

2020 SUMMER GUIDE TO HEALTHY LIVING - QUARANTINE EDITION

INSIDE

Healthy Recipes

Safety Tips

Summer Activities



**Greater Philadelphia
Business Coalition
On Health**

"Building Bridges to Better Healthcare"

June 2020



HEALTHY BEVERAGES

BANANA BREAD SMOOTHIE

2 medium bananas (peeled, sliced) - 2 Tbs old-fashioned oats - 1/2 cup fat-free milk - 1/4 cup plain non-fat yogurt - 2 tsp maple syrup - 1 tsp vanilla extract - 1/4 tsp ground cinnamon, plus more if desired for garnish - 1 1/2 cups ice cubes - 1 Tbs finely chopped unsalted pecans or walnuts (optional)

DIRECTIONS

- Peel the banana and slice it. Add banana into the blender with oats, milk, yogurt, maple syrup, extract, cinnamon, and ice cubes.
- Pulse ingredients in the blender until smooth.
- Pour into 2 glasses, garnish with nuts and additional cinnamon, if desired. Serve immediately.

BLUEY SMOOTHIE

1 cup frozen blueberries - 2 cups frozen peach slices - 2 cups packed, fresh spinach - 1 cup fat-free milk - 1 tsp honey

DIRECTIONS

- Into a blender, add all the ingredients.
- Blend until the mixture is smooth, about 1 to 2 minutes, stopping to scrape down mixture if needed.
- Pour into 2 glasses and serve.

RAINBOW COCONUT WATER SPRITZERS

Raspberries - strawberries - cherries - peaches - pineapple - lime slices - fresh mint - blueberries - blackberries - 16 ounces coconut water - 8 ounces unflavored or flavored seltzer like coconut or vanilla

DIRECTIONS

1. Fill each glass with a bit of crushed ice, then add the fruit in rainbow colors. Once the fruit is in the glasses, add a bit more ice and fill each glass with about 4 ounces of coconut water.
2. Top each off with some seltzer water and serve. Garnish with extra fresh mint.

RASPBERRY BASIL ICED TEA

8 cups unsweetened decaffeinated iced tea - 2 cups raspberries (washed) - 8 fresh basil leaves (washed) - no-calorie sweetener (granulated, 6 packets)

DIRECTIONS

- In a 2-quart pitcher, combine tea, raspberries, basil and no-calorie sweetener. Gently stir and refrigerate overnight.
- Add ice to individual glass and pour iced tea in each through a strainer to remove bits of herbs and fruit. Stir and enjoy.

RASPBERRY-LEMONADE SLUSHIE

12 ounces raspberries - 1 cup sugar substitute - 1/2 cup fresh lemon juice - 5 cups ice cubes

DIRECTIONS

- In a food processor or blender, process the raspberries, sugar substitute, and lemon juice until the raspberries are puréed.
- Add the ice cubes. Process until the mixture is mostly smooth and has a slushie-like consistency. (It's okay if there are a few ice chunks. Don't overmix.)
- Divide the slushie into cups. Serve immediately.

SPARKLING SUMMER FRUIT PUNCH

2 cups seltzer - 2 cups sparkling cider - 2 cups apricot juice or peach nectar - 2 cups diced peaches, plums, or nectarines

DIRECTIONS

Combine all ingredients in large pitcher. Serve over ice.

STRAWBERRY ORANGE MANGO KOMBUCHA MOCKTAILS

(2) 16-ounces bottles Original Kombucha unflavored - 2 cups 100% orange-mango juice - 1 ripe mango peeled, pitted, and chopped - 2 cups fresh strawberries chopped

DIRECTIONS

Add all ingredients to a large pitcher and stir. Serve over ice and enjoy!

TROPICAL GREEN SMOOTHIE

(1) large orange, peeled & segmented - (6) large strawberries - (2) cups baby spinach - 1/3 cup plain Greek yogurt - (1) cup ice

DIRECTIONS

Place ingredients into blender, mix, then drink!



SIDES & ENTREES

BROCCOLI SALAD WITH WATER CHESTNUTS AND DRIED CRANBERRIES

7 cups chopped broccoli florets (from about 2 heads broccoli) - 1 cup grated broccoli stem (also from those same 2 heads broccoli) - 2 (5-ounces) cans sliced water chestnuts (drained) - 1/3 cup dried, unsweetened cranberries - 3 Tbs canola oil - 3 Tbs red wine vinegar - 1/2 tsp garlic powder - 1/4 tsp salt - 1/4 tsp ground black pepper

DIRECTIONS

- Remove and reserve the stalks from the broccoli. Chop broccoli florets into bite-size pieces. Add into a large zip-top bag with water chestnuts and dried cranberries.
- Place a box grater inside a small bowl. Grate the stalks to get around 1 cup of grated broccoli stem (or more depending on how big the stalks are). Add into the bag.
- In a small bowl, add oil, vinegar, garlic powder, salt, and pepper. Whisk with a fork to combine. Add dressing into the zip-top bag. Seal the bag and gently toss to combine. Refrigerate for at least an hour and up to 24 hours to let the broccoli marinate in the dressing. Serve.

