



**Greater Philadelphia
Business Coalition
On Health**

"Building Bridges to Better Healthcare"

2021 SUMMER FUN GUIDE



See inside for fun tips, healthy summer recipes, and information from our sponsors and partners!

Our fourth annual 2021 Summer Fun Guide was organized by the GPBCH Health & Well-being Interest Group to provide our member organizations and their employees with healthy food recipes, activity suggestions, and safety tips to contribute to a healthy, happy summer. This Guide is meant to be openly shared with your colleagues, family, and friends. Special thanks to our sponsoring organizations for supporting our efforts in creating and distributing this Guide.

FLAVORS OF SUMMER

Looking for a cool, refreshing beverage on a hot summer day? Try out one (or all) of these recipes!

BLUEBERRY AVOCADO SMOOTHIE

1/2 cup of low fat or plant-based milk of choice (more as needed for desired consistency) – 2/4 cup plain yogurt or plant-based yogurt – 1/2 avocado (peeled and pitted) – 1 cup frozen blueberries – 1 cup baby spinach

Directions:

Add all ingredients to a high-powered blender and mix until smooth

CARROT SMOOTHIE

1 cup sliced carrots – 1/2 tsp finely shredded orange peel – 1 cup orange juice – 1 1/2 cups ice cubes – 3 (1 inch) pieces Orange peel curls

Directions:

In a covered small saucepan, cook carrots in a small amount of boiling water about 15 minutes or until very tender. Drain well. Cool.

Place drained carrots in a blender. Add finely shredded orange peel and orange juice. Cover and blend until smooth. Add ice cubes; cover and blend until smooth. Pour into glasses. If desired, garnish with orange peel curls.

CHOCOLATE RASPBERRY SMOOTHIE

1/2 cup skim or soy milk – 6 oz low fat vanilla yogurt – 1/4 cup dark chocolate chips – 1 cup frozen raspberries

Directions:

Place ingredients into blender, mix, then drink!

MANGO CHERRY SMOOTHIE

2 cups pitted cherries – 1 cup chopped mango – 1 cup water – 1 cup ice cubes

Directions:

Blend cherries, mango, water, and ice cubes together in a blender until smooth.

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!



FLAVORS OF SUMMER

Try these healthy summer sides and entrees for your next dinner or barbecue!

BLACK BEAN & CELERY SALAD

3 cans (15 oz each) of black beans, rinsed and drained – 5 diced celery stalks – 1 chopped red or green bell pepper – 2 red onions, finely chopped – 1 red onion, sliced into thin rings – 2/3 cup olive oil – 1/3 cup lime juice – 1 tsp salt – 3/4 tsp pepper – Grated zest of 1 lime

Directions:

Combine beans, celery, bell pepper, and onions in a bowl. In a jar, combine oil, lime juice, salt and pepper and lime zest. Shake to blend, and pour over salad.

CHARLIE BIRD'S FARRO SALAD

1 cup pearled farro – 1 cup fresh apple cider – 2 bay leaves – Kosher salt and freshly ground black pepper – 1/2 cup good olive oil – 1/4 cup freshly squeezed lemon juice – 1/2 cup roasted, salted pistachios, whole or chopped – 1 cup roughly chopped fresh parsley – 1 cup roughly chopped fresh mint leaves – 1 cup cherry or grape tomatoes, halved through the stem – 1/3 cup thinly sliced radishes (2 to 3 radishes) – 2 cups baby arugula – 1/2 cup shaved Italian Parmesan cheese – Flaked sea salt, such as Maldon

Directions:

1. Place the farro, apple cider, bay leaves, 2 teaspoons salt and 2 cups water in a medium saucepan, bring to a boil, lower the heat and simmer uncovered for about 30 minutes, until the farro is tender. (If all the liquid is absorbed before the farro is tender, add a little more water.) Drain the farro and transfer to a large serving bowl. Discard the bay leaves.

2. Meanwhile, in a small measuring cup, whisk together the olive oil, lemon juice, 1 tsp salt and 1/2 tsp pepper. Stir the vinaigrette into the warm farro and set aside for at least 15 minutes to cool.

3. Before serving, stir in the pistachios, parsley, mint, tomatoes and radishes. Add the arugula and lightly fold in the Parmesan so as not to break it up too much. Sprinkle with the sea salt and serve immediately.

