should still rub it in.
- 3** Reapply roughly every two hours between 10 a.m. and 4 p.m., or right after swimming or sweating.
- 4** Wear protective clothing with sunscreen properties; wear a hat and seek shade.
- 5** Even if you're not heading to the beach, wear sunscreen daily; some UV rays may penetrate vehicle glass on your workday commute. High altitudes or proximity to the equator also increase the risk of skin damage.
- 6** Heat can damage sunscreen. When out and about, wrap your sunscreen in a towel to preserve its protective properties.
- 7** Clean your skin before sleep to prevent clogged pores and skin dehydration.
- 8** Follow the marked expiration date or write your purchase date on the bottle. Sunscreen is good for three years, even if opened.
- 9** Toss any sunscreen if its contents have separated, if it has changed color, or if it has a different odor.

\*Does Sunscreen Expire?\*, Olivia Munson, [usatoday.com](https://www.usatoday.com), May 29, 2023.  
\*How to Apply Sunscreen\*, Rose Maura Lorre, [nytimes.com](https://www.nytimes.com), May 1, 2023.  
\*Does A High SPF Protect My Skin Better?\*, [skincancer.org](https://www.skincancer.org), May 1, 2023.

# The Power of Summer Superfoods: Nourishing Your Body with Seasonal Produce

Let's delve into the world of summer superfoods and discover the incredible benefits they offer!

**Berries Bursting with Antioxidants:** Summertime brings a bounty of juicy berries like strawberries, blueberries, raspberries, and blackberries. These tiny fruits pack a punch when it comes to antioxidants, which help protect our bodies against free radicals and oxidative stress. Rich in vitamins, minerals, and dietary fiber, berries promote heart health, improve brain function, and enhance skin vitality. Add them to your morning smoothies, sprinkle them on salads, or enjoy them as a refreshing snack to reap their numerous benefits.



**Hydrating Melons:** Watermelon, cantaloupe, and honeydew melons are synonymous with summer, thanks to their high water content. These hydrating fruits not only keep us cool and refreshed but also provide essential vitamins, such as vitamin C and vitamin A. Watermelon, in particular, contains lycopene, a powerful antioxidant known for its potential to reduce the risk of

certain cancers. Incorporate melons into your diet by enjoying them as a standalone treat, blending them into chilled soups, or using them in fruit salads.

**Vibrant Bell Peppers:** During summer, bell peppers come in a dazzling array of colors, from vibrant reds and yellows to rich greens and oranges. These colorful gems are an excellent source of vitamins A and C, as well as antioxidants that promote eye health, boost immunity, and support collagen production for healthy skin. Bell peppers can be enjoyed raw in salads, stuffed with nutritious fillings, or sautéed in stir-fries, adding both flavor and nutrition to your summer dishes.



**Leafy Greens for Vitality:** Summer is the perfect time to savor an assortment of leafy greens, including spinach, kale, and Swiss chard. Packed with essential nutrients like iron, calcium, and vitamins A, C, and K, these greens contribute to bone health, support healthy digestion, and fortify our immune systems. Whether you toss them into salads, sauté them as a side dish, or blend them into green smoothies, these verdant powerhouses will elevate your summer meals and boost your wellbeing.



**Cooling Cucumbers:** Cucumbers are not only incredibly refreshing but also highly hydrating, making them an ideal summer superfood. With their high water content and cooling properties, cucumbers help regulate body temperature and keep us hydrated on hot days. Moreover, they are rich in vitamins,

minerals, and antioxidants, offering benefits such as improved digestion, reduced inflammation, and healthy skin. Add slices of cucumber to water for a revitalizing beverage, create refreshing salads, or enjoy them as a crunchy snack.