GUACAMOLE DEVILED EGGS

9 large eggs - 1 medium avocado (halved, pitted) - 2 Tbs fat-free sour cream - 1 1/2 tsp lime juice - 1 to 2 Italian plum (Roma) tomatoes, seeded and finely chopped (about 1/3 cup) - 1/4 cup finely chopped scallions - 1/4 tsp salt - 1/8 tsp ground black pepper - 1 to 2 tsp finely chopped jalapeño - Dried or chopped fresh cilantro for garnish (optional)

DIRECTIONS

- Make the hard-boiled eggs: Fill a large pot with water, add all the eggs, and bring mixture to a boil over high heat. As soon as the water begins to boil, cover with a lid, remove pot from the heat, and let eggs sit for 10 minutes. Drain water and transfer eggs to a bowl of cold water to cool.
- When the eggs are cool enough to handle, remove the shells. Slice each egg in half lengthwise. Remove the yolks, adding just 2 whole egg yolks into a medium bowl and discarding the remaining 7 egg yolks. Place the egg white halves onto a platter.
- Slice the avocado in half and remove the pit. Use a spoon to scoop the avocado's flesh into a bowl. Use a fork to mash the egg yolks and the avocado together. Stir in the sour cream and lime juice.
- Remove the seeds from the tomatoes with a spoon and discard; finely chop the tomato, along with finely chopping the scallions. Add both to the mashed avocado, along with salt, pepper, and optional jalapeno. Stir together to combine.
- Spoon the guacamole into each egg white half, dividing the mixture between all 18. Garnish with a sprinkle of dried or fresh chopped cilantro, if desired. Serve.

SPINACH-STUFFED BAKED SALMON

1 tsp olive oil (extra virgin preferred) - 2 oz spinach - 1 tsp grated lemon zest - 1/4 cup chopped, roasted red bell peppers, rinsed and drained if bottled - 1/4 cup fresh basil (coarsely chopped) - 2 Tbs chopped walnuts - Cooking spray - 4 salmon fillets (about 4 ounces each), rinsed, patted dry - 2 Tbs Dijon mustard (lowest sodium available) - 2 Tbs plain dry bread crumbs, lowest sodium available - 1/2 tsp dried oregano (crumbled) - 1/2 tsp garlic powder - 1/8 tsp pepper

DIRECTIONS

- In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the spinach and lemon zest for 2 minutes, or until the spinach is wilted, stirring constantly. Transfer to a medium bowl. Stir in the roasted peppers, basil, and walnuts. Let cool for 5 minutes.
- Preheat the oven to 400°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.
- Cut a lengthwise slit in the side of each fillet to make a pocket for the stuffing. Be careful to not cut through to the other side. With a spoon or your fingers, carefully stuff a scant 1/2 cup spinach mixture into each fillet. Transfer to the baking sheet. With a pastry brush or spoon, spread the mustard over the fish.
- In a small bowl, stir together the remaining ingredients. Sprinkle over the fish. Lightly spray the top with cooking spray.
- Bake for 12 to 13 minutes, or until the fish is the desired doneness and the filling is heated through.

SUMMER PICNIC POBLANO SALAD

MIX TOGETHER:

2 red bell peppers, chopped - 2 poblano peppers (or green bell peppers), chopped - 4 ears organic corn, removed from cobb - 2 limes, juiced - 2 avocados, cubed - 1 large handful fresh oregano leaves, chopped - 1 large handful fresh cilantro, chopped - garlic infused olive oil, to drizzle - sea salt and pepper to taste

DIRECTIONS

Add the veggies, herbs, sea salt and pepper to a large serving bowl. Drizzle with lime juice and a dash of olive oil and toss well to combine. Garnish with extra herbs, sea salt and pepper before serving!

WHOLE WHEAT PASTA SALAD W/TOMATOES & CHEESE

2 medium tomatoes, chopped - 1/2 cup Italian dressing - 1/2 cup feta cheese - 1-pound box of whole-wheat pasta

DIRECTIONS

Combine the tomatoes, dressing and cheese in a smaller container. Place in the refrigerator for at least 1 hour. Cook the pasta according to the package directions. Combine the cooked pasta and tomato mixture and serve.



POOL SAFETY TIPS



Water Safety for Kids

Families have always played a vital role in teaching kids how important it is to learn to swim and behave safely in and around the water. That's even more true today when most schools, swim clubs and recreation centers are closed due to the COVID-19 pandemic. If your child isn't able to take formal swim lessons right now, you can still help them learn to be safer around backyard pools, ponds or other natural bodies of water. Follow this link to learn more about water safety knowledge you can teach your children.

How To Keep Pools Safe & Childproof

It's the right time to brush up on how to childproof your pool, maintain a safe swimming environment and ward off tragic accidents. Pools are meant to be enjoyed, so take these steps to keep them safe and fun. To better understand the nature of pool safety, follow this link to learn more about pool & spa barriers, how to secure gates & doors, inspect pool drains & covers, maintain the pool & cleaning chemicals, and enforce pool safety rules & skills.