CUCUMBER & ONION SALAD

6 Persian cucumbers, thinly sliced – 1/2 small red onion, thinly sliced – 1 tsp kosher salt, plus more – 1/4 cup unseasoned rice vinegar – 2 tsp sugar – Freshly ground black pepper – Fresh mint leaves (for serving)

Directions:

Toss cucumbers, onion, and 1 tsp salt in a medium bowl. Let sit until cucumbers begin to release liquid. Gently press down on cucumbers to force out more liquid, being careful not to break apart. Remove from bowl, shaking off liquid, and place vegetables in a clean bowl. Toss with vinegar and sugar; season with salt and pepper. Top with mint.

HIDDEN VEGGIE HAMBURGER SLIDERS

1 lb ground lean beef (90% lean or more) or ground turkey or chicken breast – 1 head of broccoli (grated) – 1 medium onion (finely chopped) – 1 bell pepper (finely chopped) – 1 tsp black pepper – 1 tsp garlic powder – 1 tsp chili powder (optional) – Whole grain slider buns

Directions:

Add ground meat into a medium bowl. Add vegetables, spices and mix. Grill the burgers on medium high heat for 4-6 minutes on each side.

Food Safety Tip: All ground meat should be cooked to 160 degrees.



FLAVORS OF SUMMER

HONEYDEW SALAD WITH GINGER DRESSING & PEANUTS

6 Tbsp white wine vinegar – 1 tsp fish sauce – 1 tsp finely grated peeled ginger (from one 1" piece) – 1 tsp light brown sugar – 1 serrano chile, thinly sliced – 1/2 medium honeydew melon (about 2 lb), seeds and rind removed, flesh cut into wedges, wedges halved crosswise – 3 small Persian cucumbers, sliced on a diagonal 1/4in thick – 1 avocado, peeled, thinly sliced – 1/4 cup mint leaves – 1/4 cup salted, dry-roasted peanuts, coarsely chopped – Flaky sea salt

Directions:

Whisk vinegar, fish sauce, ginger, and brown sugar in a large bowl to combine. Add chile and let sit 10 minutes.

Add melon, cucumbers, and avocado and toss gently to coat. Transfer to a platter; top with mint and peanuts and sprinkle with salt.



VIETNAMESE MARINATED GRILLED CHICKEN WITH CORN & AVOCADO SALAD

Ingredients for Chicken:

1 1/2 lbs boneless, skinless chicken thighs (all visible fat discarded) – 3 Tbsp honey – 3 Tbsp fresh lime juice – 3 Tbsp soy sauce (lowest sodium available) – 2 Tbsp canola or corn oil – 2 tsp minced garlic – 1 tsp ground ginger – 1/2 tsp crushed red pepper flakes (optional)

Ingredients for Salad:

6 large ears of corn, husks and silk discarded – 2 medium avocados (halved, pitted, diced) – 2 medium tomatoes, chopped (about 2 cups) – 3/4 cup finely chopped fresh basil – 2 Tbsp chopped red onion – 1 Tbsp canola or corn oil – 1 Tbsp plain rice vinegar or white vinegar – 1/4 tsp salt – 1/8 tsp black pepper

Directions:

1. In a shallow glass dish, whisk together the marinade ingredients. Add the chicken, turning to coat. Cover and refrigerate for 4 to 24 hours, turning occasionally.
2. When the chicken has marinated, preheat the grill on medium high. Drain the chicken, discarding the marinade. Let the chicken stand at room temperature for 15 minutes.
3. Meanwhile, wrap each ear of corn in heavy-duty aluminum foil.
4. Grill the corn for 15 to 20 minutes, or until tender, turning occasionally. Remove from the grill. Let cool. Using potholders, carefully remove the corn from the foil.
5. Meanwhile, grill the chicken for 5 minutes on each side, or until it registers 165°F on an instant-read thermometer.
6. When the corn is cool enough to handle, using a knife, cut off the kernels from each cob. Transfer to a large bowl.
7. Stir in the remaining salad ingredients, tossing gently to combine.
8. Serve the salad with the chicken.



