



OUTSHINE THE SUN CAMPAIGN





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DEAR PARTNERS,

The sun is out, the days are longer, and fresh produce is abundant. Summer is here! But that also means so are higher temperatures. Excessive heat can be dangerous; and it can be difficult to have fun while staying cool and on budget.



Just because summer is heating up, doesn't mean your pockets have to burn up too! In this campaign, we aim to equip your site with some of the tools needed to empower your neighbors and community to stay safe, healthy, active, and on budget in the hot summer months.

You'll read about low budget ways to have fun in the sun, how to stay safe during heat waves, hydrating and in-season recipes to share out, and how your pantry can manage the summer heat during distributions.

We encourage you to share this campaign with your organization, partners, and neighbors!

We are committed to providing your organization with the tools and knowledge to empower those you serve.

Best,

Nutrition Education Team
Community Food Bank of New Jersey



Outshine Your Budget

Low budget ways to have fun in the sun!

Go for a hike/walk

TIP: Wait for sunset!

Click [here](#) to find one near you!



Check out a Farmers Market

Click [here](#) to find one near you!



Practice Gardening

At home or in a community garden [near you!](#)



Visit the Public Library

Enjoy workshops, classes, child/teen programs, DVD's, books, and more!



Have a Picnic



Play in the Park



DID YOU KNOW!?

Residents who receive food assistance through SNAP, WorkFirstNJ, or WIC are eligible for free or discounted admission to museums, theaters, historic sites, workshops, festivals, and more!



[Click Here for a List of Participating Locations](#)



Staying Safe in the Sun

Staying safe in the sun during summer is crucial to prevent sunburn, heat-related illnesses, and long-term skin damage. With these tips, you can enjoy the summer sun safely while also protecting yourself.

Vitamin D



Vitamin D is essential for maintaining bone health, enhancing muscle function, and improving mental health.

How to Get Your Daily Dose of Vitamin D:

- Enjoy about **10-30 minutes of midday** sunlight exposure a few times per week
- Eat foods High in Vitamin D like, salmon, tuna, egg yolks, cow dairy products, or dairy alternative products with added vitamin D

Staying Protected in the Sun:

- Choose a **broad spectrum SPF 30** or higher that protects against UVA and UVB rays
- Apply about 1 ounce for your body and about a nickel-sized amount to your face and neck
- Reapply at least every **2 hours**

Hydration



Drink at least **8 cups** of water per day, more when it's hot or during physical activity to stay hydrated.

Staying Hydrated During Physical Activity:

- Hydrate before, during, and after exercise
- Avoid excessive alcohol, caffeine, and carbonation
- Eat water rich foods like watermelon or cucumbers

Staying Cool During Physical Activity:

- Wear loose, light colored clothing
- Choose a cooler time of day like dawn or dusk
- Stay hydrated
- Take breaks in the shade

Savoring Summer Flavors



Flavor/Infused Water



Frozen Fruit Pops



Summer Breeze Smoothie



**Blueberry and Thyme
Fruit Salad**



Sunshine Salad



Pico de Gallo

For more recipe ideas,

see the following sites:

[Summer Holiday SNAP-Ed Recipes](#)

[MyPlate Kitchen Summer Recipes](#)

[Just Say Yes! Recipes](#)

[MyPlate Recipe Videos](#)

[CFBNJ YouTube Channel](#)



**Grilled Chicken and
Avocado Pilaf**



Black Bean Burgers

TIP: Save money by buying fresh food in season or opting for canned or frozen options. Click [HERE](#) to find out what's in season in your area!



Keeping Neighbors Cool

Prevent heat related illness and make the experience more enjoyable for your neighbors by helping them stay cool!



Heat Related Symptoms and Safety



- Heat exposure can lead to symptoms like **fatigue, headaches, nausea, dizziness, and increased heart rate**, resembling a panic attack.
- Create a support team for assistance and safety checks. In emergencies, call 911 for help.

Ways to Keep Your Neighbors Cool

Take timely measures to prevent lengthy heat exposure

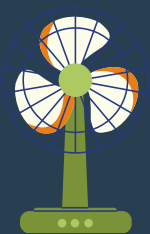


- Prepare boxes of recipe meal kits ahead of time to reduce waiting times
- Establish appointment so there are less lines and wait times.
- Offer extended summer hours in the evening when it's cooler



Offer refreshing and hydrating items

- Offer fruits, vegetables, and 100% fruit juices
- Offer water, cold rags, fans, or ice cubes to cool neighbors off



Provide places to cool off

- Establish shade by planting trees or using a canopy
- Move the line somewhere that has shade
- Offer an airconditioned / indoor waiting area

Staying Cool at the Pantry

Try these tips next time you head to the pantry during those hot summer months!

Dress Down



Wear light colored, loose fitting, breathable clothing that covers your skin.

Cool Down



Carry a hand held fan to keep cool while standing in line.

Seek Shade



Wear a hat or take an umbrella with you for shade. Look for trees or other shaded areas to rest under.

Stay Hydrated



Take a bottle of cold water with you when you're heading to the pantry.

Handouts & Flyers

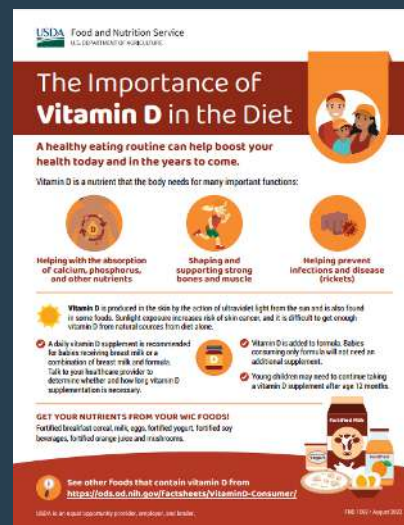
Summer Activities



Exercising in the Summer



Vitamin D



Click on the images to download and print them to share with your organization, partners, and neighbors!