Consider an Above-Ground Pool



Swimming can be a fun and relaxing activity, but safety is essential, especially concerning children. With most pools being closed due to COVID-19, perhaps an above-ground pool is an option for your family! While above-ground pools provide a better barrier to entry for small children than in-ground pools, they still pose a risk. You can help ensure that children aren't as easily able to get into the pool by removing the ladder while no one is swimming or even adding a fence around the pool.

Additional Pool Safety Tips & Resources

- The 2020 Kids Water Safety Guide
- Pool Safety Song
- KidsHealth: Pool Fencing & Rules
- National Safety Council: Water Safety
- American Red Cross: Home Pool Safety
- Association of Pool & Spa Professionals

OUTDOOR SAFETY TIPS



Poison Plants: Poison Ivy, Poison Oak & Poison Sumac

Warm weather means more time outdoors and more opportunities to come into contact with poison ivy, poison oak, and poison sumac – three of the most common causes of allergic contact dermatitis. Sometimes, it can be difficult to identify poisonous plants and what to do if exposed to one. To find out what to do if you think you've been exposed to one or just want to know how to avoid them, [click here](#) to access an article written by the Cleveland Clinic.

Visiting Parks & Recreational Facilities

Staying physically active is one of the best ways to keep your mind and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air, and stay active. While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19. The Centers for Disease Control and Prevention has created a Do & Don't list just for you!



Apply Sunscreen when Exposed to the Sun

Applying sunscreen during the summer months is vitally important for the overall health of your skin as the sun is stronger, the days are longer, and time spent outdoors is easier to do! Be sure to apply 30 minutes before being exposed to the sun and reapply every 2 hours. If you are searching for sunscreen that is healthier for your skin, the Environmental Working Group ranks various brands according to their ingredients and effectiveness.

Additional Outdoor Safety Tips & Resources

- Great Skin is Made in the Shade
- Mosquito Control
- Water & Nutrition
- How to Choose the Best Sunglasses
- Handwashing: Clean Hands Saves Lives
- Face Coverings

COVID-19 SAFETY TIPS



Protect Yourself When Using Transportation

As schools, businesses, and community organizations begin providing services, consider ways that you can protect yourself and slow the spread of COVID-19 when using transportation. Think about what is feasible, practical, and acceptable to you and meets your needs. Click [here](#) to view the CDC's recommended practices for the following forms of transportation: Public transit, rideshares and taxis, micro-mobility devices, and personal vehicles.

What to Do If You Are Sick

If you have a fever, cough or other symptoms, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, stay home (except to get medical care), take care of yourself, stay in touch with your doctor, and avoid public transportation. Also, in order to prevent the spread be sure to avoid contact with others and monitor your symptoms. To view additional tips from the CDC, click [here](#).



6 Rules for a Safe, Fun Gathering This Summer



With states lifting the most restrictive stay-at-home rules created by efforts to flatten the curve of COVID-19, you can finally plan to see your friends again, in person. And the good news is that summer, with its friendly outdoor temperatures, is just the right season for socially distanced outdoor parties. Here's what the experts say about how to have fun while keeping you and your guests safe. Click [here](#) to view the 6 rules for a safe, socially-distanced, & fun gathering!

Additional Covid-19 Safety Tips & Resources

- Coping with Stress Due to COVID-19
- Additional Tips from the Red Cross
- A Summer Like No Other
- Mental Health America - COVID-19 Resources
- Considerations for Events and Gatherings
- COVID-19 Summer Safety Guide

QUARANTINED SUMMER ACTIVITIES



Start a small space herb garden!

Herbs offer tons of great flavor to foods and beverages alike and make a healthy and beautiful addition to any home. Bonus points: they are fun to grow and will leave you with a steady supply of herbs at a fraction of the cost charged in stores! Mint, Basil, Oregano, and Cilantro are four herbs you can grow this summer by starting them in water or planting by seed. [Click here to learn more!](#)



Take a virtual tour of a Museum!

Have you ever wanted to visit an international museum but haven't had the opportunity to travel? Now, you get "go to the museum" and never have to leave your couch! Google Arts & Culture's collection includes the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science. [Click here to learn more!](#)



Get Whole Body Healthy!

The American Heart Association wants to ensure that everyone has the opportunity to stay active, even indoors! Their Get Whole Body Health streaming series features guided mindful meditation, yoga, strength and cardio workouts, dance parties and more every day at 11 am CT on Facebook and YouTube. Get this, it is completely FREE and available to anyone! To join in and view past sessions, [click here](#).



Try out Birdwatching!

Whether you're casually taking note of your surroundings, or traveling the nation in search of birds to add to your checklist, people of all ages can enjoy identifying birds by sight and sound. Anyone can do birding anytime, anywhere. All it takes is an ID guide, some binoculars, and curiosity. Birding is very low-cost. After the initial investment on a pair of binoculars and an ID guide, the only costs are what you spend on travel and entrance fees. [Click here to learn more!](#)

Special Thanks!

Thank you to Dr. Cheryl Bettigole, Philadelphia Department of Public Health, Krista Latortue, Family Food, Cara Feldman, American Heart Association, and Olivia Dynes, Day & Zimmerman, for contributing resources and recipes to this guide!