HEALTHY SUMMER TREATS

FRUIT & YOGURT POPSICLES

1 cup plain, nonfat Greek yogurt – 1 medium banana – 1 cup frozen mixed berries or any frozen fruit of choice – 1/8 cup of honey (Yields 4 popsicles)

Directions:

Toss all ingredients into high-powered blender or food processor & puree. Evenly pour in paper cups cover with foil & add popsicle sticks or simply use a popsicle mold. Freeze for 6-8 hours.

HEART HEALTHY CHOCOLATE MOUSSE

1 large ripe avocado – 4 ounces bittersweet chocolate melted (at least 70%) – At least 1/2 cup almond or soy milk – 1/2 teaspoon vanilla extract – 3 tablespoons honey – 1 pinch sea salt – 1 tsp espresso powder (or instant coffee)

Directions:

1. Melt chocolate over hot water, or in the microwave. Stir until smooth, cool slightly.
2. Put remaining ingredients in a food processor bowl or in a blender, and add cooled chocolate mixture. Blend until completely smooth. If too thick, add more milk to get desired consistency.
3. Spoon into dessert cups. Serve well-chilled, with a dollop of whipped cream, if desired.

SUMMER ACTIVITIES



Try Gardening at Home!

At-home gardening is great activity for this summer! Feel free to try anything from herb gardening to creating your vegetable garden. This is a great way to engage the family and remind everyone where food comes from. Check out these resources to learn more: [Grow Your Own Food Starter Tips](#) and [Growing Food in Pennsylvania](#). If you are outside of the Pennsylvania region, visit [Garden.org](#) and [Almanac.com](#) for ideas on how to start your own garden!

Shop Local and In Season!

Explore Your Local Farmers Market or Sign Up For a CSA (Community Supported Agriculture): Supporting farmers and buying locally-sourced produce means that food has travelled a shorter distance to get to you, which not only supports the health of the environment, but ensures you are getting the most nutritious and delicious produce! If a CSA is not for you, try to do some research on the produce that is in season and be sure to add to your next grocery list. Take a look at the following resources to learn more: [Find Your Local CSA](#) and [Seasonal Produce Guide](#).



Get Involved in Local Programs!

If you are in Philadelphia, spend your summer with [@PhiladelphiaGov](#)! With programs located throughout the city and safety measures in place, there's a safe way to learn and #PlayItSafePHL in every neighborhood! Find summer opportunities near you. Connecting children, teens, and families with summer activities and information, visit the City of Philadelphia's [Play It Safe](#) website. You can also access great programs and activities for all ages through the [YMCA](#), including locations in [Southeastern Pennsylvania](#), [Southern New Jersey](#), and [Delaware](#).

Try Composting!

According to the USDA, over one-third of all available food goes uneaten in the United States. Minimize food waste and try composting instead of throwing food scraps into the trash, where they ultimately end up in a landfill. To learn more, visit [Better Homes & Gardens'](#) website for a step-by-step guide on how to make compost that will enrich your garden.



Go for a Hike!

Not only is hiking a good cardio exercise but it also helps to boost bone density and strengthen muscles. In addition, hiking is proven to be beneficial for your overall mental health. Time spent outside calms anxiety, reduces stress and can decrease the risk of depression, according to a [study done at Stanford University](#). Your sensory perception will also benefit from your time outdoors as you take in the smells, sights, and feelings of nature. If you are unaware of trails near you or are just looking for some new ones give these resources a try: [Alltrails.com](#) and [Hikingproject.com](#).

HEALTH & SAFETY TIPS



Protect Yourself from Harmful UV Rays

Ultraviolet (UV) rays from the sun are the main cause of skin cancer which is the most common type of cancer in the United States. The good news is that skin cancer can be prevented! Be sure to apply sunscreen 30 minutes before being exposed to the sun and reapply every 2 hours. To learn more about sunscreen and the available options, visit [Prevention.com](https://www.preventation.com) and [EWG.org](https://www.ewg.org). Also, be sure to protect your eyes! To learn how to best protect your eyes from the harmful UV rays, visit the [American Academy of Ophthalmology's website](https://www.aao.org).



Stay Active, Stay Safe

When the temperature goes up in the summer months, exercising outside can become challenging. Even heat-loving, sun-seeking exercisers can become overheated when the sun is beaming down in the heat of the day. Tips to stay safe while exercising outdoors: avoid early afternoon which are the hottest hours, hydrate your body, dress yourself with lightweight & light-colored clothing, and listen to your body by taking frequent breaks in the shade & allow yourself to adapt to the heat! The Centers for Disease Control and Prevention also provides recommendations on how to be [physically active while social distancing](#).



Stay Hydrated

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories. [As it's said](#), thirst is not the best indicator for when to drink water - if you're thirsty, you are already dehydrated. Be sure to drink plenty of water and stay hydrated this summer!



Look Out for Poisonous Plants

As the warm weather leads to more time spent outdoors visiting nearby parks, hiking, or simply going for a walk, be sure you know how to spot three common causes of allergic [contact dermatitis](#): poison ivy, poison sumac, and poison oak. Many times it can be difficult to identify poisonous plants from common, harmless weeds, that's why it's important to know the tell-tale signs and characteristics of these irritating plants! Learn how to identify these plants and treat rashes by visiting the [CDC's website](#).



Water Safety for Kids

Swimming can be a fun and relaxing activity, but safety is essential, especially concerning children. Families play a vital role in teaching kids how important it is to learn how to swim and behave safely in and around water. If you are interested in learning more, the [American Red Cross](#) offers helpful resources on water safety for children. Included in water safety is the responsibility of pool owners to keep their pools childproof – visit [Safety.com](https://www.safetym.com) to learn more.



HEALTH & SAFETY TIPS



Roasting Foods on Firepits

Roasting food on an outdoor firepit is a fun inexpensive summer activity to do in your own backyard with your family. Use this time to tell stories, make s'mores, roast healthy treats, play dress up, and even look at the stars. To ensure fire safety, be sure to check with your local fire department or municipality for fire safety tips, and to confirm what is allowed in your area. Here are a few tips: children & pets must be supervised at all times, firepits should be at least 15 feet away from any structures that could burn, and keep garden hose or a bucket of water nearby in case the fire gets out of control.



Top Ten Tips for Healthy Grilling & Barbecuing

Grilling is a fun and flavorful way to cook no matter the season! Who doesn't love to cook together with friends outdoors in the summer during a pool party or just a simple cookout? The best part is that grilling can be one of the healthiest ways to cook! The American Heart Association (AHA) has put together their top ten tips for healthy grilling and barbecuing. Here are a few for you to consider: add lots of colors (with veggies), choose healthier homemade sides, pick the perfect protein like fish, skinless chicken, & lean ground poultry, and grill fruits for desserts. Check out the other healthy tips from the AHA by [clicking here](#).



Avoid Pesky Bug Bites

Bugs, including mosquitoes, ticks, fleas, and flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. While some cases are mild, these diseases can be severe and have lasting consequences. Some diseases caused by bug bites can be prevented with vaccines or medication, like yellow fever and malaria; however, many cannot, such as Zika and Lyme. If you are planning a trip or simply relaxing in your backyard, check out the [CDC's tips on how to prevent bug bites](#).



Summer Safety Tips & Diabetes

Summer brings a lot of fun things – vacation, swimming and outdoor activities. It also brings the hot weather. The [Children's Hospital of Philadelphia](#) would like to remind those with diabetes of the following safety tips: avoid dehydration by drinking plenty of water, check blood sugar levels frequently, check your insulin pump infusion site especially when exercising or swimming, and be sure to travel with your diabetes supplies (and bring extra just in case)!



Hot Weather Safety Tips for Pets

We all love spending the long, sunny days of summer outdoors with our furry companions, but being overeager in hot weather can spell danger. To prevent your pet from overheating, take these simple precautions provided by ASPCA experts: visit the vet for an early-summer checkup, give them PLENTY of fresh, clean water, know the symptoms of overheating in pets (excessive panting, drooling, mild weakness, etc.), and don't let your pet linger on hot asphalt. For more tips, [click here](#).



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Read our blog, "Long-lasting Impacts of Weight Gain, Mental Health, Smoking and COVID-19," to see what you need to know to reset employee wellbeing.

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Greater Philadelphia Business Coalition On Health

"Building Bridges to Better Healthcare"

The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for the region's employers. We do this by improving workforce and community health, increasing healthcare quality and safety, and reducing health care costs. The Coalition represents employer interests in working with health plans, health care providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when health care is needed it is accessible, affordable, equitable, high-quality, and safe.



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